“The most important gift one human being can give to another is, in some way, to make life a little better to live.” — Ellen Browning Scripps
Dear Colleague:

Since 1981, the Scripps Whittier Diabetes Institute has been at the forefront of diabetes care, education, research and prevention. It is our mission to improve the quality of life for individuals with diabetes, and we are honored that U.S. News & World Report ranked Scripps Mercy Hospital, and the combined programs of Scripps Memorial Hospital La Jolla and Scripps Green Hospital, among the best in the nation for diabetes and endocrinology medicine for 2014-2015. We are dedicated to caring for people with type 1, type 2 and gestational diabetes through leading clinical expertise, outstanding inpatient and outpatient care, extensive educational and outreach programs, groundbreaking research and innovative cross-disciplinary collaborations in pursuit of prevention and a cure.

Looking ahead, the newly opened Prebys Cardiovascular Institute will offer the most advanced heart care to our patients whose diabetes puts them at increased risk for cardiovascular problems. And in 2016, the new John R. Anderson Medical Pavilion will be home to the Scripps Diabetes Care and Research Center, which will be the most comprehensive and integrated diabetes care center in San Diego County.

The expert Scripps Diabetes Care teams are looking forward to another exciting year with new discoveries and approaches to diabetes care to share with our community of patients and providers from across San Diego and around the world.

Athena Philis-Tsimikas, MD
Corporate Vice President
Scripps Diabetes Care

Athena Philis-Tsimikas, MD

Across our five Scripps hospital campuses, Scripps Diabetes Care is working closely with physicians and staff to improve diabetes care through standardized glucose management order sets and training programs, as well as promoting successful transitions from hospital to home. Our Transitions in Care program links newly discharged patients with diabetes education and social services.

Our ongoing clinical research offers people living with diabetes access to new therapies and resources. Our clinical trials include new rapid-acting and longer-acting insulins, better insulin delivery devices, and screening tests to improve early detection of type 1 diabetes.

We continually meet the needs of clinical and non-clinical health professionals by developing and presenting a comprehensive range of Professional Education and Training Programs; in 2014, we presented courses to more than 1,100 participants.

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Scripps Diabetes Care
Leading the way to better diabetes management
Community Programs

There are 29 million people with diabetes in the U.S. and 382 million worldwide, and the rates are highest in diverse racial and ethnic communities and low-income populations. Scripps Diabetes Care collaborates with community clinics and organizations to provide much-needed services and solutions.

Project Dulce
Since 1997, Project Dulce has addressed the needs of culturally diverse populations through a chronic care model, bringing diabetes education, support and care to underserved communities throughout San Diego County. Trained diabetes registered nurses follow evidence-based care management protocols to lead a multidisciplinary care team consisting of a nurse/certified diabetes educator, medical assistant, and dietitian; the team provides clinical care in collaboration with the patient’s primary care provider in federally qualified community health centers. The Project Dulce model includes training for peer educators—individuals with personal diabetes experience—to provide education and support to participants from their own ethnic groups to help them overcome cultural, social, and economic barriers.

Since its inception, Project Dulce has enrolled and treated more than 18,000 patients—65 percent of whom are of Latino/Hispanic descent—in 15 locations throughout San Diego County. The nationally recognized, award-winning program has been replicated in other cities and is associated with improved objective and subjective outcomes.

Benefits:
• Higher quality of care
• Reduced hospital and emergency department care costs
• Decreased incidence of diabetes-related complications and hospitalizations
• Improvements in health status and quality of life

Alma Ayala is a peer educator who started as a Project Dulce patient. As a member of her community, she knows firsthand about the beliefs and cultural remedies that can get in the way of sound health advice. “Getting buy-in from patients is about showing, rather than lecturing. We exercise with our patients, and we check our own blood sugar levels,” says Alma.

Community Outreach and Education
Through diabetes education, screening services and health fairs, particularly in underserved communities, our programs help patients better manage their diabetes.

