

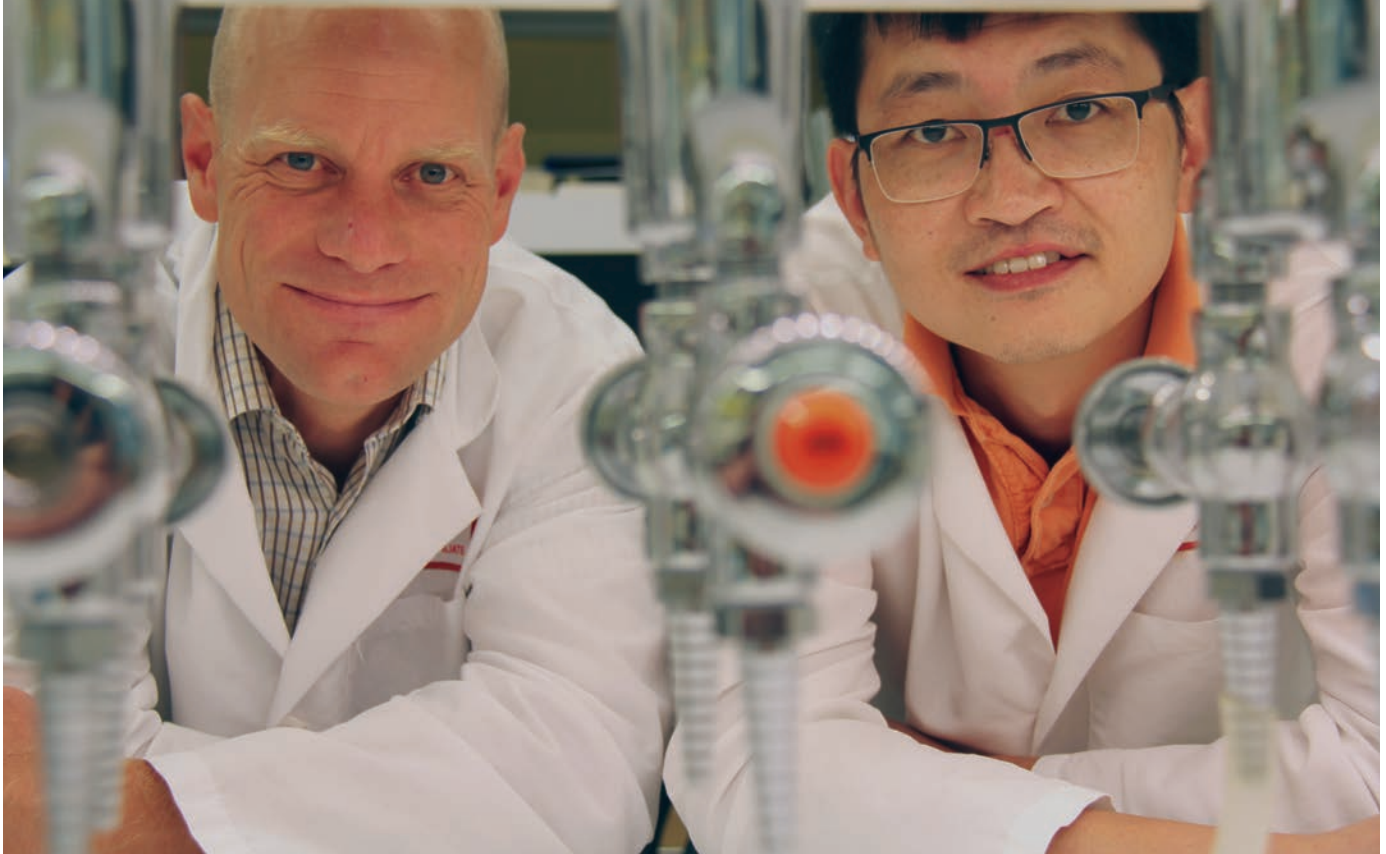
HIGH HOPES

HELP FOR TODAY...HOPE FOR TOMORROW. YOU MAKE IT POSSIBLE!

