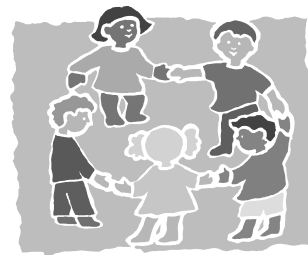


# New sletter of the Pediatric, Adolescent, & Young Adult Section



**Joslin Clinic**  
 Volume 3, Issue 3  
 Fall 2007

## Joslin Halloween Party Draws a Crowd

More than 200 pediatric patients and family members took part in the festivities at Joslin's annual Halloween Party on Saturday, October 27th.

Kids (and staff) came dressed in costumes and enjoyed a variety of activities, including the cauldron toss, pumpkin bowling, pin-the-hat-on-the-witch, and, of course, the haunted house! Start thinking now about your costume for next year!



*Thank you to our volunteers and to Novo Nordisk and Roche Brothers for their support.*



*Abi McGlone is all smiles during the 2007 Falmouth Road Race!*

## Pediatrics Patient Runs in Falmouth Road Race

In 2006, 11-year-old Abi McGlone cheered on her dad when he ran in the Falmouth Road Race as a member of Team Joslin. Later, Abi, who has type 1 diabetes and receives her care at Joslin, decided that she wanted to join her dad for the race the following year. After recruiting her mom to participate as well, Abi and her parents, Dave and Maria, made the Falmouth Road Race a family affair, as all three ran in the race with Team Joslin this year.

Abi and her mom trained for the race all summer, increasing their training runs from 2 miles up to 6.5 miles in preparation for the 7-mile race on August 12th. Abi's favorite

part of the race was "being able to finish 7 miles". The opportunity to raise money for Joslin's work of finding new treatments for diabetes made it even more special. The Joslin team wore their "Team Hope" t-shirts during the race and spectators provided encouragement by cheering them on.

Abi has had diabetes for 8 years. She is a member of the running club at school in the spring and fall. She also plays basketball and softball, but running is her favorite of the three activities. Abi and her parents plan to run in the Falmouth Road Race with Team Joslin again next year. Lace up your running shoes and you can join them!

### UPCOMING GROUPS FOR PARENTS, CHILDREN, & ADOLESCENTS:

- Thursday, December 13, 4-5 pm  
 PARENTS: Continuous Glucose Sensors  
 YOUTH: Diabetes Gizmos & Gadgets

\*Groups are led by members of the Joslin pediatric team and are held on the 7th floor in rooms 702 & 704. Please call 617-732-2603 to reserve a space in any of these groups.

### HIGHLIGHTS IN THIS ISSUE:

- New Staff Profile – p. 2
- Teen & Parent Bowling Photos – p. 3
- Research Opportunities – p. 4
- Camp Corner – p. 5

