

Your Support Made a Difference



Dick Allen, Hoag Executive Chef Davis Cruz, Mary Allen, D.J. Leon and Rafael Corvera

FY 2017 REPORT TO DONORS

July 1, 2016 - June 30, 2017

The groundwork has been laid. The foundation established. The Mary & Dick Allen Diabetes Center is the place where our community comes for comprehensive diabetes services. In fact, Hoag is now the third highest volume provider in Orange County dedicated to helping patients with, or at risk for, diabetes. The Allen Diabetes Center has also gone out into the community to provide education and outreach. Its physician leaders and team of caring staff strive to be lifelong partners in good health to our neighbors, friends and loved ones living with diabetes.

Thanks to your generosity, the Mary & Dick Allen Diabetes Center, which is primarily supported by philanthropy, is preparing for the next evolution of research, education, prevention and care that is culturally inclusive and encompasses a focus on emotional well-being. This report is a summary of the impact that you made with your support in fiscal year 2017 (July 1, 2016 - June 30, 2017).

**HOAG
PROMISE**

OUR CAMPAIGN TO LEAD,
INNOVATE & TRANSFORM

Supporting Healthy Moms and Babies

Ueberroth Family Program Increases Efforts to Prevent Long-Term Diabetes in Women with Gestational Diabetes

Nearly 9.2 percent of pregnancies are affected by gestational diabetes mellitus (GDM) and women who have had GDM have up to a 70 percent lifetime risk of developing type 2 diabetes within five to ten years after delivery.

To prevent developing type 2 diabetes after pregnancy in women with GDM, the Mary & Dick Allen Diabetes Center offers free Oral Glucose Tolerance Testing (OGTT). This test is a good indicator of the risk of developing type 2 diabetes and allows new moms at higher risk to take steps to prevent developing this life-long chronic disease. The Allen Diabetes Center is one of the few programs in Orange County to make this test available at no cost to the patient.

If a woman's test results indicate that she may develop type 2 diabetes, she is supported by a certified diabetes educator to help navigate the process. During this time, she will learn how to delay or prevent type 2 diabetes through proper nutrition, meal planning, stress reduction techniques and exercise. Thanks to donor support, the Allen Diabetes Center offers a full range of services for women with

type 1, type 2 or gestational diabetes before, during and after pregnancy:

- Individualized pre-conception or inter-conception counseling and education for women with diabetes prior to pregnancy.
- For those women first diagnosed with GDM in pregnancy, there are classes that use multimedia tools to provide education and care which is continued throughout the pregnancy and postpartum.
- Detailed meal planning and consultation related to medications as well as insulin instruction and pump training if needed.

Thanks to the Ueberroth Family Program, Sweet Success at Allen Diabetes Center also offers classes and information for pregnant moms led by certified diabetes educators. They cover topics such as self-monitoring blood sugar, carbohydrate counting, breastfeeding techniques, preparing for birth and other topics.

FY 2017 Stats:



767 Unique
Gestational Diabetes Patients



2,351 Total
Patient Visits

A Sweet Success Story

All was progressing normally for Christine Wynne until her late second trimester when she was diagnosed with gestational diabetes mellitus or GDM.

“I couldn’t believe it. I thought I had been doing everything right and was on track for the amount of weight I was gaining during the first few months of my pregnancy,” Christine said. “Being diagnosed with gestational diabetes was shocking and overwhelming.”

Her doctor referred her to the Mary & Dick Allen Diabetes Center where she was enrolled in the Sweet Success program. Christine took the offered classes and regularly met with a certified diabetes educator to keep her blood glucose levels within the recommended range and to receive valuable advice.

After giving birth, she had a final consultation to evaluate her diabetes post-pregnancy. She felt comfortable and secure as nurses guided her through the testing for type 2 diabetes post-baby (referred to as the oral glucose tolerance test).



“I attribute my healthy pregnancy, delivery and baby to the incredible team at the Allen Diabetes Center. From the physicians and nurses to the front desk receptionists, my experience was a positive one. I’m proud to say I no longer have diabetes, but I feel blessed to have been in such great hands. I hope my story will help anyone else who is going through this.”