FALL 2017
Volume 1
Number 2

3 PROVIDING A LEGACY : **4** DOUBLE CHALLENGES : **6** THE BEST PRESENT : **7** DIAGNOSIS DIABETES : **8** TEAM JOSLIN

CUTTING EDGE RESEARCH



Unplanned Collaboration!

At Joslin Diabetes Center investigators easily collaborate within different areas of study. This "outside the box" innovative approach is leading to exciting discoveries for two dedicated researchers, enabled by your generous giving.

Stephan Kissler, PhD (left) and Peng Yi, PhD (right) are searching for a cure for diabetes. Their story has no ending yet, but certainly has a promising beginning.

CONSIDER THE MANY PAIRINGS that we take for granted. Peanut butter and jelly. Mountaintops and New England. Leafy greens with red tomatoes. But sometimes it's the unlikely combination which brings the greatest surprise.

Immunologist Stephan Kissler, PhD and Cell Biologist Peng Yi, PhD were each recruited to the research team at Joslin, thanks to the generosity of donors like you. When combined with targeted research funding from donor William Young, who with his wife, set up several endowed funds for research, and Thomas J. Beatson, Jr., who wanted to expand research efforts at

Stephan and Peng now have developed interesting and promising data. They have narrowed their focus to a dozen genes. These have shown promise to protect beta cells against the autoimmune attack which causes type 1 diabetes.

Joslin, Stephan and Peng chose to come to Joslin, knowing of its global reputation.

One day, Stephan and Peng met in the hallway. Their labs are just a few doors apart. During their conversation, Stephan shared an idea he was mulling over. He wondered if there was a way to engineer a beta cell (the insulin producing cells that are eliminated by autoimmunity in type 1 diabetes) so that the immune system would not destroy it.

Stephan had just attended a seminar at the Harvard Institute of Medicine. The guest speaker discussed genes in immune cells that are important in vaccinations. Stephan knew his colleague Peng specialized in the workings of beta cells. So he suggested they work together to experiment with a gene that might protect a beta cell and make it resistant to an autoimmune attack.

The first round of testing was not successful. Peng proposed they try the same experiment, on a larger scale. Using the latest methods in genetic engineering, they tested all the genes

in the genome, about 20,000 different genes, to see if they could find any that would show resistance.

Fast forward several months and Stephan and Peng now have developed interesting and promising data. They have narrowed their focus to a dozen genes. These have shown promise to protect beta cells against the autoimmune attack which causes type 1 diabetes.

One funding agency, the Myra Reinhard Family Foundation, learned of the project and provided a needed boost in funds. The effort also attracted interest from the Harvard Stem Cell Institute and the JDRF, which has now provided a significant research grant in support of Stephan and Peng's work.


But none of this initial research could have happened without you. New ideas and basic research such as what Stephan and Peng embarked on, is funded initially by gifts such as yours. Before investigators seek large grants from foundations, or through the National Institutes of Health (NIH), there has to be a proof of concept. Many experiments and tests must happen before such research funding requests will be considered. You provide the needed basic financial support with your gift to the High Hopes Fund for this preliminary testing.

This latest investigation will take many years to test and evaluate, before it can come to clinical trials. Thanks to your ongoing support, one day you will proudly say that you were a part of a cure! What an incredible moment that will be! •

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HIGH HOPES newsletter
Anne Bradley, Editor

Please send your comments or suggestions to philanthropy@joslin.harvard.edu or call us at 617-309-2405.



Joslin Diabetes Center

PROVIDING A LEGACY

Generous Giving Fuels Research!

Tom Beatson wanted a cure for diabetes. He hoped that someone recently diagnosed with diabetes would never have to reach the many milestones he did. Now his legacy will be connected to research efforts at Joslin for years to come.

DIAGNOSED WITH type 1 diabetes at age 10, Tom Beatson faced daily challenges keeping his blood sugar under control. He strictly watched his diet; he exercised regularly. After taking up the sport of cycling, he logged more than 100,000 miles!