## Pediatric, Adolescent, & Young Adult Section Team

### Endocrinologists

Lori Laffel, MD, MPH

Chief of Pediatrics

Joan Mansfield, MD

Associate Clinical Director of Pediatrics

Sanjeev Mehta, MD, MPH

Jamie Redgrave, MD

Alyne Ricker, MD

Britta Svoren, MD

Jamie Wood, MD

### Clinical Fellows

Cielo Alleyn, MD

Yee-Ming Chan, MD, PhD

Michael Dedekian, MD

Christina Jacobsen, MD, PhD

Marta Ramon-Krauel, MD

Elizabeth Rosolowsky, MD

Sandra Salsberg, MD

Natalie Shaw, MD

Lisa Swartz, MD

### Nurse Educators

Cindy Pasquarello, BSN, RN, CDE

Nurse Manager

Deborah Holtorf, MSN, MPH, PNP

Kendra Juhola, MSN, RN

Joyce Keady, MS, PNP

Lisa Kuhn, RN

Kerry Milaszewski, BS, RN, CDE

Liz Quinlan, BSN, RN

Christina Von Seggern, RN, MSN, FNP

### Administrative Staff

Louise Crescenzi

Meghan Beaton

Laura Hanson

### Medical Assistants

Jenny Dado

Andrew Rolla

### Phlebotomist

Jim Carey

### Child and Family Support Team

Kris Bruneau, CCLS

Jenn Douglass, MEd

### Dietitians

Laurie Higgins, MS, RD, LDN, CDE

Emily Werner, RD, LDN

### Mental Health Providers

Debbie Butler, MSW, LICSW, CDE

Ann Goebel-Fabbri, PhD

Amy Pettit, PhD

Marilyn Ritholz, PhD

John Zrebiec, MSW, LICSW, CDE

### Research Staff

Allison Boyles

Julia Carr

Margo Hanlan

Margie Lawlor, MS, CDE

Maureen Malloy

Hugh Murphy

Lauren Olmsted

Laena Orkin

Katherine Pratt

Lisa Volkening

Sandy Zaeh

Nicole Zarba

## Meet the Newest Member of the Joslin Pediatrics Team



### Christina Von Seggern, RN, MSN, FNP – Nurse Practitioner



Christina (Chrissy) moved to Boston four months ago and joined the Joslin team in September. After growing up in southeastern Pennsylvania, Chrissy received a bachelor's degree in advertising, along with minors in psychology and photography, at Penn State. After deciding to pursue nursing, she earned both a bachelor's and master's degree in nursing from Johns Hopkins. In May, she graduated as a family nurse practitioner with a focus on pediatrics. Some of Chrissy's favorite hobbies are photography, cooking, and sports, including playing field hockey. She also enjoys going running and hiking with her husband and their dog, Camden. She loves fireworks, which is fitting because her birthday is the fourth of July. Chrissy's favorite part of her job is working with the patients and families. She is looking forward to meeting many new families here at Joslin!

Q&A

Q: How can I eat healthy during the holidays?



A: During the holidays, many people find it more difficult

to eat healthy or cover meals and snacks with an adequate amount of insulin. Here are some tips for healthy eating throughout the holidays.

- If you are hosting a holiday meal, plan the menu ahead of time and ask your guests to let you know what they are bringing so that you can have a variety of foods. You can even ask your guests to bring copies of their recipes to share with everyone —knowing the ingredients can help when “guesstimating” the carbohydrate count of a homemade item.
- Appetizers can be a challenging part of the holidays because of how easy it is to overeat. Often, people arrive at the house hungry after a long drive in the car or after spending the morning at a local football game. To satisfy that hunger, include a vegetable and fruit platter. Next, bring out one to two hot appetizers. Consider low-carbohydrate options like shrimp cocktail, scallop & bacon rolls, chicken wings, chicken teriyaki strips, and nuts in the shell, although fat content may be high.
- Serve 2-3 vegetables with the meal. Limit high-carbohydrate side dishes and starchy vegetables. After you finish eating, take a break before dessert. If the weather is nice, go for a walk with your family or play a game of touch football. If the weather isn't nice, get out some cards or board games. The game Twister is a good way to get a little indoor physical activity, plus it's usually good for some laughs!
- It can be tricky to estimate the carbohydrate content of desserts —and to control portion size. After dinner, refill the fruit platter with strawberries, blueberries, and sliced peaches. Add some small sponge cakes and whipped cream and —voila! —berry and peach shortcake! Cupcakes are also a handy option because they naturally come in individual serving sizes of about 25-30 grams of carbohydrate each. Many children prefer finger-food desserts, such as cookies or brownies; just keep the portion sizes small so that everyone can have a taste.
- Keep a *Calorie King Calorie, Fat, & Carbohydrate Counter* book on hand to help with your carbohydrate estimations.
- Finally, remember that the holiday season is about more than just food —don't forget to focus on enjoying time with family and friends.





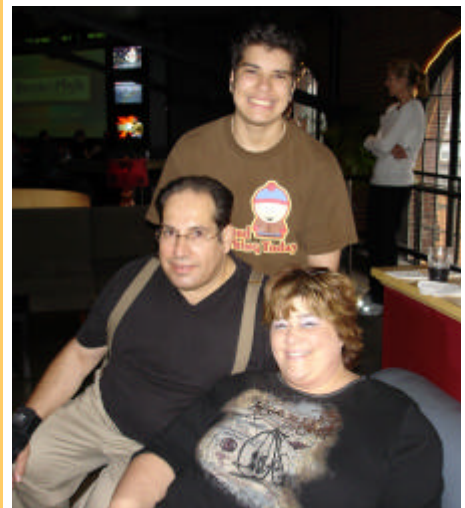
# Joslin Teen & Parent Bowling Event Brings Families Together

Joslin teens and parents got together with other families for some bowling at the Joslin Teen & Parent Bowling Event on Monday, October 8th. The event took place at Lucky Lanes near Fenway Park.

