Each day brings an opportunity to discover something new about diabetes and improve treatment for individuals facing the challenges of the disease. Our work at the Kovler Diabetes Center does not really have a start or an end – the Kovler clock is always ticking. At all hours of the day, doctors, nurses, students, and fellows tirelessly serve those living with diabetes and work to advance care and research.

Approximately 30 million people in the United States alone have diabetes, and it’s a race against time as more and more children and adults are diagnosed.
At Kovler, we lead innovative research and provide outstanding comprehensive patient care. Our mission is to provide holistic treatment, care and education that will empower our patients to effectively manage their diabetes for a lifetime.

We pursue this mission through the following four pillars:

**RESEARCH**  Kovler is where world-changing discoveries are made. We are home to award-winning scientists and physicians who translate these discoveries into breakthrough advances in patient care. Our research is helping physicians and scientists around the world better understand diabetes, its causes, and its genetic foundation. In turn, we are finding innovative ways to combat the disease and make our patients’ lives much better.

**CLINICAL CARE**  Each patient at Kovler receives highly individualized treatment— from customized therapies to psychosocial support. The physicians, nurses, educators, and staff work to ensure that every need is met, and are available to provide advice, encouragement and service around the clock.

**EDUCATION**  Kovler’s prestige attracts graduate students, fellows, and doctors from around the globe. We provide hands-on research experience that often includes both clinical care and lab work. Students come to work in our labs and discover new therapies—and sometimes new genes—that directly impact clinical care and change the lives of our patients.

**COMMUNITY**  Kovler connects with the greater Chicago community through the Leadership Board and programs championed by our faculty and staff. We work to make our services known and available on a local, national, and even an international level. In some cases, even our own patients extend our footprint by spreading the word and helping others in need both at home and overseas.
Imagine being able to prevent type 1 diabetes with something as simple as a probiotic pill. It may sound too good to be true, but scientists at Kovler are “realistically hopeful” for a future in which prevention is possible.

Their groundbreaking research on the “gut microbiome” has collaborators Christopher Rhodes, Eugene Chang and Sasha Chervonsky excited about what their findings could mean for those genetically predisposed to developing type 1 diabetes.

Thirty years ago, young diabetes patients were often told they would never live past the age of 35. Today, advancements in the treatment and understanding of the disease ensure that patients can look forward to enjoying many more years ahead.
A gut feeling: Leveraging the microbiome

Dr. Christopher Rhodes keeps a notebook by his bed so good ideas are never lost, even those that come in the middle of the night. But, Rhodes’ ideas do not emerge randomly. One of his biggest discoveries about type 2 diabetes came as a complete surprise — it was a sudden “aha moment” bred from many hours of lab work and collaboration with his students and colleagues.

Rhodes was recruited to the Kovler Diabetes Center in 2006 with the charge of taking graduate students under his wing, marshalling resources, and championing the success of the Kovler Diabetes Center research labs. Now eight years later, he is getting closer to changing the entire way we think about both types 1 and 2 diabetes.

“Working at Kovler and the University of Chicago has opened up my whole world in research,” he said. “This is a place that is not afraid to go against dogma. You can have ideas here, new ideas, and it has given me an opportunity to discover things that are the complete opposite of what others were thinking. It’s through this method of working that scientists change everything.”

Rhodes is currently heading several important projects, all of which have the potential to completely transform the field. He works mostly at the cellular level, studying genes that function in the beta cells of the pancreas, which synthesize, store, and release insulin. Recently, Rhodes submitted an academic paper reporting his finding that, contrary to common belief, beta cells in the pancreas are actually making a lot of insulin in individuals with obese type 2 diabetes. In fact, beta cells are working so hard that the “factory” becomes overloaded, dysfunctional, and so exhausted that it can sometimes shut down and fall into an insulin-deficient state. With this discovery, Rhodes has developed a new concept of why “beta cell rest” might work to improve diabetes. “We could rest them while the patient is sleeping, they will benefit from efficient and effective insulin secretion the next day.”