Through the years, this successful engineer accomplished many goals, both professionally and personally. Learning that Joslin honored those who lived with diabetes for 50 years, Tom applied for the 50-Year Medal, which honors patients with type 1 diabetes living a healthy life over five decades.

Qualifying for the medal though proved difficult. Medical records were no longer available. Only Tom's sister could verify when he was diag-

"Joslin seemed like the right place for what I wanted to do; a lot of research, particularly type 1 research, and an excellent reputation."

—Tom Beatson

nosed. Following a visit from one of Joslin's researchers to confirm his medical information, Tom proudly received his medal.

Thus began a lengthy relationship for Tom with Joslin. He became intricately involved in research at Joslin. He actively participated in the Medalist Study. He transferred his diabetes care to Joslin physicians, despite living hun-



Thomas J. Beatson Jr. stands below the sign located in the Joslin pediatrics clinic, honoring his mother for the care she provided to him following his diabetes diagnosis at age 10.

dreds of miles away. Tom generously funded numerous research projects. "Joslin seemed like the right place for what I wanted to do," he said; "with a lot of research, particularly type 1 research, and an excellent reputation."

Tom provided funding for the Eleanor Chesterman Beatson Child Life Care Ambassador Program in the pediatrics clinic, named after his mother. Tom was heartened to see the diabetes education being offered to Joslin's youngest patients through the program.

During a 2016 visit to Joslin, Tom met with several investigators and received an update on the latest research. Along with his sister Beverly and his brother in law Felix, Tom began planning to receive his 75-Year Medal in 2017. This

was going to be a major milestone for Tom and he wanted to celebrate!

Sadly, six weeks after his 2016 visit, Thomas J. Beatson Jr., our friend and generous benefactor, passed away unexpectedly. He lived with type 1 diabetes for nearly 74 years. At his passing, Tom donated some of his organs to Joslin's 50-Year Medalist Study to further research. He also left a planned gift to Joslin to support ongoing research. The Thomas J. Beatson Jr. Foundation continues Tom's mission by evaluating new research projects to fund.

Tom's generosity was able to spur on new and innovative research projects. Your gift to Joslin does the same; providing needed funds to experiment with new ideas that hopefully will lead to a cure. ●

What Will Be Your Legacy?

You support innovative research and comprehensive clinical care at Joslin.

Have you considered putting Joslin in your will so that your hope for a cure will continue, just as our friend Tom Beatson did?

For more information about how to create a lasting legacy, contact Joslin's Planned Giving Advisor Thomas Giddens at 617-309-2412.



INNOVATIVE CLINICAL CARE

Identical twins Abby (left) and Maddy (right) Conway prepare for an Irish Step Dancing competition. They are dancers with the O'Shea Chaplin Academy of Dance in Boston.

Double Challenges!

Twins Abby and Maddy love to Irish Step Dance. But before they can head off to a dance class, there has to be a plan to manage their diabetes. You give these sisters hope!

IF YOU'VE SEEN *Riverdance*, you know the grace, strength, and endurance it takes to perform the intricate dance steps. For 16-year-old Irish Step Dancing twins, Abby and Maddy Conway, heading to a dance class or a competition takes extra planning. Along with their dance gear, these girls must pack snacks and emergency supplies to manage their type 1 diabetes.

Both girls construct a strategy to deal with their diabetes during the lengthy and often demanding dance practices. At the dance

competition, known as a *Feis* (a Gaelic word, pronounced fesh), factors such as the time of day they compete, and long waits between competitions, must be considered. They schedule when to eat, what type of snack is best, and whether to take insulin. It's a lot of work.

Their parents, Wendy and Mark Conway, try to prepare for whatever happens. "We make it work. We come up with a logical plan so that their life is like everyone else," says Wendy.

LIVING WITH DIABETES

Abby was diagnosed with type 1 diabetes when she was four. Today, diabetes is a way of life. She always has to think ahead and plan, to avoid experiencing either high or low blood sugar. It's not what any teenager wants to be thinking about all the time. As a way to conveniently measure her blood sugar, Abby wears a CGM (Continuous Glucose Monitor). She wears an Omnipod too, a wireless device which provides her with a constant dosage of insulin.