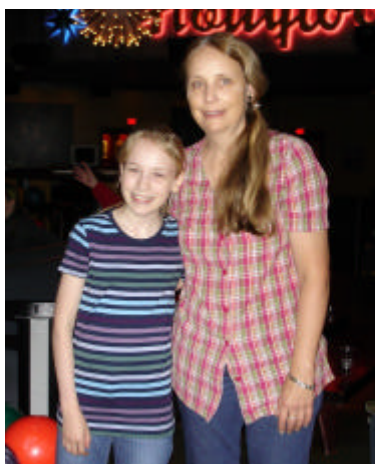


## Teen Bowls Personal Best

This was the 2nd year that 14-year-old Pierce Aguiar participated in the Joslin Teen & Parent Bowling Event. Bowling is a regular activity for Pierce; he practices every week and even has his own bowling ball and shoes. His practice is clearly paying off —Pierce bowled a personal best score of 131 at the Joslin event, six points higher than his previous high score of 125!



Pierce and his parents at the Joslin Teen & Parent Bowling Event



This event was sponsored by ACCU-CHEK/ Roche Diagnostics.

Joslin teen & family events are a great way to meet other families with diabetes... and have fun at the same time!

For more information on teen & family events, call Debbie Butler, LICSW, at 617-264-2746.



Want to get involved in fundraising events at Joslin? If so, you're in luck, because we've got several opportunities for you! Committees are forming now for the following events:

- **City Feast**  
*Sunday, January 27, 2008*
- **Spoonful of Ginger**  
*Tuesday, April 1, 2008*
- **A Night at the Pops**  
*Friday, May 9, 2008*
- **Joslin Under the Stars 110th Anniversary Gala**  
*Thursday, September 25, 2008*

For information about getting involved in any of these events, contact Kristin Phelan at 617-732-2468 or [kristin.phelan@joslin.harvard.edu](mailto:kristin.phelan@joslin.harvard.edu).

## Recipe: Cranberry Pumpkin Muffins

Source: USDA Food Stamp Nutrition Connection



### Ingredients:

- 2 cups flour
- 3/4 cup sugar
- 3 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 3/4 tsp allspice
- 1/3 cup vegetable oil
- 2 large eggs
- 3/4 cup canned pumpkin
- 2 cups fresh or frozen chopped cranberries

(makes 12 muffins)

### Directions:

1. Preheat oven to 400° .
2. Sift together dry ingredients (flour, sugar, baking powder, salt, cinnamon, allspice); set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add wet ingredients (pumpkin mixture) to dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper-lined muffin cups.
7. Bake at 400° for 15-30 minutes.

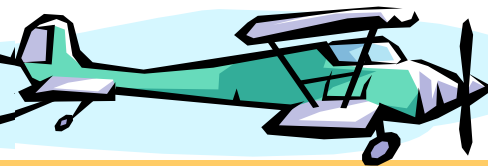
### Nutrition Facts:

(per muffin)	
Calories:	160
Carbohydrate:	31 g
Fiber:	6 g
Protein:	6 g
Fat:	2 g



Serve with a glass of low-fat milk for a healthy after-school snack!

## Research Opportunities at Joslin



### The STAR 3 Study

Now recruiting!

**Description:** This study will assess continuous glucose monitoring (CGM), along with insulin pump therapy, in youth currently treated with insulin injections. The study involves frequent visits to Joslin over 1.5 years. At study visits, families will complete surveys, review diabetes management, and get support from study staff.

**Recruiting:** Youth, ages 7-25, with type 1 diabetes who have never used an insulin pump

**Contact:** Nicole Zarba at 617-732-2699 x4523 or nicole.zarba@joslin.harvard.edu

### The HELP Study

#### Help Eliminate Long-term Problems in Diabetes

**Description:** This study aims to find new ways to help keep the body's organs, including the eyes, heart, kidneys, nerves, and blood vessels, healthy.

**Recruiting:** Young adults ages 20-30 who have had diabetes for 17+ years

**Contact:** Nicole Zarba at 617-732-2699 x4523 or nicole.zarba@joslin.harvard.edu

### The DAVY Study

#### Diabetes in Adolescents & the Very Young

**Description:** This study examines possible environmental, genetic, and immunologic factors that may cause type 1 diabetes in children. It involves a series of questionnaires and a routine blood draw.

**Recruiting:** Youth <18 who have had diabetes for ≤6 weeks

**Contact:** Britta Svoren at 617-732-2603 or britta.svoren@joslin.harvard.edu

### Type 2 Diabetes Health Values Study

**Description:** This national study explores how youth with, or at risk for, type 2 diabetes and their families feel about certain health conditions related to type 2 diabetes.

**Recruiting:** Youth ages 12-18 with type 2 diabetes, pre-diabetes, or insulin resistance

**Contact:** Julia Carr at 617-732-2699 x4337 or julia.carr@joslin.harvard.edu

### The TODAY Study

#### Treatment Options for Type 2 Diabetes in Adolescents & Youth

**Description:** This is the first multi-center clinical trial sponsored by the National Institutes of Health to focus on pediatric type 2 diabetes. Participants receive free diabetes care, education, and supplies.

**Recruiting:** Youth ages 10-17 who have had type 2 diabetes for 2 years or less

**Contact:** Maureen Malloy at 617-735-1919 or today@joslin.harvard.edu



### The NIP Study

#### Nutritional Intervention to Prevent Diabetes

**Description:** This study aims to determine if nutritional supplements with an omega-3 fatty acid will prevent the development of islet autoimmunity in at-risk individuals if administered during the last trimester of pregnancy and/or the first two years of the infant's life. The study involves blood tests, omega-3 capsules/ placebo, and infant formula.

**Recruiting:** Pregnant women in their 3rd trimester or infants ages 5 months or less who have a 1st degree relative with type 1 diabetes

**Contact:** Debbie Conboy at 617-732-2647 or debbie.conboy@joslin.harvard.edu

### Type 1 Diabetes Risk Assessment

#### The Natural History Study — TrialNet

**Description:** This study aims to identify youth and adults at risk for type 1 diabetes by testing for diabetes-related antibodies in relatives of people with type 1 diabetes. It involves a single blood test. People who test positive will be eligible for further testing and may be eligible to participate in prevention trials.

**Recruiting:** Parents, children, & siblings, ages 1-45, and cousins, grandchildren, nieces, & nephews, ages 1-20, of people with type 1 diabetes

**Contact:** Heyam Jalahej at 617-732-2524 or heyam.jalahej@joslin.harvard.edu

## American Diabetes Month & World Diabetes Day



November is American Diabetes Month. According to the American Diabetes Association, about 20.8 million people in the U.S. have diabetes, (14.6 million diagnosed and 6.2 million undiagnosed). American Diabetes Month is an opportunity to increase awareness about diabetes. Some areas of focus during the month include: treatment for type 1 and type 2 diabetes, risk factors and prevention of type 2 diabetes, and

support for families. The theme for American Diabetes Month in 2007 is "The Many Faces of Diabetes".

World Diabetes Day is celebrated every year on November 14, the birthday of Frederick Banting, who, along with Charles Best, discovered insulin. World Diabetes Day was introduced by the International Diabetes Federation (IDF) and the World Health Organization (WHO) in 1991 and is recognized in



world diabetes day

over 150 countries. In 2006, the United Nations General Assembly adopted a resolution that officially designated November 14 as World Diabetes Day. The logo for World Diabetes Day is a blue circle. The theme in 2007 and 2008 is "Diabetes in Children and Adolescents". Many buildings and landmarks around the world were lit up in blue on November 14, including the Prudential Center and Joslin Diabetes Center in Boston!