Rhodes, partnering with Eugene Chang and Sasha Chervonsky, is also looking at the microbiome research. The gut microbiome — the microscopic organisms that live in our large and small intestines — might be key to preventing type 1 diabetes.

Rhodes and Chang found that when certain mice are placed in a germ-free environment, the absence of bacteria protects those mice from developing inflammatory bowel disease (IBD), an autoimmune disease. Surprisingly, they develop type 1 diabetes instead. There are trillions of micro-organisms that live in the gut, and modern-day techniques can identify them. If those that promote IBD can be singled out and removed, it might be possible to prevent the onset of type 1 by exposing the mice to the remaining bacteria.

Rhodes is hopeful that this new technique can be applied to humans. The future of type 1 prevention could be as simple as taking a probiotic pill, something Sasha Chervonsky has proven with a different mouse model.

Rhodes, Chang, and Chervonsky are also eager to expand their research to replicate diabetes in mice that more closely resembles diabetes in human beings. They are excited about bacterial research that might lead to the creation of probiotic therapies to prevent type 1. “We know the genetics,” Rhodes said. “And we know more about who is at risk to get type 1. When we work this out, and if we can identify early enough, we might be able to give a probiotic pill to those who are susceptible to change a lot of lives. I am realistically hopeful.”

“Private support will help get this project off the ground. We are really on to something, but we need stronger data and cannot have that without funding.”

CHRISTOPHER RHOSES, PHD

However, their research is still too nascent to apply for federal funding. “We need seed funding in order to gather preliminary data to make a strong case for federal grants,” Rhodes said. “Private support will help get this project off the ground. We are really on to something, but we need stronger data and cannot have that without funding.”

Rhodes is confident that his work has the potential to change the lives of millions of people worldwide.
**TrialNet: Pathways to prevention**

In collaboration with his research team, Dr. Louis Philipson is working on several novel approaches to type 1 therapy. Their trials could lead to new treatments for both type 1 and type 2 patients.

This past year, Philipson’s successful research application yielded a five-year TrialNet grant of $1.2 million in NIH funding that partners Kovler with Advocate Children’s Hospital. This grant launches the first TrialNet center in Chicago.

“Kovler has been the catalyst to help us grow our pediatric clinical trials that provide critical insights into all types of diabetes,” said Elizabeth Littlejohn, MD, Assistant Professor of Pediatric Endocrinology at the University of Chicago Medicine. “TrialNet is significant for us because it will be the first center in Chicago where family members can take part in this prevention trial for type 1 diabetes.”

The Chicago center will join a network of 18 other TrialNet studies that work in cooperation with more than 200 sites throughout the United States, Canada, Finland, Britain, Italy, Germany, Australia, and New Zealand.

“We want to screen hundreds of patients through this TrialNet,” said Philipson. “To find one patient who is at high risk to develop type 1 diabetes, the group has to screen 20 first degree relatives. Once identified, researchers offer individuals the opportunity to fully participate in studies that experts believe will impact the progression of the disease. ‘The goal is to identify these patients before they develop diabetes – TrialNet is the pathway to prevention.’”

TrialNet will also help target early diagnosis, which is key to successful treatment of type 1 diabetes. Early diagnosis can mean faster control of the disease, and a decrease in life-threatening conditions such as ketoacidosis.

Kovler’s outreach is unique from other diabetes centers. The focus is not only on prevention and treatment, but also on holistic care for patients. “We are looking at the broad spectrum,” Philipson said. “At Kovler, we are studying the entire way diabetes affects a person and their families – including psychosocial aspects.” Philipson believes that by combining research and care, Kovler has set itself apart from other centers.

“I want people to know that even though we just received a large grant, NIH funding has been steadily decreasing over time,” Philipson said. “We need help from private donors. You cannot advance knowledge without financial support.”