Christine Wynne
Allen Diabetes Center Patient

Living Well with Type 1 Diabetes

REPORT TO DONORS

Herbert Family Program Success Story

At a monthly “First Friday” event with the Herbert Family Program for Young Adults with type 1 Diabetes, Daniel Diaz’s friend, Johan, cautioned him to keep his insulin monitor out of the water while he vacationed in Jamaica. Fast forward, Daniel jumped into a river and, moments later, his pump went kaput.

He called staff members at the Mary & Dick Allen Diabetes Center. “They really helped me out and told me what I needed to do. It was amazing that I had this resource to help me,” Daniel said. “When I came back, I went to the next ‘First Friday’ and told Johan that he was right!”

They had a laugh about it but Daniel’s situation underscores the importance of the Herbert Family Program’s “First Fridays.” Every month, people with

type 1 diabetes, ages 18 to 30, get together and share how they live with their condition. Members speak freely about real life situations in a comfortable environment where they tackle tough topics from dating to intimacy to eating disorders. More than a support group, Herbert Family Program members participate in events such as the JDRF Walk and the Hoag Summer Classic.

In the three years since he joined the group, Daniel has attended a few weddings of group members and made lifelong friends. “Meeting at a hospital reminds you that you’re sick. Instead, we meet at different restaurants and talk about our common experiences: going to college, moving out, getting married,” he says. “We’re people with diabetes, we’re not diabetics.”



Daniel Diaz

Partnering with PADRE to Provide Peer-to-Peer Emotional Support

This year, the Allen Diabetes Center and PADRE partnered to hold free discussion groups for youth, emerging adults with type 1 diabetes and their families to provide critical psychosocial support at the Allen Diabetes Center. A separate track for those with type 1 diabetes was held to share and receive emotional and educational support as well as a track for their parents, families and friends. Childcare for younger family members was also available.

The first session was held in March 2017 with a panel of Hoag health care professionals, PADRE representatives, those with type 1 diabetes and family members. They discussed the barriers, emotions

and struggles they had to overcome as well as resources available to the community. The second session, “Through the Looking Glass,” was a frank discussion about anxiety, depression and heightened stress. The donor-supported series will continue through 2017 and there are plans to relaunch in 2018.

“We can help each other navigate this challenge through open and honest forums,” said Ana Pimentel, MSW, who facilitates the program. “More than 30 participants have attended each session and we hope more individuals and families managing type 1 diabetes will come to our sessions and find answers and support.”

PADRE and Allen Diabetes Center
Peer-to-Peer Panel Discussion





Prevention of Obesity and Diabetes Through Education and Resources (PODER)

PODER, a community-based, family centered program offered through CHOC Children's, encourages behavioral changes to improve health. The Allen Diabetes Center hosts these very popular classes for adults and children which had attendance of **2,606** students in fiscal year 2017. The program offers no-cost exercise classes as well as diabetes and obesity prevention education and cooking classes. PODER and PADRE (Pediatric-Adolescent Diabetes Research Education Foundation) programs also provide family support, events and workshops to educate families.

Communications Technology Upgrades

As a collaborative hub for research with academic institutions as well as nursing education, the Allen Diabetes Center made renovations to the audio-visual technology in all conference rooms. Thanks to philanthropy, these needed upgrades will help to better serve growing audiences during the various diabetes educational programs, including the PODER classes and Sweet Life cooking classes.



Power of Prevention

Sweet Life: In the Kitchen, On the Road and Online

In fiscal year 2017, the Sweet Life program attracted **935** participants at its cooking classes designed for patients with or at risk for diabetes. With the help of donor support, the mobile kitchen, introduced last year, took classes out into the community.

For those who can't attend hands-on classes, Hoag Executive Chef Davis Cruz and Joanna Gallo Moreno, registered dietitian and nutritionist at the Allen Diabetes Center, post recipes online through YouTube which are shared via social media. In fact, one of the most talked about dishes at the 30th Annual Hoag Summer Classic was served at the Allen Diabetes Center Mobile Kitchen!

Panera Bread Shares the Dough with Hoag

Since 2012, Panera Bread has made annual gifts to benefit the Mary & Dick Allen Diabetes Center totaling \$112,000 through Share the Dough, