
UCI Diabetes Center

Spring 2019 Newsletter

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Welcome to the Spring 2019 issue of the UCI Diabetes Center News!

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Giving Day
April 24, 2019

Research Forum: Personalized Medicine by Steven Chessler, MD, PhD
September 16, 2019, 7 p.m.
UCI Health Gavin Herbert Eye Institute

13th Annual Celebrate the Center Fundraiser and Networking Party
November 7, 2019
5:30 p.m. to 8:00 p.m.
Newport Beach Country Club



Researcher Spotlight: Steven Chessler, MD, PhD

Focus on beta cells in the pancreas

Dr. Steven Chessler has a passion to slow down the current diabetes epidemic. His research is primarily focused on better understanding the cell and molecular biology of the insulin-producing beta cells in the pancreas, and also cellular events that create beta cell damage and dysfunction, causing diabetes.

Translational research

Dr. Chessler has mostly taken the path of translational research. "Translational" in research refers to translating basic scientific findings in a laboratory to potential treatment for a disease.

Current research focuses on three families of cell-surface proteins

He has received research grants from JDRF (Juvenile Diabetes Research Foundation), the National Institutes of Health, and Johnson & Johnson to study beta cell surface proteins. He has been studying potential protein targets that might be developed into new treatment therapies. He and Dr. Arthur Suckow received a patent for a process

(cont'd on page 2)



(Dr. Chessler cont'd from page 1)

involving a unique set of proteins found on the surface of beta cells. They hope to learn how to use certain proteins to correct problems in beta cells that impair their ability to make insulin. The research team has shown that cellular proteins are important for normal insulin secretion.

Currently, Chessler's lab is focusing on three families of proteins that are integral to normal insulin secretion. Their findings reveal the importance of cell surface proteins and extracellular protein interaction for islet function and for normal insulin secretion. Their work identifies new protein therapeutic targets that may be used for improving beta cell function and providing a new understanding of how the beta cells mature. This knowledge would be helpful in the development of engineered beta cell replacements derived from stem cells.

UCI has applied for a patent for this therapeutic approach. According to Dr. Chessler, "We have tested with our collaborators at Bar-Ilan University in Israel and with Dr. Abraham Lee, here at UCI, potential therapeutic agents based on the findings described above. We think these agents could reverse beta cell dysfunction and perhaps assist in the regeneration of new beta cells."

Clinical trials at UCI for glucose sensors

Later in 2019, Dr. Chessler will be participating as a co-investigator in clinical trials for new glucose sensor technologies to assist in artificial pancreas development. He is working with the inventor of these sensors, Dr. Elliott Botvinick, UCI faculty member and bioengineer, with particular interest in diabetes.

According to Dr. Chessler, "The goal is to supplement glucose sensors with these other sensors to enable future artificial pancreases to adjust to exercise and other metabolic stimuli."

Corporate Health Presentation



through physical activity, diet, and appropriate use of insulin and oral medications to lower blood sugar levels. This program allows a free one-hour learning session to be held at your location. Our experts will have an open discussion about diabetes with our goal of educating and breaking any myths about the disease. Learn about the symptoms as

You can bring a presentation to your company to learn the basics about diabetes and pre-diabetes from the experts at the UCI Diabetes Center. Diabetes is a serious disease that can be managed

well as how to avoid diabetes. For more information about this program, please contact Sasha Advani at (714) 509-2101 or diabetes@uci.edu.

Health Corner

Follow these tips to get the most accurate blood pressure reading at home or in your health care provider's office.

An accurate blood pressure reading is important to determine treatment options and to evaluate the treatment regimen your doctor has prescribed. Here are 10 helpful hints for an accurate reading.

- Arrive early to your medical appointments
- Use the restroom before taking a reading
- Sit in a chair with good back support
- Make sure the cuff is on a bare arm, not over clothing
- Support your arm on a table top, desk or arm rest so the cuff is at the level of your heart
- Uncross your legs
- Place feet flat on the floor or on a stool if your feet do not reach the floor
- Rest for at least 5 minutes before the reading
- NO talking during the reading
- RELAX
- Blood pressure goal with diabetes is less than 140/90.

Message from the Director

We have many physician-scientists at the Diabetes Center who are working on cutting-edge diabetes research as well as caring for patients. In this issue, we highlight Dr. Steven Chessler, a physician-scientist at UCI. His research has led him to be a co-investigator in a clinical trial for glucose sensor technologies to assist in artificial pancreas development.

Dr. Chessler also participates in various community lectures representing the center, talking about the “All of Us” research program, as part of The Precision Medicine Initiative. “All of Us” is an NIH-led effort to develop precision medicine.” This program aims to recruit 1 million individuals—all ages, all states of health, all regions of the U.S. The goal is to learn more about how our DNA and other predictors/markers that are unique to each person can help customize and guide healthcare to maximally benefit each person, also known as “precision medicine.” Email for more information: allofus@uci.edu.

We will continue to provide progress updates on our advances and discoveries. We appreciate your support for our research and hope you enjoy this edition of our newsletter.

Ping H. Wang
Director, UCI Diabetes Center



Call for Volunteers

The Event Committee has kicked off planning the Diabetes Center’s 13th Annual Celebrate the Center and Networking Party! Family, friends and colleagues will come together for wine, beer and heavy appetizers, and

to bid on silent auction items, thus raising money to support the ongoing research being done by the center.

Are you, or do know someone who is interested in volunteering on our event committee? You can become a community ambassador and help us acquire silent auction items.

To help ensure the event is a success, we are in need of auction items! We are asking our supporters to consider donating a service, access to an event or experience, or fun items.

If you would like to volunteer or donate item(s), please contact Sasha Advani at 714.509.2101 or diabetes@uci.edu.



UCI Diabetes Center’s 13th annual event is going to be a great event! Guests will come together to mingle, munch and raise money to support the center by bidding on silent auction items. To help ensure that the auction is a success, we are in need of items to auction! We’re asking our supporters to consider donating a service, access to an event or experience, or another fun item to be auctioned off.

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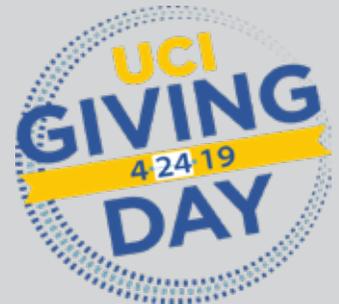
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UCI Giving Day

Giving Day is a 24-hour online giving campaign bringing the UCI community together. Support the Diabetes Center on Wednesday, April 24, 2019, from 12:01am to midnight. The impact of your gift—of any size—makes a real difference in the lives of individuals living with this disease. Visit for more information: www.ucidiabetes.com



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