Community Health Fairs 2014

| Total Events | 15 |
| Total Patients Seen | 858 |
| Total Patients Screened | 125 |
| Positive Screenings | 47 (38%) |
| PCP Referrals | 45 |

Retinal Screenings 2014

| Total Screening Events | 11 |
| Total Patients Screened | 282 |
| Percentage of Positives | 35% (100) |
| Percentage of PCP Referrals | 95% (267) |
| Retinal Specialist Referrals | 12% (33) |

Benefits:
• Prevention or diagnosis of vision problems including blindness
• A reduction in visits to the emergency department for uncontrolled complications of diabetes
• Cost saving to patients and health care systems (the cost to screen each patient is about $30 versus emergency department fees, possible laser treatment and office visits that could potentially cost up to $23,000 per year per patient)

Retinal Screening Program
It is estimated that every 24 hours, 55 people will lose their vision as a direct result of diabetic retinopathy. With early diagnosis and appropriate treatment, 95 percent of diabetic blindness could be prevented.

For the past decade, the Scripps Diabetes Care Retinal Screening Program has provided low-cost or free screenings to the community. Annually reaching about 300 individuals directly and about 1,000 indirectly, the program identifies those at high risk for retinal damage and provides access to education, treatment and referrals. This innovative prevention program has educated and saved the vision of thousands.

Project Dulce 2014 Patient Outcomes

| # PCP Referrals | 53 |
| Percentage of Positives | 32% (17) |
| Total Patients Seen | 375 |
| Total Patients Screened | 125 |
| Positive Screenings | 40 (32%) |
| PCP Referrals | 45 |

This image is from a patient with type 1 diabetes. She had a retinal screening and was found to be at the highest risk for retinal detachment due to the fibrous proliferation of blood vessels pulling on the retina. She was urgently referred for same-day treatment to a local retina specialist. This screening saved her vision, as well as thousands of dollars in emergency department care and social services costs.

Culturally Tailored Diabetes Management Programs


EverydayHealth.com
Athena Phila-Tsimikas, MD, is a regular contributor to EverydayHealth.com, a leading provider of digital health and wellness solutions with a large audience of consumers and health care professionals. Dr. Phila-Tsimikas blogs about diabetes-related issues on the site and is a Twitter chat #HealthTalk influencer.

Results:
• Unique visitors per month: 9,908,939
• Page views per month: 64,880,424
• #HealthTalk Chat impressions: 44,517,434


Ambulatory Glucose Management

Scripps Diabetes Care provides extensive education, counseling, support services and resources to help people with diabetes manage their disease at more than 20 Scripps ambulatory facilities and five Scripps hospital campuses.

Diabetes Self-Management Education

Diabetes Self-Management Education (DSME) helps to prevent and delay the complications of diabetes by providing the resources, knowledge and tools needed for patients to make the best day-to-day decisions about their health. The program is recognized by the American Diabetes Association and the California Sweet Success Diabetes in Pregnancy Program.

Registered nurses, registered dietitians, certified diabetes educators and peer educators throughout San Diego County provide education to patients at risk for diabetes, those living with type 1 and type 2 diabetes, and their families through group and individual classes. Services are provided across the Scripps ambulatory care sites, at two freestanding diabetes centers, and at various sites across the county. Services include consultation with a certified diabetes educator, classes on a full range of diabetes management topics, nutrition consults and monthly support groups.

Diabetes and Pregnancy

When a patient is diagnosed with gestational diabetes, or a patient with existing diabetes becomes pregnant, Scripps Diabetes Care registered nurse and registered dietitian educators partner with the patient’s obstetrician to provide education and support, and registered nurses will collaborate with the endocrinologist if medication is required. Each patient also receives telephone follow-up throughout her pregnancy.

Care Management in Primary Care

Developed to supplement primary care, the Care Management Pilot Program supported patients in improving their health and adopting healthy lifestyle skills. Medical management focused on blood pressure control, lipid management and blood glucose control. In addition to the primary care physician, the multidisciplinary care team included a nurse practitioner, registered nurse/certified diabetes educator, registered dietitian, health coach and, if needed, a registered nurse depression care manager.

Care plans were individualized based on patient goals and risk stratification. Each patient received one or more in-person visits, along with telephone follow-up. Patients continued to participate in group diabetes self-management education throughout the program.