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**LOUIS PHILIPSON, MD, PHD, FACP**

DIRECTOR, UNIVERSITY OF CHICAGO KOVLER DIABETES CENTER; PROFESSOR OF MEDICINE, AND PEDIATRICS, UNIVERSITY OF CHICAGO

**“The goal is to identify these patients before they develop diabetes – TrialNet is the pathway to prevention.”**

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“I have been doing research studies for over 25 years and it is exciting to see the opportunities we now have in pediatric diabetes because of Kovler. TrialNet is a tremendous opportunity for families from Chicago to get involved in a prevention study.”

**NANCY DEVINE, RN**

KOVLER RESEARCH COORDINATOR
A diabetes diagnosis can trigger some difficult emotions, including anger, grief, and fear. But the more patients understand about their disease, and the more they feel supported, the more they can conquer these feelings and focus on achieving their best possible health.

At Kovler, we work 24 hours a day, seven days a week, to educate, support, and inspire patients and their families. Our treatment is unique to each patient, and we excel at collaborating across medical disciplines to provide comprehensive care. The quality of our clinical care at Kovler is one of the things that sets us apart. Our patients know without a doubt that they are not alone in managing their diabetes. Kovler is with them every step of the way.
Trish Phebus was told that she had type 1 diabetes at only ten years old—and she was also told that she would never have children.

Now, through collaboration between Kovler and the obstetrics team at the University of Chicago, Trish has become a proud mom. Twice.

This past May, Trish gave birth to her second child, Miles, and she and her husband, Josh Sedler, couldn’t be happier about her care. “The first pregnancy was scary because of all the unknowns, but the second was easy because I knew Kovler and Dr. Philipson had me taken care of. They were so in control of my situation the first time around it was easy to relax and just trust them.”

Through both pregnancies—and the treatment of her disease—Trish feels that Kovler has always been available around the clock. “Diabetes is time consuming,” she said. “The care that you need to do for yourself is immense. I check my sugar 20 times a day. I am ‘on’ 24/7, and I have really felt that Kovler is, too.”

Her obstetrician at the University of Chicago Medical Center is grateful for the collaborative culture at Kovler. “The complexity of diabetes can lead to delicate situations,” Dr. Mahmoud Ismail said. “I am grateful for the Kovler Diabetes Center stepping in and helping Trish and other patients manage their diabetes. It allows me to focus on the baby.”

“I am very happy that we have a diabetes center like Kovler. Without their help, some of my patients would not have been able to have babies.”

MAHMOUD ISMAIL, MD

 Regina begins the daily ritual that changed her life.

The most important thing to Regina Taylor in managing her type 2 diabetes is building a strong foundation from the inside out. She finds her strength from looking within. The Golden Globe winning actress lets very little get in her way, and diabetes was not going to be one of them.

Today, Regina no longer takes insulin. Diagnosed with type 2 as an adult, she knew very little about diabetes. There were levels of commitment that she was not aware came with the disease, and she has chosen to face her challenges head-on. Kovler has been an invaluable source of education and support.

Regina is not just simply dealing with her diabetes. Instead, she has found a way to re-evaluate her entire lifestyle and establish a routine of healthy living—from thinking about food in a different way, to exercising every day, while surrounding herself with supportive family and friends.

Kovler has given her courage to transform her entire life on both a spiritual and personal level, and the whole experience has helped her become a stronger person in the long run. “Diabetes can be very devastating to individuals, families, and communities,” Regina said. “Through Kovler’s research, outreach and education, they give hope to patients and their families.”

Dr. Lou Philipson had high praise for Regina: “Her ability to understand the importance of what we were telling her to do, and incorporate it into her daily life—and then to go out into the community and help others also understand—has been remarkable to witness.”

“Diabetes can be very devastating... Through Kovler’s research, outreach and education, they give hope to patients and their families.”

REGINA TAYLOR

Regina feels she has come so far over the past few years. Now, her main goal is to continue to give back and educate others. Regina had me taken care of. They were so in control of my situation the first time around it was easy to relax and just trust them.”

