

SCRIPPS HEALTH FOUNDATION

STEWARDSHIP REPORT
TO OUR COMMUNITY

SCRIPPS WHITTIER DIABETES INSTITUTE

FISCAL YEAR 2011





HANK YOU FOR YOUR SUPPORT



As the 2011 fiscal year came to a close, I reflected with pride upon the achievements of Scripps Whittier Diabetes Institute in diabetes care, education and research. Despite ongoing epidemic rises in both types 1 and 2 diabetes, Scripps Whittier remains dedicated to intervening and mitigating those effects through numerous programs and research efforts.

Halting the epidemic must start with prevention. Our diabetes prevention efforts are two-fold. For type 2 diabetes we designed an innovative diabetes prevention program focused on lifestyle management for incredibly high-risk Latina women with a history of gestational diabetes (*diabetes of pregnancy*). By creating a culturally tailored, Spanish language curriculum delivered by our peer educator staff, we demonstrated significant improvements in cholesterol and blood pressure and minimal conversion rates to type 2 diabetes. This preliminary data forms the basis for a much larger study to be conducted in the upcoming years. With respect to type 1 diabetes prevention, we continue our efforts as an affiliate in the Trial Net study, sponsored by the National Institutes of Health, which is tracking the identification of relatives of people with type 1 diabetes who are at high risk of developing diabetes, and offering potential interventions for delay or prevention in the onset of disease.

Other research efforts include the testing of new insulins that work faster, longer, with less variability and more flexibility for our patients; wireless technologies for testing blood sugars continuously in the hospital environment; and glucose lowering medications that better control blood sugar while allowing for simultaneous weight loss.

This year we celebrate 15 years of Project Dulce, our flagship diabetes outreach and care program aimed at underserved communities. Our many advances over the years have led us to take this creative model and translate the lessons learned to deliver high quality, efficient care to many of our Scripps clinical care sites.

Our education efforts also continue. We currently offer more than 200 classes, county-wide, for people with types 1 and 2 diabetes. We also train professionals from across the country in the methods of optimal diabetes practice and care through more than 40 classes held each year at Scripps Whittier.

Collectively in our hospital, outpatient, research and community programs we touch more than 10,000 patients each year. Our efforts are focused on providing the best possible care that will ultimately improve the quality of life for our patient population.

We would not be able to accomplish these significant achievements without the generosity of our donors, and guidance from our community advisory board. On behalf of Scripps Whittier Diabetes Institute, I thank you for your support. Together, we will continue to make an impact for the San Diego region and beyond.

Sincerely,

Athena Philis-Tsimikas, MD
Corporate Vice President
Scripps Whittier Diabetes Institute

CARING FOR OUR COMMUNITY

Project Dulce: Celebrating 15 Years of Helping Others

In 1997, Scripps Whittier Diabetes Institute created Project Dulce together with community partners to aid underserved members of the community living with this devastating disease. Promoting “diabetes excellence across communities,” this innovative program has helped thousands of ethnically diverse and low-income individuals through a wide range of services focused on the prevention, treatment and care of diabetes.

“Living with diabetes is difficult enough for anyone, and it can be especially challenging for those who may not readily have access to the education and care that are critical to managing this disease,” says Athena Philis-Tsimikas, MD, corporate vice president of Scripps Whittier Diabetes Institute.

“We couldn’t be more proud of Project Dulce,” she adds. “For 15 years, through this incredible program, we have witnessed the tremendous impact of education and empowering patients, families and communities to take charge of their disease and make permanent lifestyle changes to result in better health.”



Project Dulce’s unique approach is a patient-centered model that includes a dedicated team of medical professionals to assess and assist program participants. The nurse-led team includes a registered nurse/certified diabetes educator, a medical assistant and a dietitian who provide clinical care in collaboration with the patient’s primary care provider to ensure continuity of the high quality health care for which Scripps is well recognized. The team utilizes clinical standards and algorithms to guide treatment, and also maintains an electronic diabetes registry used to track patient care, monitor compliance with standards and report clinical outcomes.