Over a period of eight months, 236 high, moderate and low-risk patients were recruited. Most patients were obese, 55-65 years old, non-Hispanic White, and evenly distributed between male and females; 97 percent had type 2 diabetes. Interim clinical results after one year indicated that participants in the moderate and high-risk groups significantly improved their glucose control (HbA1c) and LDL. The percentage of patients with good glucose control (HbA1c < 8%) improved from 63.5 percent at baseline to 90.2 percent. The percentage of patients with good LDL control (< 100 mg/dL) also improved from 42.9 percent at baseline to 59.4 percent.

Population Health Management

Hospital Glucose Management

From reducing the risk of hypoglycemia to transitioning insulin regimens when patients move from one level of care to another, hospitals across the country are facing serious challenges in managing blood glucose levels. Scripps physicians and staff are working together to improve diabetes care at all of our hospital campuses.

Diabetes teams including an advanced practice nurse and a certified diabetes educator (CDE) are stationed in each Scripps hospital to provide consistent education across the Scripps system. Patient-friendly medication education sheets help patients understand their prescribed medications and enable bedside nurses to supplement the expertise of the education team.

System-wide Approaches to Inpatient Diabetes Care

With nursing staff cross-covering at five Scripps hospital campuses across San Diego County, it is important to have a unified, evidence-based approach to diabetes care to ensure patients will receive the same high-quality, standardized care at every hospital.

Site-based steering committees at each Scripps hospital meet quarterly with the goal of improving and standardizing in-patient glucose management across the Scripps system. Led by advanced practice nurses (APNs) specializing in diabetes management, the committees include hospitalist physicians, endocrinologists, dietitians, floor nurses, pharmacists, and other staff engaged in glucose management.

Input from a comprehensive and diverse group of professionals who are on the front lines of patient care has enabled the APNs to successfully create standardized order sets. In the past year, we have created order sets for the management of hyperglycemic emergencies—Diabetic Ketoacidosis (DKA) and Hyperglycemic Hyperosmolar State (HHS), and trained more than 300 nurses on these new order sets via classroom sessions and an additional 200 via online modules.

Additionally, we have created an order set for glucose management through the peri-operative period at Scripps Memorial Hospital Encinitas. This order set was created with patients sitting on the development teams, so that their feedback was continuously integrated into the process.

Diabetes Care Coordination Project: “Transitions in Care”

Developed to improve the health status and quality of life of hospitalized high-risk diabetic patients from underserved communities and their families, “Transitions in Care” relies on a nurse/peer educator team to link hospitalized patients who have diabetes with education, support and social services.

The program is designed to decrease preventable re-admissions and improve diabetes health outcomes through successful care transitions. Educators work closely with care navigators and case managers to ensure a smooth discharge; patients are then followed by phone to help ensure their success in following their care regimens at home. Finally, patients are connected to outpatient diabetes education and management services for ongoing support. Several patients with exceptionally elevated blood sugars achieved optimal glucose control within three to six months of their discharge from the hospital.

Jasmine Silvestre's Story

Jasmine Silvestre was diagnosed with gestational diabetes during her seventh month of pregnancy. Fortunately, she was able to manage her diabetes with diet and exercise and did not require insulin. “If I ate anything on the unhealthier side, I would go for a walk or light jog or a swim afterward,” she says. “I would jet out everything I ate, measure my blood glucose several times a day, and send in my numbers. It really helped keep me on track and not give in to my cravings, especially toward the end of my pregnancy.” Jasmine gave birth to son Warrick in September 2014, and both mother and baby are doing well.

“The way you handle your emotions makes a difference and affects your diabetes. I know that when I’ve been under high stress, my numbers were high. I think it’s a well-rounded course. I hope it’s not coming to an end, to be honest with you.” Care Management in Primary Care patient
Scripps Interdisciplinary Glucose Management Research Program

The rates of diabetes in the hospital environment are rising exponentially. During the last 10 years, the number of hospitalized patients with diabetes in California has increased to one in three.

Scripps hospitals show similar trends, but with research grant funding from Sanofi and Novo Nordisk, we have designed and studied education and intervention programs to improve and standardize in-hospital glucose care. By creating a system-wide glucose management program, Scripps Diabetes Care has dramatically improved patient care and reduced complications due to poor glucose management.