“Diabetes is tough,” Trish said. “Kovler’s advancement in the field allowed me to have kids when years ago I was told I never would. And every person with diabetes should be impressed with their care. I sure am—they gave me two children.”
Trish and Sean Moran knew that there was something wrong when their seven-year-old son Anthony didn’t want to play baseball anymore. He was lethargic, wanted to stay inside, and had unquenchable thirst. In the back of her mind, Trish thought that it might be diabetes. “I knew he was sick,” she said. “I just hoped it was something else.”

After Anthony was diagnosed with type 1, the Morans were referred to Kovler by their family physician. They attribute the quality of care, patient education, and the intimacy of the doctor-patient relationship as instrumental in getting them comfortable. “We have learned not to be so scared about it. We know we have a robust support system here.”

Trish and Sean are appreciative for the unique care and attention they receive and see it as truly personalized. They would not want Anthony to be anywhere other than Kovler Diabetes Center.

Although the routines of checking blood sugar and administering insulin are new to him, Anthony is taking charge of his disease and even beginning to administer his own shots. He is learning to read labels and make better choices about his diet. This year, Anthony will be back to playing baseball, learning how to catch a fly ball and working on pitching—especially his fastball.

“I knew he was sick, I just hoped it was something else. We have learned not to be so scared about it. We know we have a robust support system here.”

TRISH AND SEAN MORAN

Sally Ladsaria, pictured right, is an intern at the Kovler Diabetes Center, assisting with research in Dr. Graeme Bell’s lab. Her relationship with diabetes did not start out quite so positively. In 2007, Sally was diagnosed by her endocrinologist with type 2 diabetes. However, it wasn’t until she was first introduced to Kovler in 2009 that the true cause of her diabetes was discovered.

Sally was initially started on pills to regulate blood sugar and was required to measure her blood sugars regularly each day. The side effects from her medications were uncomfortable. A strong recommendation from her endocrinologist led her to the Kovler Diabetes Center. Doctors at Kovler recognized immediately that Sally did not fit the typical criteria for type 2, and tested her for a monogenic form of diabetes – a rare, genetic form of the disease that can be traced to a mutation in a gene that determines blood sugar levels.

Scientists at Kovler were also able to test her entire family and identify precisely where her mutation came from. In Sally’s case, it was a gene mutation on her mother’s side that caused the appearance of elevated blood sugars.

Sally feels that what makes Kovler so unique is not just the monogenic research and the creation of the national registry, but how caring and approachable the doctors are. “I can contact them in the middle of the night and get a response right away. They have shaped me as a patient and have become my mentors.” Sally was so struck by the genetic innovations at Kovler that she asked to spend her summers volunteering in the lab. She currently tests saliva samples of patients who are deemed eligible for monogenic research to help discover if they may have any of the mutations associated with monogenic diabetes.

“I am working to help Kovler give more personalized treatments to patients.” Her first internship was in 2011, and she has returned every summer. What she finds so inspiring about working in the lab is that Kovler is the hub of genetic research. “I am supporting scientists whose ultimate goals are to find a cure for all forms of diabetes, including monogenic.”

3:40 PM
Anthony grabs his mitt and heads out for practice.

5:49 PM
Energized after a day’s work at Kovler, Sally joins a friend.

KOVELR CLINICAL CARE
Dr. Katie O’Sullivan, a current fellow in endocrinology, can turn to Kovler’s seasoned professionals for advice, insight and support. Dr. O’Sullivan cares a great deal about her patients, and invests a large portion of her waking life to ensure their needs are met. It is work like Katie’s that makes Kovler a showcase of patient-centric care.

Kovler’s graduate students and fellows are the heartbeat of the University of Chicago Medicine. They are inquisitive, bright minds that drive our research forward.

Students come from all over the world to learn from our top doctors and scientists. Their contributions can be felt on a global scale as they continually contribute original ideas, publish papers, and dedicate their time to revolutionizing therapies.
Multidisciplinary endocrine care

With one in ten people developing diabetes in their lifetime, endocrinology fellow Dr. Katie O’Sullivan feels that if you haven’t been affected by the burden of diabetes one way or another, you should consider yourself extraordinarily lucky.