# CAMP CORNER

CAMP

## Winter Camp is Coming Soon!

For a second year, Camp Joslin is partnering with the Clara Barton Camp to host the Barton/Joslin Winter Camp. This year's Winter Camp will be held December 27-30, 2007, at the Chabot Center at The Barton Center for Diabetes Education in North Oxford, MA.

Winter Camp is an opportunity for teens (ages 13-17, boys and girls) with diabetes to spend a few days together making new friends, learning more about diabetes, sharing their experiences of living with diabetes, and, of course, having fun! The program involves a mix of indoor and outdoor activities and age-appropriate education led by experienced professionals, including year-round staff members from both camps and select summer camp counselors. Sign up early because attendance is limited to about 25 teens.

For more information, pick up a Winter Camp brochure in the Joslin Pediatric Clinic or call John Latimer (Administrator/ Director, Camp Joslin) at 617-732-2455 or Danielle Eid (Resident Camp Director, Clara Barton Camp) at 508-987-2056 ext 201. The cost for Winter Camp is \$400; financial aid is available.



Want to have as much fun as these folks? Come to the Barton/Joslin Winter Camp in December!

## WACKY Weekend at Clara Barton Camp

The Clara Barton Camp has another weekend program later this winter for youth with diabetes:

- February WACKY Weekend  
February 15-18, 2008 —Co-ed, ages 12-16

For more information, go to [www.bartoncenter.org](http://www.bartoncenter.org) or call the Clara Barton Camp at 508-987-2056.

## More Joslin Pediatric Research from 2007 ADA Annual Meeting

In the summer newsletter, we highlighted five research reports that the Joslin pediatric team presented at the annual meeting of the American Diabetes Association (ADA) in June. Well, we were so busy this year that we have even more research to share with you. Here are summaries of two more abstracts that were published and presented at this year's ADA meeting.

### Effectiveness of a Daily Educational and Monitoring Tool for Diabetes Management in Youth with Type 1 Diabetes *JCaouette, S Kumar, A Ricker, K Hood*

In this study, a newly developed educational program and daily monitoring planner were given to 42 boys (ages 8-16 years) attending a diabetes camp. The planner was used to monitor blood glucose levels, insulin doses, dietary intake, physical activity, and mood, and to set weekly goals. A control group of 18 boys from a later camp session did not receive the educational program or planner. Both groups completed surveys at the beginning and end of their 2-week camp session. Youth who received the educational program and planner were more likely to increase their scores on diabetes-specific quality of life and self-efficacy surveys and to decrease their negative feelings about blood glucose monitoring, compared to the control group. A1c data are being collected and analyzed now.

### Pathophysiology of Recombinant Human Insulin-Induced Local Lipoatrophy

*X Lopez, M Castells, E Velazquez, A Ricker, D Lin, E Mun, A Goldfine*

Lipoatrophy is the loss of fat under the skin, resulting in small dents in the skin. It may be caused by repeated injections of insulin in the same spot. However, insulin-induced lipoatrophy has become uncommon since the introduction of recombinant human insulin. This study examined five cases of lipoatrophy associated with use of modified insulin analogs. All patients had type 1 diabetes and were between 14 and 34 years of age. Subcutaneous fat biopsies revealed increased numbers of mast cells in areas with lipoatrophy compared to areas without lipoatrophy. Local allergic reactions may be more prevalent with insulin analogs than with recombinant human insulin. Mast cells may be potential targets for treating allergic reactions to insulin that result in lipoatrophy.



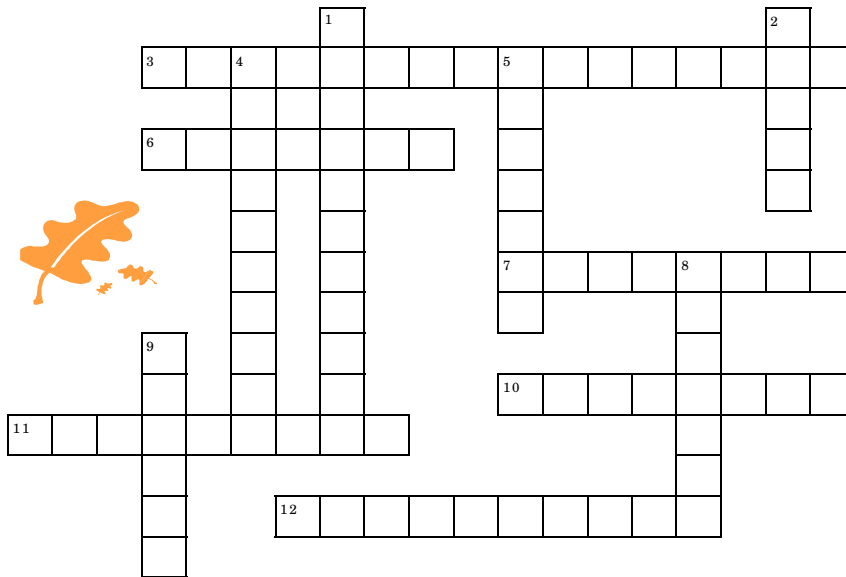
### KIDS' PAGE CROSSWORD PUZZLE ANSWERS:

ACROSS: (3) World Diabetes Day (6) Insulin (7) November  
DOWN: (10) Families (11) Awareness (12) Prevention  
(8) Million (9) Circle  
(1) Adolescents (2) Faces (4) Resolution (5) Banting



# KIDS' PAGE

Read the article about American Diabetes Month and World Diabetes Day on page 4 and you'll have all of the information you need to complete this crossword puzzle! (answers are on page 5)



**ACROSS**

- 3. November 14 is \_\_\_\_\_ (3 words)
- 6. Dr. Banting and Dr. Best discovered \_\_\_\_\_
- 7. \_\_\_\_\_ is American Diabetes Month
- 10. Support for \_\_\_\_\_ is one focus of American Diabetes Month
- 11. American Diabetes Month is an opportunity to increase \_\_\_\_\_ about diabetes
- 12. One focus of American Diabetes Month is \_\_\_\_\_ of type 2 diabetes

**DOWN**

- 1. The theme for World Diabetes Day in 2007 and 2008 is "Diabetes in Children and \_\_\_\_\_"
- 2. The theme for American Diabetes Month in 2007 is "The Many \_\_\_\_\_ of Diabetes"
- 4. The United Nations adopted a \_\_\_\_\_ to designate November 14 as World Diabetes Day
- 5. World Diabetes Day is celebrated on the birthday of Dr. \_\_\_\_\_
- 8. Almost 21 \_\_\_\_\_ people in the U.S. have diabetes
- 9. The logo for World Diabetes Day is a blue \_\_\_\_\_

## Kids' Corner Question

**QUESTION:** Can a baby wear an insulin pump? —Tori, age 7

**ANSWER:** What a good question!

Yes, infants and toddlers can wear an insulin pump. One of the advantages of using an insulin pump for infants and toddlers is that parents can "bolus" or give very small amounts of insulin. When an infant or toddler wears a pump, we make sure the pump is "locked" at all times so that the infant or toddler cannot give himself or herself extra insulin. Sometimes, infants and toddlers wear the pump on the back of their body so that they do not play with it or try to take it off. If you want to learn more about insulin pumps, talk to your parents and your diabetes team at Joslin.

## THANKSGIVING WORD SCRAMBLE

Unscramble these Thanksgiving words (answers below).



- |              |             |
|--------------|-------------|
| 1) TANUMU    | 5) LIFYAM   |
| 2) EKURYT    | 6) LOTOFALB |
| 3) MRVEEBON  | 7) RVASETH  |
| 4) EARBCNRYR | 8) BOBLEG   |

(1) autumn (2) turkey (3) November (4) cranberry (5) family (6) football (7) harvest (8) gobble



One Joslin Place, Boston, MA 02215  
 Pediatric, Adolescent, & Young Adult Section  
 (617) 732-2603

### Comments or suggestions?

E-mail Lisa at [lisa.volkening@joslin.harvard.edu](mailto:lisa.volkening@joslin.harvard.edu)

- |                  |                   |
|------------------|-------------------|
| Kris Bruneau     | Lisa Volkening    |
| Jenn Douglass    | Emily Werner      |
| Laurie Higgins   |                   |
| Alyne Ricker, MD | — Medical Advisor |