Tools developed to improve care include standardized metrics with recurrent report generation; standardized training curricula for nurses, pharmacists, dietitians and physicians; and evidence-based treatment approaches designed to implement best practice uniformly across all hospital units. In addition, a recent report published in Diabetes Science and Technology introduces a simple metric of glucose variability that tracks glucose control in the hospital environment.1

Percentage of Total Scripps Patients Admitted with Diabetes

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>2018</td>
<td>3%</td>
</tr>
<tr>
<td>2019</td>
<td>5%</td>
</tr>
<tr>
<td>2020</td>
<td>7%</td>
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* For more information go to http://www.scripps.org/diabetesprofessional

Clinical Research

Scripps Diabetes Care conducts ongoing clinical research to offer people living with diabetes the opportunity to access and test new therapies aimed at improving management of the disease and quality of life.6

Clinical Trials

Meditations:

- The Scripps Diabetes Care clinical trials team is embarking on clinical trials for people with type 1 diabetes using investigational SGLT2 inhibitors (Janssen), biosimilar insulins to glargine (Mylan) and laspafi (Sanofi), and longer-acting insulin (Novo Nordisk). New rapid-acting insulins that were tested this year include formulations from Biodel and Novo Nordisk.

- Clinical trials at Scripps Diabetes Care for people with type 2 diabetes involve the use of investigational longer-acting insulin (Novo Nordisk), once daily GLP-1 agonist (Sanofi), and combination insulin glargine and GLP-1 agonist (Sanofi).

- The first study underway at Scripps hospitals identifies dangerous high and low blood sugar trends in high-risk patients with diabetes. Glucose values are transmitted to a special tracking team, and fine-tuning adjustments are made to insulin regimens to keep values in a well-managed range. This two-year study will look at outcomes that affect complications and length of stay in people hospitalized with diabetes.

- Scripps Diabetes Care is also partnering with the type 1 Diabetes Exchange and the Helmsley Foundation to evaluate the Dexcom continuous glucose monitor as a sole measurement device for insulin dosing.

Early Identification: Scrips is a screening site for TrialNet, which offers a blood test that can identify autoantibodies that indicate an increased risk for type 1 diabetes up to 10 years before symptoms appear.

“Through participation in groundbreaking clinical trials for new drugs and monitoring devices, development of improved testing methods, and novel uses of wireless technology, Scripps supports continual innovation and translates it into practical applications that improve outcomes.”

George Dailey, MD, Medical Director, Scripps Diabetes Care


5 Dailey GE, Aurand L, Stewart J, Annes B, and Zhou Z, Comparison of Three Algorithms for Initiation of Insulin Glargine in Insulin-naive Patients with type 2 Diabetes Mellitus. Journal of Diabetes (Published online 9-16-13)


* For more information go to http://www.scripps.org/diabetesspecialist
Scripps Diabetes Care community research projects examine how the chronic care model can be used with interventions such as wireless communications and culturally based education to improve care for diabetes patients in underserved communities and developing countries.12,13

Bringing Wireless Diabetes Care to Tijuana
In Mexico, diabetes has reached up to 12 percent of adults 20 years of age and older, and has become a leading cause of overall mortality, increased outpatient demand and hospitalization. In Eastern Tijuana, many residents lack access to primary care services and diabetes management programs.

A partnership between the International Community Foundation, Scripps Diabetes Care and Qualcomm, Dulce Wireless Tijuana is a bi-national, multi-sector study that extends diabetes education to these communities via wireless technologies and community classes similar to those offered through Project Dulce. Patients, community health workers, nurses and doctors access the system via mobile devices. The 300 study participants are randomly assigned to either a control group, a clinical intervention group, or a clinical and wireless technology intervention group. This third group allows the following to be done electronically:

- Update diabetes management health record
- Manage patient reminders and alerts
- Upload blood glucose levels
- Access diabetes care content and interactive surveys

Groups using the Project Dulce model with and without wireless technology substantially improved glucose control and diabetes knowledge in high-risk patients in Mexico compared to the control group, suggesting that integrating peer-led education, nurse coordination, and wireless technology is an effective approach for improving glycemic control in poorly controlled populations.