O’Sullivan was initially drawn to pediatric endocrinology during her residency training when she cared for children acutely ill with diabetic ketoacidosis. This past summer, she volunteered with the American Diabetes Association Triangle D overnight camp. There, she worked directly with children — monitoring their blood sugars and administering insulin day and night. She caught a real glimpse of the enormous time and energy it takes to raise a child with diabetes, and the experience changed the way she approached medicine.

Today, O’Sullivan is working with her mentor, Dr. Dorit Koren, to identify a link between sleep deprivation and type 2 diabetes. She is comparing the risk factors of teens who receive enough sleep with those who don’t, and is looking for a definitive connection between lack of sleep as a child and type 2 diabetes in adults. In some cases, preventing Type 2 may be as simple as getting a good night’s rest.

She is truly dedicated to her patients, and is available at all hours of the day. “I encourage my patients to update me on their diabetes management, either over the phone or through our electronic medical record communication service, within 1-2 weeks after their visit. Often, I can help them tweak their medication or modify their diet right away.”

She strives to always be patient, kind, and a good listener. Individualized patient care and collaborative learning is what continues to drive O’Sullivan in her work. She knows that each day they dedicate to better understanding diabetes, the closer they come to even more effective prevention and treatment.

She hopes that there will continue to be advocates who campaign to spread knowledge about the disease, and work to raise money to fund future research and help families afford better treatments. But, most of all, she truly believes that there will be a cure for diabetes in her lifetime, “but we won’t get there without people who will dedicate their time and money to it.”

David Carmody’s international journey

Dr. David Carmody, pictured left with Dr. Graeme Bell, traveled over 3,500 miles to work Bell’s lab at the Kovler Diabetes Center. Why? He says it’s because he wanted to work on a team with a reputation for unparalleled discoveries and therapies in diabetes.

Raised and educated in Ireland, Carmody met with Dr. Lou Philipson six years ago to arrange his fellowship in the United States. “The teams here have been leaders in the field of diabetes genetics for many years — it was not a difficult choice,” he said. “Dr. Philipson is both an excellent clinician and a highly regarded scientist, and that is a rare feat. I was thrilled to be given the opportunity to work alongside him and learn from him.”

It was more than just the team — he was also drawn to Kovler because the work is directly translatable to patients, and has a real impact on clinical care.

Carmody is studying both individuals and entire families with genetic forms of diabetes. There are dozens of genes that, if damaged or mutated, can lead to the disease. He works to learn more about identification of these genes in order to improve patient treatment and diagnosis.

Since joining the lab of Dr. Graeme Bell, Carmody has discovered two new genetic mechanisms for diabetes and helped develop the most comprehensive monogenic diabetes testing panel in the United States. And, he has examined how one form of monogenic diabetes may be treated without resorting to insulin. He has helped many families find the root cause of their diabetes, and in many cases allowed them to change or improve their therapies.

Carmody says that ADA Bantering Medal winner Dr. Graeme Bell has set the bar high and is truly an inspiration to the whole lab. “For all that he has accomplished, he is so humble. If I were that successful I think I would be intolerably arrogant!”

Currently, Carmody is working on a number of newly discovered genetic causes of diabetes to target ways to improve therapies, and gain a better understanding of the mechanisms behind gene mutations and how and why they result in the onset of diabetes. To help his patients suspected to have monogenic diabetes, he is working tirelessly to discover new genetic causes and improve the function and access of current genetic tests.

Carmody believes that the physicians and scientists who always question widely accepted theories and therapies, and who are open to new options, are the biggest advantage to the families at Kovler. He strives to be just that for his patients.

“The patients and families are incredible. They give so much of their time for our research and my work in particular.”

KOVLER EDUCATION

“Katie O’Sullivan is special because she is so excited about her training in both pediatric and adult medicine and endocrinology. As in her education, she always goes the extra mile for her patients.”

LOUIS PHILIPSON, MD, PHD, FACP
DIRECTOR, UNIVERSITY OF CHICAGO KOVLER DIABETES CENTER; PROFESSOR OF MEDICINE, AND PEDIATRICS, UNIVERSITY OF CHICAGO

“Dr. David Carmody is a shining example of what it means to be a Kovler scientist, and that is a rare feat. I was thrilled to be given the opportunity to work alongside him and learn from him.”

DAVID CARMODY, MD
RESEARCH FELLOW, BELL LAB, KOVLER DIABETES CENTER

“Dr. David Carmody has discovered two new genetic mechanisms for diabetes and helped develop the most comprehensive monogenic diabetes testing panel in the United States. And, he has examined how one form of monogenic diabetes may be treated without resorting to insulin. He has helped many families find the root cause of their diabetes, and in many cases allowed them to change or improve their therapies.”

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DAVID CARMODY, MD
RESEARCH FELLOW, BELL LAB, KOVLER DIABETES CENTER
At Kovler, even our patients become ambassadors for our mission. Take Bella Girovich. Diagnosed with diabetes as a college freshman, she struggled initially with the news. With Kovler’s help, Bella learned to accept and manage her diabetes, and is now passionate about helping others do the same.

Her summer was spent working with those with both type 1 and type 2 diabetes in Santo Domingo, Dominican Republic, and empowering them through education to take better care of themselves and their families. In her blog about the experience, she writes, “It is nearly impossible to accurately describe...the look of relief and gratitude on a mother’s face as her [young] child was finally brave enough to give himself his own insulin shot.”
This past summer, Bella Girovich travelled to the Dominican Republic as a volunteer with the American Youth Understanding Diabetes Abroad (AYUDA) Ganemosl program. Her goal was to embody their motto by serving as an agent of social change to expand our reach.

Bella’s mission

This past summer, Bella Girovich travelled to the Dominican Republic as a volunteer with the American Youth Understanding Diabetes Abroad (AYUDA) Ganemosl program. Her goal was to embody their motto by serving as an agent of social change to expand our reach.

Bella’s mission

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“Our ambassadors, who are pouding the pavement for us every day, are part of what extends Kovler beyond the lab and clinic, into the world to expand our reach.”

PEGGY HASENAUER, MS, RN
EXECUTIVE DIRECTOR
UNIVERSITY OF CHICAGO
KOVLER DIABETES CENTER

Helping our communities: Peer to Peer

Dr. Celeste Thomas is from the Chicago area and started her endocrinology career as a fellow at the University of Chicago Medicine. When asked to be a permanent professor and physician she accepted without hesitation. Thomas recognizes the epidemic plaguing Chicago’s South Side, and is currently working toward deepening Kovler’s ties to the community by revamping the Peer to Peer program.

Initially, Peer to Peer was a small study. Physicians paired eight patients together and asked them to speak with each other weekly about their diabetes. Patients talked about what was working, what wasn’t, and what their struggles were. The goal was to see if the face-to-face interaction would improve their attitudes toward the disease, and also empower them to feel that they could overcome obstacles.

Working together, patients were able to support and learn from one another, and in the end better manage their diabetes.

Championed by Thomas, Kovler is now expanding the program by pairing together more than 20 new patients. Thomas hopes that this system of accountability will once again lead to improvements in quality of life, management of the disease, and blood glucose levels.

Thomas believes that if she can get people talking, they might take their knowledge back to their family, church, and community relationships.

“They can help others recognize and understand that diabetes is plaguing the community, and that we can control it if we do the work,” she said.

She hopes to have concrete successes — such as lower average blood sugar — stem from the project.

“My main goal is to not have patients suffer from the many complications of uncontrolled diabetes,” she said.

“‘Our work with Bella has expanded Kovler internationally. Bella has an amazing understanding of what type 1 diabetes means to someone in a third world country, and she is a hero for doing this.’”

