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# UCI Diabetes Center

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Summer 2019 Newsletter

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*Welcome to the Summer 2019 issue of the UCI Diabetes Center News!*

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## Save the Dates

**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



## Medical Student Spotlight: Emily Tom

My name is Emily, and I am a first-year medical student in the UCI Medical Scientist Training Program (MSTP). As an aspiring physician-scientist, I hope to apply basic science findings to create potential therapies for the treatment of diabetes.

My interests in nutrition and health have been fueled by my passion for cooking. While cooking began as a budgeting strategy, it quickly grew into a hobby that cultivated a curiosity for metabolism and energy homeostasis in our bodies. At UCLA, I majored in biochemistry and discovered my interest in metabolic pathways and their regulatory mechanisms.

I became interested in studying diabetes, specifically, in a physiology of nutrition class, where I learned about the unique challenges people living with diabetes face. The rising prevalence of diabetes and the wide range of its short- and long-term complications continue to motivate me to study this disease. I am proud to be a part of the cutting-edge research at the UCI Diabetes Center!

## Travel Safely with Diabetes

### Be prepared:

- *Have copies of your prescriptions (ask your pharmacist) in case medications get lost or spoil during the trip.*
- *Ask your doctor for guidelines on changing time zones if you take insulin.*
- *Get any shots/immunizations needed at least a month before the trip.*

### Packing your bag:

- *Pack all medications, glucose monitoring supplies and hypoglycemia treatments in your carry-on bag. If driving, keep all these inside the car, not in the trunk, to keep everything cool.*
- *Keep medications in original pharmacy-labeled containers.*
- *Take enough medications, monitoring supplies, etc. for the length of the trip plus about a week's extra.*

### While on the trip:

- *Check blood glucose at least 3-4 times/day if on pills and 4-5 times/day if on insulin.*
- *Be aware of changes like increased elevation or humidity that can cause hypoglycemia.*
- *Protect medications from extreme heat and humidity.*
- *Wear comfortable shoes and socks for walking, check feet daily for blisters or sores and treat as needed.*
- *Wear medical identification (bracelet, necklace) and carry emergency contact information.*

*And the most important thing is to HAVE FUN!*

## Come Celebrate with Us!

The center will host its 13th Annual "Celebrate the Center" Fundraiser and Networking Party at the beautiful Newport Beach Country Club on Thursday, November 7, 2019. With cool coastal ocean breezes and a view of the club's golf course, the evening will feature heavy hors d'oeuvres, hosted beer and wine, silent auction, wine wall and a research update by Ping H. Wang, MD, director of the Diabetes Center.

This year's theme, "Celebrate the Center", represents how the center has a multidisciplinary approach to advancing research to find a cure for Type I and Type II. We also celebrate the diversity of our scientists, clinicians, staff and the community who supports the ongoing research being done at the center.

With the UCI Diabetes Center being the only academic diabetes research center in Orange County, philanthropic support is vital to the Center's ability to provide the best quality patient care to our community, be



Wine wall at the 2018 "Celebrate the Center" event.

better equipped and more prepared than ever to develop new therapies, advancing research for better treatment, and ultimately, a cure for Type I diabetes, and to educate a new generation of innovative healthcare professionals for our community and the world at large.

Tickets are on sale for \$150 per person and can be purchased by calling (714) 509-2101 or emailing [diabetes@uci.edu](mailto:diabetes@uci.edu).



Kim Cohen, Dr. Ping Wang, Nilu and Roman Younessi.

## Leaving a Lasting Legacy

You live your life with purpose, you care for others and you make a difference in someone's life every day. Now, you can leave a legacy of hope for others struggling with diabetes. By leaving a gift to the UCI Diabetes Center in your will or trust, you will be remembered for generations to come as someone who made a difference for so many every single day. No gift is too small and it costs nothing now.

For more information about a legacy estate gift, please contact Rhonda Halverson at (949) 824-0507 or [Rhonda.Halverson@uci.edu](mailto:Rhonda.Halverson@uci.edu).

## Diabetes Education Presentation

You can bring a free 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 through physical activity, diet, and appropriate use of insulin and oral medications to lower blood sugar levels. This program allows a 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 well as how to avoid diabetes.

For more information about this program, please contact Sasha Advani at (714) 509-2101 or [diabetes@uci.edu](mailto:diabetes@uci.edu).

## Message from the Director

The UCI Diabetes Center has attracted physician-scientist students who are being trained on cutting-edge diabetes research as well as caring for patients. Medical students of the UCI Medical Scientist Training Program (MSTP) participate in the success of the center. In this issue, we highlight a new medical student researcher, Emily Tom, who is a recent biochemistry graduate from UCLA. She is an enthusiastic first-year student and we are proud to have her on our team.

Coming up this fall is the Diabetes Center's 13th Annual "Celebrate the Center" event on November 7 at the Newport Beach Country Club. We are proud of our milestones and we look forward to celebrating these achievements at this year's event. You may purchase tickets by calling (714) 509-2101.

The Center has evolved into a renowned research and treatment center. 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" Fundraiser 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 you know someone who is interested in volunteering on our event committee? You can become a community ambassador.

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](mailto: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.*

### Executive Council

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### UCI Giving Day – Your Support Funds a Cure

Thank you for supporting the UCI Diabetes Center during UCI's Giving Day on April 24, 2019. Your gifts ignite the spark that turns a new idea into a promising study, a potential treatment, a novel strategy for preventing complication and, ultimately, something that improves health for people with diabetes. Thank you for your loyal and generous support of the Diabetes Center. We are fortunate to be part of this caring Orange County community. And we are grateful to you for making smarter diabetes care possible.

#### GIVING DAY 2019 RESULTS

##### UCI Diabetes Center

**\$30,000 with 37 gifts**

##### UCI Total

**\$1,407,786 with 3,050 gifts**



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