Mobilizing for Health Mobilizes Diabetes Management: Dulce Digital
One of just six institutions across the country to receive a Mobilizing for Health research grant for $250,000 from the McKesson Foundation, Scripps Whittier Diabetes Institute tested the effectiveness of using a mobile health application to improve diabetes management among recently diagnosed Latinos in North San Diego communities. Scripps partnered with Neighborhood Health Care to enroll 126 participants, who received ongoing text messages for six months regarding medication management, healthy tips and motivational behavior change techniques. The program concluded in August 2014.

Dulce Digital participants showed significantly greater improvements over time compared to the control group. The intervention group at baseline started with an HbA1c average of 9.4 and dropped to 8.4 after three months of the intervention, and maintained the drop for the duration of the six-month period. For each additional blood glucose value the participant sent, HbA1c decreased by an additional 0.06% (HbA1c units). A “dose effect” was observed. The numbers of text-backs sent by the patients correlated with A1c improvements.

Community Research
"The Mobilizing for Health research grants allowed us to increase the evidence base for mobile health interventions, which can be used to overcome barriers and deliver diabetes self-management and education." Athena Philis-Tsimikas, MD, Corporate Vice President, Scripps Diabetes Care

Improving Diabetes Management Among Low-Income Latinas: Dulce Mothers and Nuestra Salud
In 2013, Scripps Diabetes Care expanded the Project Dulce program to create a prevention-focused arm of the model: Dulce Mothers, a pilot study specifically aimed at reducing type 2 diabetes and cardiovascular risk among low-income, Spanish-speaking Latinas through a culturally tailored curriculum.14

Dulce Mothers included 84 participants between the ages of 18 and 45 with a history of gestational diabetes mellitus (GDM) in the past three years. The women underwent an eight-week, peer educator-led Diabetes Prevention Program group intervention tailored to the Latino culture and new mothers. Lifestyle changes and cardiovascular risks were assessed in participants at the beginning of the study, and at three and six months.

The results were extremely positive, with the women showing significant improvements in lipids, blood pressure levels, physical activity and dietary fat intake. The program also helped reduce preconceived fatalistic beliefs about the disease. Dulce Mothers is currently piloting another program with the goal of decreasing the incidence of type 2 diabetes by managing obesity in underserved, ethnically diverse populations. The program will test the effectiveness of a weight management curriculum designed for Latino women with gestational diabetes; a second cohort, Nuestra Salud, will focus on high-risk, middle-aged Latina women.

“Although we’ve come a long way with diabetes care in the past three decades, there are still few prevention programs designed for low-income, Spanish-speaking populations. We want to help change that.” Linda Gallo, PhD, Professor of Psychology at SDSU and partner in community research with Scripps Diabetes Care

1ADA 74th Scientific Sessions, 10-OR - Dulce Digital: A Mobile-based Self-Management Intervention for Latinos with Type 2 Maria Isabel Garcia, Addie L. Fortmann, Monica Ruiz, Jim Schultz, Linda C. Gallo, Athena Philis-Tsimikas, San Diego, CA

2ADA 74th Scientific Sessions, 1164-P - Dulce Transitions: Peer Health Coach Oza K. Noor, Bethany Simmons, Crystal Binding, Jennifer Goddard, Sheryl England, Athena Philis-Tsimikas, Nancy Hoagland-Fuchs, Chris Walker, Addie Fortmann, San Diego, CA

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Scripps Diabetes Care is the lead on the Community Engagement Program (STSI-C EP) for the prestigious NIH Clinical Translational Science Award that lives at Scripps Translational Science Institute (STSI). In addition to leading its own Community Engaged Research (CEnR) Projects in diabetes and cardiometabolic disease, the STSI-C EP aims to enhance the involvement of community in other areas of research. To this end, the STSI-C EP provides consultation services to researchers, clinical providers and community organizations who are interested in incorporating CEnR principles in a new or ongoing project.