Twin sister Maddy, diagnosed with type 1 diabetes at age 14, also uses a CGM, while an insulin pump provides her with the proper dosage needed.

Successfully managing the highs and lows associated with a disease that never takes a break requires thoughtful and constant coordination. Working with their Joslin pediatric endocrinologist, their nurse practitioner, and other Joslin specialists, the Conways are well supported.

NEW CHALLENGES AHEAD

As their girls get older, there are new concerns. "Managing type 1 diabetes impacts so many aspects of the girls' everyday lives," says Mark. "The girls recently got their driver's license and they not only check their mirrors, check their seats, fasten seat belts, but also have to check their CGMs before they pull out of the driveway. The good news is the care, education, and technology make this much easier than it was 10 years ago."

Abby and Maddy currently have a goal: competing in the regional Irish Step Dancing Championship, the *Oireachtas* (pronounced oh-rok-tis),

in November. Together with their Joslin pediatrics team, they are planning how to manage their blood sugar during a stressful weekend of dance.

Like you, Mark and Wendy financially support Joslin. As members of the Joslin Leadership Council, they encourage others to support

"We make it work. We come up with a logical plan so that their life is like everyone else."

—Wendy Conway

cutting-edge research, education, and innovative clinical care at Joslin.

Because of your generosity, hopefully someday Abby and Maddy won't need to do this extra planning. Until then, your support of the High Hopes Fund allows research to continue toward a cure. ●

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Joslin Diabetes Center



Share Your Joslin Story.

When you take the time to share your experience with a Joslin Caregiver, you make a difference.

To share your story today visit:
Joslin.org/HonorCaregiver

The Best Present

Edward R. Koller Jr. has been donating to, and raising money for Joslin for three decades. His generosity is ongoing, and with a planned gift in place his legacy will go on forever.

ED'S SON was three years old when life changed for the family. Eddie was diagnosed with type 1 diabetes. He and his wife Terri sought the best care possible, and they found it at Joslin. At Joslin, Ed says they learned enough to "basically get a bachelor's degree in diabetes care."

Thrilled with their son's care, the couple donated funds to help build a teaching room in pediatrics so that Joslin's young patients could learn more about managing their diabetes. Ed lost his wife to cancer several years ago now. But through the years the couple philanthropically provided for various programs in pediatrics, the adult clinic, a diabetes summer camp, and the "DO IT" Scholarship program.

Ed and son Eddie run a NY-based executive search firm, where they help companies hire great talent and help candidates advance their careers. With "life management" at the core of

"Every time people said they wanted to buy me something, I said, if you'd really like to do something, I'd appreciate it if you could make a donation to Joslin."—Ed Koller

their professional lives, it is no surprise that they apply that same mission to "managing one's life with diabetes." The 40+-year old firm (which Ed started and now is being turned over to Eddie) has been so successful that Ed is committed to sharing his good fortune with others. "When you're really lucky like I have been, and you can



Gina Salerno and husband Edward Koller Jr., expressed their appreciation to Joslin CEO and President Peter S. Amenta, MD, PhD (center) for the ongoing research, education and clinical programming at Joslin. Ed is a longtime supporter of Joslin's programs.

help someone who is not quite as lucky," says Ed, "and you see how it actually does change a person's life, that's what makes you feel good. It puts you up on cloud nine."

HONORED BY FRIENDS

Ed remarried a year ago. He and wife Gina suggested their wedding guests make a donation to Joslin in their honor. "Every time I had a party, every time I had an event, every time people said they wanted to buy me something, I said, if you'd really like to do something, I'd appreciate it if you could make a donation to Joslin," Ed says.

Recently, Ed started thinking about his life's legacy, and he made an important decision: he added Joslin to his will. He hopes there will be a cure for his son, and for others who are living with diabetes. Through his business and personal efforts, he takes every opportunity to support Joslin. And Eddie, along with his brother Ross, who works in finance, is committed to furthering the cause. As a family, they say "The work at Joslin is just so heartwarming." •

GRATEFUL PATIENT

Diagnosis Diabetes— Now What?