In addition to training peer educators to provide diabetes self-management education, Project Dulce conducts ongoing research to adapt its group education curriculum to address the needs of African-American, Filipino and Vietnamese communities.

For more information about how you can support Project Dulce, please contact Scripps Whittier Diabetes Institute at 858-626-5390.

TRANSFORMING MEDICINE

Revolutionizing Glucose Management



Managing glucose, the central component of living a healthy life with diabetes, is no small task. That's why Scripps Whittier Diabetes Institute, with support from Sanofi-Aventis and Novo Nordisk, created the Scripps Interdisciplinary Glucose Management Research Program to improve treatment for diabetic patients in hospital medical, surgical and intensive care units.

The program is aimed at creating a standardized, system-wide glucose management training program designed to dramatically improve care for patients and reduce the number of complications due to poor glucose management.

The first phase began with training and education, and Scripps Whittier's professional education and training department created a standardized curriculum for nurses, pharmacists, dietitians and physicians. Simultaneously, a team of glucose management experts was identified to provide ongoing support and training for hospital staff and patients.

The second phase was a clinical study of selected patients with abnormal glucose levels who required the enhanced insulin protocol.

Positive Results

Grants from Novo Nordisk and Sanofi-Aventis, world leaders in diabetes care, helped support the research and education program. And both companies have been impressed by the results.

"The short-term outcomes during the first year reinforce the benefit of teaching clinical staff about safely achieving glucose targets that not only reduce costs, but improve management of hypoglycemia and hyperglycemia in patients," said Novo Nordisk Chief Medical Officer Alan Moses.

Dr. Robert Cuddidy, vice president of medical diabetes at Sanofi-Aventis, echoed that sentiment. "This in-hospital glucose management activity submitted by Dr. Philis-Tsimikas...has the potential to improve in-hospital hyperglycemia management, not only in Southern California, but across the U.S., as the methods and findings are presented and published."

With the help of these leading organizations, Scripps Whittier will be able to continue this vital research and ensure that our patients receive the most advanced diabetes care possible.

McKesson Grant Advances Mobile Outreach for Diabetes Care

The McKesson Foundation has awarded Scripps Whittier Diabetes Institute a \$250,000 research grant to test the effectiveness of using a mobile health application to improve the management of diabetes in a recently diagnosed diabetic Latino population.

“This grant will allow us to test a simple texting approach to change behavior in the low income Latino population with diabetes,” says Athena Philis-Tsimikas, MD, corporate vice president, Scripps Whittier Diabetes Institute. “This is one of the most difficult areas to make an impact but, if successful, it can lead to dramatic improvements and outcomes in their care.”

Scripps Whittier is one of six institutions across the country to receive a Mobilizing for Health grant. The McKesson Foundation gave out a total \$1.4 million to further the research on how mobile phones can be used to improve the lives of underserved populations suffering from chronic diseases.



“The Mobilizing for Health research grants allow us to increase the evidence base for mobile health interventions,” says Dr. Philis-Tsimikas.

Scripps is partnering locally with Neighborhood Healthcare to enroll 150 participants who will receive ongoing text messages for six months regarding medication management and behavior changes. The program will conclude in April 2013.

Cardio Metabolic-Lipid Pilot

Scripps Clinic Cholesterol Management Program is a new and innovative program designed to educate patients about lipid management to help them reduce high cholesterol. The program uses a multi-disciplinary approach that includes both a clinical pharmacist and health educator. Health educators are part of Scripps Whittier’s peer education team who have expanded their roles to teach at-risk heart patients about controlling cholesterol. Patients are recruited based on their last LDL (bad cholesterol) value, and are personally encouraged to participate by their physician. After a comprehensive plan is developed in collaboration with the pharmacist and health educator, this team serves as personal coaches to help patients stay on track.

“One of the best things about this program is the human connection between our patients and peers,” notes Athena Philis-Tsimikas, MD, vice president of Scripps Whittier Diabetes Institute. “It helps balance physical intervention with warm, personal and dynamic health education.”

The program is designed to help patients reach their goal cholesterol level within three months, although some patients may need more time. Once the patient achieves their cholesterol goals, they resume regular visits with their cardiologist.

EMPOWERING PATIENTS

Always Moving Forward

While the medical world progresses in the fight against diabetes, there is no treatment that can take the place of one critical tool: a personal commitment to health. This commitment, according to Jake Waxenberg, is the key to diabetes becoming a part of one's life — not consuming it.

Jake learned this lesson at the age of 16, when he was unexpectedly diagnosed with type 1 diabetes.

“I was at a soccer academy in Florida,” Jake says. “It was pretty intense training and all of a sudden I started playing badly and losing weight. It went on for six months and the doctors couldn't figure it out. There's no history of diabetes in my family.”

Despite feeling weak and not being able to put on weight, Jake accompanied his team to an international club tournament in London, England.

“I lost about 15 pounds in two weeks — I thought it was a combination of the English cafeteria food and the lack of recovery shakes I was accustomed to taking,” he jokes.

Suspecting diabetes was to blame, Jake's father brought him to Scripps as soon as they arrived home. His primary care physician referred him to Matthew Levine, MD, of Scripps Clinic, who specializes in diabetes.

“My blood sugar was ridiculously high,” Jake says. “I remember thinking to myself, this is just another obstacle, and if this is what I have to deal with, then so be it. I made the decision that I would be diligent in managing my diabetes while not letting it affect how I live my life.”

Drawing on the wisdom imparted by his father that “what is truly important is how you overcome obstacles and what you learn from those experiences,” Jake has extended his athletic passion to helping others.

He joined the Scripps Whittier Diabetes Institute Community Advisory Board in 2011, and has formed a company which focuses on allowing people with type 1 diabetes to better manage their disease via mobile devices while connecting patients to the research community.

Now 25, Jake still remains active in the soccer community, managing the careers of other athletes. He has also taken up golf to continue competition in sports.

For more information about the community outreach services and programs offered at Scripps Whittier Diabetes Institute, please call 866-791-8154 or visit scripps.org.





It Takes a Village

One of the primary areas of focus at Scripps Whittier Diabetes Institute is empowering our community members to take charge of their health through education and resources. We achieve this goal by partnering with like-minded organizations and offering community-based programs designed to help our patients help themselves while providing medical oversight and compassionate care.

Scripps San Diego Diabetes Gene Bank

Genomics is a rapidly evolving branch of medicine. Due to the completion of the International HapMap Project, which has created a catalogue for human genetic variation, and technological advances in DNA sequencing, we have new opportunities to further understand genetic factors in diabetes. In collaboration with Scripps Transitional Science Institute, Scripps Whittier Diabetes Institute is spearheading the Scripps San Diego Diabetes Gene Bank. The goal of this program is to advance genomic-related research within the field of type 2 diabetes and associated metabolic abnormalities, as well as to narrow the existing gap between the advances in the genomic sciences and non-European ancestry populations.

Diabetes Care Coordination Project

The Diabetes Care Coordination Project seeks to improve the health status and quality of life of diabetic patients and their families from underserved communities. Using Scripps Whittier's Project Dulce program as a model, it relies on a nurse/peer educator team to link hospitalized diabetes patients with education, support and social services.

The program is designed to determine whether relatively low-cost intervention will result in a decrease in preventable re-admissions, improve diabetes health outcomes and self-management skills, and increase utilization of primary and preventive care.

For more information about how you can support these vital programs, please contact the Scripps Whittier Diabetes Institute at 858-626-5390 or scripps.org.



Prebys Cardiovascular Institute

One of the many risks posed by diabetes is heart disease, as high blood sugar damages blood vessels and the heart itself. Scripps has been a leader in the advanced treatment of cardiovascular disease for decades, but our capabilities are about to take an enormous leap forward, as we build the Prebys Cardiovascular Institute.

“All of Scripps’ heart patients will benefit from the services and care that will be available at the Prebys Cardiovascular Institute,” says Dr. Athena Philis-Tsimikas, corporate vice president of Scripps Whittier Diabetes Institute. “Having diabetes is considered a cardiac risk equivalent, therefore the Prebys Cardiovascular Institute will greatly enhance our ability to deliver highly specialized treatment and care that addresses their unique cases.”