The goal of STSI-C EP consultation services is to ensure researchers effectively engage with community organizations and key stakeholders to identify research questions and produce results that are relevant to the community.**

**For more information, visit http://www.stsiweb.org/translational_research/community/ or contact us at CommunityEngagement@scrippshealth.org.

*ADA 74th Scientific Sessions, 71-LB - Dulce Wireless Tijuana: A Randomized Control Trial Studying the Impact of the Project Dulce™ Model and Mobile Technology on Metabolic Outcomes, Quality of Life, and Behaviors Maria Cecilia Azaita-Campos, Sonia Corteseras, Adriana Carolina. Vargas-Dela, Rufino Menchaca-Diaz, Athena Philis-Tsimikas, Tijuana, Mexico, National City, CA, La Jolla, CA

Supporting Excellence in Diabetes Research, Treatment and Education

With the Scripps Whittier Diabetes Institute at the creative center, Scripps diabetes programs will continually evolve to ensure the creation of realistic, engaging prevention and intervention programs. The Scripps Diabetes Program Endowment will ensure that funding to transform state-of-the-art research into timely treatments, compassionate care, effective community outreach and prevention is always there—not just this year or the next, but for generations to come.

Programs will include:
- Behavioral Health Services: Support is tailored to the specific needs of patients with type 1 or type 2 diabetes.
- Diabetes and Pregnancy Management: Women diagnosed during pregnancy learn to manage the unique complications to protect their child’s health and their own.
- Diabetes Technology Programs: Ongoing updates and education are offered for the latest pumps, monitoring devices and apps to optimize care.
- Community-Based Research Programs: Innovative solutions are developed for our diverse ethnic communities most affected by diabetes.
- Professional Education and Training: Training programs ensure our professionals who treat diabetes will always be knowledgeable in the latest treatments and technologies.

Diabetes Program Endowment

Scripps has embarked on an $8 million endowment and capital campaign to ensure better tomorrows for the growing number of patients throughout San Diego County who live with diabetes.

Looking to the Future

“Al of Scripps’ heart patients will benefit from the services and care available at the Prebys Cardiovascular Institute,” says Dr. Athena Philis-Tsimikas, corporate vice president of Scripps Diabetes Care. “The Prebys Cardiovascular Institute will greatly enhance our ability to deliver highly specialized treatment and care that addresses the unique cases of our patients with diabetes.”

The newly opened Prebys Cardiovascular Institute will utilize innovative technology and state-of-the-art equipment to provide comprehensive cardiovascular and diabetes care. Every year, more than 75,000 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.

Scripps Diabetes Care and Research Center

Too often, a diagnosis of diabetes brings with it other health challenges, such as retinal, kidney or cardiovascular disease. Many diabetes patients with serious complications often need a program of care designed by a team of specialists. Stated to open in the spring of 2016, the Scripps Diabetes Care and Research Center will create the most comprehensive, integrated diabetes care center in San Diego by bringing together leading edge researchers, skilled physicians, nurses and technicians, and patient educational resources.

Scripps Diabetes Care and Research Center will include:
- Type 1 Diabetes Program
- Diabetes Clinical Research Center
- Certified Diabetes Educators and Nurses
- On-site Retinal Screening Program

“The Type 1 Diabetes Program will be dedicated to supporting patients with type 1 diabetes using the latest technology, and to help children transition from pediatric to adult diabetes care.”

Alberto Hayek, MD, Scripps Diabetes Care Scientific Medical Director

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Programs will include:
- Diabetes Prevention and Wellness Programs: In-person and online programs offer individual and family counseling, classes and support groups.
- Diabetes Self-Management Education and Support: Patients access resources and tools to make the best day-to-day decisions about their health and well-being.

“I was diagnosed with type 1 diabetes when I was 32. It was important to find the right doctor and the right hospital for me, and Scripps has been magnificent. The ongoing educational programs have been particularly helpful for me. While we all hope for a cure, I think educating ourselves so that we use the latest and greatest technology is something that benefits patients of all ages.”

Peter Seidler, co-owner, San Diego Padres
“The most important gift one human being can give to another is, in some way, to make life a little better to live.” — Ellen Browning Scripps