It was bewildering. When Dan Hawkins volunteered to try out a new glucose monitor, the casual opportunity turned into a surprise need for medical follow up.

DAN WAS LEADING a business meeting when he offered to test a new glucose monitor that was being showcased. He had never tested his blood sugar before, so he really wasn't sure what the number on the screen meant. But, observing the faces of the medical device representatives, he knew the reading was not what they were expecting. While Dan's business ex-



Encouraging others to financially support Joslin is one of the areas of focus for Dan Hawkins, a member of Joslin's Leadership Council.

pertise was in the health sciences, ironically, it never occurred to him that he might have diabetes.

Unsettled, Dan made an appointment with his physician. After discussing the reading and completing additional testing, he was referred to Joslin Diabetes Center for follow up. The conclusion: he had type 2 diabetes!

Dan's case is not unusual. The Centers for Disease Control states that 1 in 4 people in the United State have undiagnosed diabetes.

At Joslin, Dan connected with Dr. Florence Brown. She helped him get his diabetes under control and offered suggestions to manage necessary lifestyle changes. It was Dr. Brown who thought Dan would be a good candidate for Joslin's Why WAIT program. Weight Achievement and Intensive Treatment (Why WAIT) is a 12-week, multidisciplinary program for weight control and intensive diabetes management. The program is offered to people with type 1 or type 2 diabetes.

Shortly after completing the Why WAIT sessions, Dan was introduced to the architect of the program. Dr. Osama Hamdy, senior physician and Medical Director of the Obesity Clinical Program at Joslin, focuses on understanding metabolic and cardiovascular benefits of lifestyle changes and weight loss.

Dan now also sees Dr. Hamdy regularly because of his primary focus on type 2 diabetes

"Joslin has the focus and expertise on diabetes. That's all Joslin does, and Joslin is very, very good at it."

—Dan Hawkins

and obesity. While it's been a few years since he participated in Why WAIT, Dan says the holistic approach to the sessions resonated with him, and has kept him living a healthy life. "You have to be ready for it, because it requires some reasonably significant changes in your lifestyle."

Looking back, Dan says there were clear signs that his health was on a rocky path. He led

a sedentary lifestyle. He was overweight. Blood tests revealed high triglycerides. But for whatever reason, there was never a diagnosis of diabetes, or even prediabetes. Dan says this lack of diagnosis from his primary care physician was very disappointing.

GIVING BACK

Making a leadership level annual gift qualified Dan for membership on the Joslin Leadership Council. It's his way of giving back to the people and programs helping him to manage his diabetes. As a patient, he is grateful for the sup-

port and assistance he receives each time he comes to Joslin.

Dan says philanthropic support for Joslin is necessary. He notes that the U.S. healthcare system is not set up to provide adequate resources for an independent, specialty clinic such as Joslin. Without major procedures and surgeries, Joslin relies on payments for services that are reimbursed at a significantly lower rate.

Why does he give to Joslin? Dan's answer is simple. "Joslin has the focus and expertise on diabetes. That's all Joslin does, and Joslin is very, very good at it." ●



Adrian (left) and Elena (right) Horton completed this year's Boston Marathon for Team Joslin. The women ran in honor of their grandfather, Joslin researcher Edward Horton, MD.

Team Joslin Is Having A Great Year!

Thank you for your generous support of the runners!

RACE	RUNNERS	AMOUNT RAISED
2017 Boston Marathon	16	\$244,665
2017 New Balance Falmouth Road Race	22	\$38,576
2016 Bank of America Chicago Marathon	10	\$22,591
2016 TCS New York City Marathon	11	\$36,966

TOTAL RAISED SINCE OCTOBER 2016 \$342,798*

*THIS IS THE LARGEST AMOUNT EVER RAISED BY TEAM JOSLIN

Team Joslin is a group of generous and dedicated individuals from all over the world who participate in athletic events to raise funds for Joslin Diabetes Center. To learn more about Team Joslin, contact Martha Ho at 617-309-2412.