Slated for completion in 2015, the Prebys Cardiovascular Institute will utilize innovative technology and state-of-the-art equipment to provide comprehensive cardiovascular care, including robotic surgery and other minimally invasive treatments, lifesaving open surgeries and proven cardiac rehabilitation programs

Every year, more than 55,000 patients receive their cardiovascular care from Scripps, making it the largest heart care provider in the region. And Scripps is the only cardiovascular program in the region consistently recognized by U.S. News & World Report as one of the best in the country.

Prebys Cardiovascular Institute will be a regional destination for heart care.

- The seven-story, 383,000-square-foot building will feature 108 inpatient beds in private rooms and 59 intensive care beds.
- Patient-centered rooms with natural light, views of nature, reduced noise exposure and a subdued palette increase the sense of well-being and help in the healing process.
- Four new catheterization labs will utilize the latest advancements in heart treatment and care, and provide comprehensive services, including angioplasty, stent procedures and electrophysiology procedures.
- Operating suites will accommodate robotics and care for patients with complex heart conditions.
- Hybrid suites will accommodate both minimally invasive and open procedures.

The Longest Mile

Scripps Teams Work Together to Achieve Heartfelt Success

Steve Zug usually jogs in the morning — early — when there’s no one around. But on January 29, 2011, he got a late start, and it may have saved his life. Steve, who has type 2 diabetes, was running along the bluffs in Encinitas when he went into sudden cardiac arrest.

In some ways, it was Steve’s lucky day. The late start meant there were people around when he lost consciousness — including a former emergency medical technician who immediately began CPR.

Paramedics revived Steve’s heart with a defibrillator and took him to Scripps Memorial Hospital Encinitas, where he was further stabilized by John Harrington, MD, and placed in an induced coma so doctors could properly diagnose the condition and take action.

“I don’t remember any of this,” says Steve, “but I’ve spoken to people who were there, and I was in bad shape.”

Five days after his cardiac arrest, Steve was then transported to Scripps Memorial Hospital La Jolla where he received a quadruple bypass and an internal defibrillator performed by the surgical team of Scott Brewster, MD, and Ali Hamzei, MD.

“The doctors think that the combination of the partial clog in my blood vessels and the exercise threw off my heart rhythm,” he explains.

During his hospital stay, Steve also participated in the continuous glucose monitoring clinical trial to help researchers further understand the connection between the heart attack, the surgery and his diabetes. The research team at Scripps Whittier Diabetes Institute is the only group in the nation performing this research in a hospital environment.

Despite the seriousness of the event, Steve has no heart damage. Now cleared to pursue normal activities, Steve is playing soccer, bicycling and jogging — just a little.

“I want to thank everyone at Scripps for all the care and follow-up,” says Steve. “Given the circumstances, I couldn’t have asked for a better experience.”



Steve Zug continues to enjoy an active life thanks to the emergency treatment and surgery he received at Scripps.

GIVING THAT MAKES A DIFFERENCE

SCRIPPS *President's Council*

Philanthropic support plays a critical role in our ability to provide world-class diabetes care, education and research. As a member of the Scripps President's Council, Scripps Whittier Diabetes Institute Chapter, your annual, unrestricted gift of \$1,000 or more helps us continue to provide valuable community resources and education and develop lifesaving initiatives like our Glucose Management Research Program.

As a President's Council member, you will enjoy many benefits. In addition to knowing that your gift enhances the quality of life for people throughout our community, you receive:

- Complimentary parking at all Scripps hospitals
- An invitation to our annual Scripps President's Council recognition event
- Invitations to informative presentations by distinguished Scripps physicians and other renowned health care leaders
- Regular reports on the advances your support helps make possible through Scripps Health Foundation's Update magazine
- Tax savings.*

* Please check with your personal financial advisors to determine the extent of any tax benefits you may receive as a result of your gift.

For more information about how you can make a difference by joining Scripps President's Council, Scripps Whittier Diabetes Institute Chapter, please call 858-626-4533 or visit scrippshealthfoundation.org.