LOUIS PHILIPSON, MD, PHD, FACP
DIRECTOR, UNIVERSITY OF CHICAGO KOVLER DIABETES CENTER; PROFESSOR OF MEDICINE, AND PEDIATRICS, UNIVERSITY OF CHICAGO

“‘We can’t follow them home. Instead, we must get them motivated to take care of themselves, and turn that knowledge and motivation to the community.’”

CELESTE THOMAS, MD
ASSISTANT PROFESSOR OF MEDICINE, ENDOCRINOLOGY, UNIVERSITY OF CHICAGO

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“‘We can’t follow them home. Instead, we must get them motivated to take care of themselves, and turn that knowledge and motivation to the community.’”

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Living well with diabetes

Award-winning actress Regina Taylor thanks entertainer Ben Vereen for speaking at the eighth annual Kovler event “Living Well with Diabetes” in May.
Sally and Jonathan Kovler made the decision to provide seed funding to the Diabetes Center back in 2006, and they say it is one of the best investments they ever made. Jonathan, a long-time patient, saw firsthand the impact that the physicians and scientists have on individuals with diabetes. They were inspired to provide resources to grow and expand the program.

As members of the Kovler Diabetes Center Board and Medical Center Trustees, Sally and Jonathan continue to strengthen the collaboration between Kovler and the University of Chicago Medicine. It is through this partnership that the Kovler Diabetes Center achieves comprehensive care for all patients.

Each year, Sally takes pride in the accomplishments of Kovler faculty and staff - their advocacy and steadfast support for patients leads to even more innovative therapies and treatment options.

“Much of the work that Kovler does could not happen without the organizations and individuals who have contributed their time and money. We are so thankful for the donors and volunteers who drive our cause.” Sally Kovler

“Sally and Jonathan Kovler are advocating for science and medicine every day, and our Board is full of talented people who have a passion for diabetes research. The voices of our leaders help us advance the way we treat many different forms of the disease,” says Kenneth S. Polonsky, MD; Executive Vice President for Medical Affairs; Dean, Division of the Biological Sciences; Dean, Pritzker School of Medicine; Professor of Medicine, University of Chicago.

There is no place like Kovler.

The Kovler Diabetes Center’s national and global footprint has changed the lives of many - from providing accessible psychosocial support to helping families with rare genetic forms of diabetes.

Sally and Jonathan look forward to the new discoveries that lie ahead over the next year.
Friends for a Cure host Kovler’s first gala – *Mardi for a Cure* raised more than $400,000 to support diabetes research

Members of the Friends for the Cure Core Committee toast to another successful event to raise money for diabetes research.

Margie Teller and her organization Friends for the Cure hosted their eighth gala – a first for Kovler – in March 2014. Their black tie gala “Mardi for a Cure” was a huge success, inspiring strong support from the Kovler Leadership Board and raising more than $400,000 to support diabetes research.

Kovler is honored to be their beneficiary for a second time. “Cirque for a Cure” will be held on June 20, 2015, at the Montgomery Club to support Kovler research. Margie and her dedicated committee expect 700 attendees, with a goal to raise $650,000.

International colleagues visit Kovler

The International Congress of Endocrinology held its 2014 annual meeting in Chicago, providing opportunities for internationally renowned diabetes experts to visit Kovler during their time in the Windy City. Among them was this year’s recipient of the International Excellence in Endocrinology award, Dr. Yutaka Seino, president of Kansai Electric Power Hospital in Osaka, Japan. The award is presented to an endocrinologist outside the United States who has made exceptional contributions to the field in geographic areas with underdeveloped resources for endocrine research, education, clinical practice, or administration.

Traveling with Seino was his brother, Dr. Susumu Seino of Kobe University Graduate School of Medicine, where he heads the Division of Diabetes and Endocrinology. The Seinos had a special relationship with Dr. Steiner that spanned more than three decades. Susumu Seino trained with Dr. Steiner, and he was a respected mentor, colleague, and friend to both brothers, even across the miles.

Kovler Leadership Board

The Kovler Diabetes Center Leadership Board promotes the vision and mission of the Kovler Diabetes Center, and supports the needs of the physicians who provide clinical care, research, education and outreach.

“Leadership at Kovler begins with those who donate their time, talent and treasure – in Chicago and around the world”

PEGGY HASENAUER, MS, RN
EXECUTIVE DIRECTOR
UNIVERSITY OF CHICAGO KOVLER DIABETES CENTER

Donald F. Steiner, SM’56, MD’56
1930-2014

A.N. PRITZKER DISTINGUISHED SERVICE PROFESSOR EMERITUS,
DEPARTMENTS OF MEDICINE AND BIOCHEMISTRY AND MOLECULAR BIOLOGY

Remembering a pioneer:

We are deeply saddened by the recent loss of one of the Kovler community’s most esteemed members, Dr. Donald Steiner. His legacy is one of extraordinary dedication to his work, unparalleled passion for teaching and learning, and critical contributions to the field of diabetes research.

*Don Steiner was a pioneer in diabetes research. The broad implications of his discoveries placed the University of Chicago at the forefront of diabetes research. His work enabled not only many additional research discoveries, but also the recruitment of faculty, the training of students, and our ability to raise philanthropic support for our academic programs. He was an extraordinarily kind, gentle and attentive person. He always had time for his staff and colleagues, would answer questions at length and in depth, and was absolutely devoted to this University. He was a dear friend and colleague to all of us – especially to me and the Kovler team – and he made a deep mark on the University of Chicago’s history. We will miss him profoundly.*

KENNETH S. POLONSKY, MD
EXECUTIVE VICE PRESIDENT FOR MEDICAL AFFAIRS;
DEAN, DIVISION OF THE BIOLOGICAL SCIENCES;
DEAN, PRITZKER SCHOOL OF MEDICINE;
PROFESSOR OF MEDICINE, UNIVERSITY OF CHICAGO

During their visit to Kovler, Dr. Yutaka Seino and his colleagues were treated to an impromptu lecture in Dr. Steiner’s office.

Dr. Philipson, Dr. Bell, Dr. Steiner and Dr. Susumu Seino.
Honor roll

All who have supported Kovler’s work to advance diabetes research and patient care deserve our unwavering gratitude. We are pleased to acknowledge our friends and supporters and thank them for their financial support in fiscal year 2014 (July 2013–June 2014) to our mission.

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Honor Roll

To all who have provided financial support to advance diabetes research and patient care, we are grateful.

Special Thanks To In-kind Sponsors for Kovler’s Gala, Mardi for the Cure

Graeme Bell, PhD
Founder
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Our story in numbers
The impact of diabetes is broad and deep, economic and social. At Kovler, we focus on reducing this impact through research, education and unparalleled patient care.

29.1 MILLION
29.1 million Americans have diabetes.

86 MILLION
86 million Americans age 20 and older have prediabetes.

27% HIGHER
Death rates for people living with diabetes are 27% higher for African Americans compared to Caucasians.

1 IN 9
1 in 9 Chicagoans have diabetes.

1 IN 5
20% of adults living in the South Side of Chicago are living with diabetes.

$245 BILLION
Total estimated cost of diagnosed diabetes in the United States is $245 billion per year.

120 PATIENTS
120 patients in the hospital with diabetes on June 19.

120 PATIENTS
120 patients in the hospital with diabetes in the month of March.

28,433 VISITS
28,433 visits related to diabetes in all of UChicago outpatient clinic settings.

120 patients in the hospital with diabetes on June 19.

60 TOP DOCS
In the last 15 years, the Section of Adult and Pediatric Endocrinology, Diabetes, and Metabolism at the University of Chicago fellowship program has trained nearly 60 of the top endocrinologists in the country.

20% of adults living in the South Side of Chicago are living with diabetes.
Caring for individuals with diabetes throughout their lifespan – from infants to adults – is our mission at the University of Chicago Medicine Kovler Diabetes Center.

kovlerdiabetescenter.org
773-702-2371