Paying Attention to Diabetes



Sanford Sugar

Sanford Sugar pays very close attention to his type 1 diabetes. He checks his blood sugar often, injects insulin when necessary, exercises and eats well. He knows that his quality of life is directly linked to managing his disease. He also understands that diabetes management is a moving target.

“The facts evolve because there are always new medicines and new devices that keep coming out,” says Sanford. “You need to stay educated, and the education and outreach provided by Scripps Whittier has personally been very helpful.”

The diabetes management class he took at the Institute has helped him maintain control of his disease, providing a depth of information that might be difficult to find in the current medical environment.

In 2010, Sanford joined the Scripps Whittier community advisory board at the urging of the late Yvonne Polatchek, former chair of the board. His goal in joining is to help provide guidance to grow philanthropy and bring objectivity to the fundraising process. He is also a member of Scripps President's Council, Scripps Whittier Chapter, a philanthropic group composed of donors who give \$1,000 or more annually to Scripps Whittier Diabetes Institute.

In addition to his philanthropic work, Sanford ultimately wants to help advance the Institute's mission to provide clinical care, conduct groundbreaking research and expand education.

“I am impressed by the dedication of the medical professionals and the institution as a whole,” says Sanford Sugar.

“They are a great community resource and provide valuable services. Diabetes is a significant problem in this country and Scripps Whittier is certainly part of the solution.”

LEADERSHIP EXCELLENCE

Leading by Example



George Dailey

George Dailey, MD, clinical medical director of Scripps Whittier Diabetes Institute, is a primary reason for the success of the Scripps Whittier. A gifted clinician, educator and researcher, Dr. Dailey has made a tremendous personal contribution to the study of diabetes and endocrinology.

In addition to his role at Scripps Whittier, he is a clinical professor at the University of California, San Diego School of Medicine. He also heads diabetes research at Scripps Clinic, and he is a Skaggs Clinical Scholar at The Scripps Research Institute.

“Dr. Dailey is an inspiration to me, personally, and to everyone here at Scripps Whittier,” says Athena Philis-Tsimikas, MD, corporate vice president of the Scripps Whittier Diabetes Institute. “Patients, colleagues and our community have all benefited from Dr. Dailey’s tireless advocacy.”

For nearly 45 years, Dr. Dailey has conducted research to better understand metabolism and diabetes. Recently, his studies have focused on diabetes and lipid (fat) disorders.

Dr. Dailey has also made a national impact. He helped found the American College of Endocrinology, and he was honored in 2007 with a prestigious award from the American Association of Clinical Endocrinologists for his outstanding contributions to endocrinology.

In Tribute: Willard P. VanderLaan, MD



William P. VanderLaan, MD

In April, 2012, Scripps Whittier Diabetes Institute Founding Medical Director Willard P. VanderLaan, MD, passed away. Known as a trusted physician to patients and an exceptional leader to colleagues, Dr. VanderLaan had widespread impact during his three decades of service.

In 1956, Dr. VanderLaan joined the Scripps Clinic and Research Foundation as chief of the endocrine and diabetes division. During his career, he was responsible for training a substantial number of fellows, many of whom remained in academic medicine and research. Through his close friendship with Paul Whittier, he was able to raise significant funds to establish the Whittier Institute for Diabetes, which opened its doors in 1982.

After retirement, Dr. VanderLaan became an active member of the Scripps Whittier community advisory board and continued to attend weekly physician grand rounds at Scripps Memorial Hospital La Jolla.

We extend our deepest sympathy to the family, friends and colleagues of Willard P. VanderLaan, MD. He will be greatly missed.

Scripps Whittier Diabetes Institute

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Moving Forward with Diabetes

“Diabetes isn’t a part of your life, it’s your whole life,” says Jake Waxenberg, who was diagnosed with type 1 diabetes at 16.

“That doesn’t mean your life has to change. You can still achieve everything you want and live your life exactly as you wish. The disease doesn’t care if you have a positive attitude or a negative one, all that matters is properly taking care of yourself. As a member of the diabetic community, we can all play a tremendous role in helping each other.”

Read more about Jake’s story on page 6.

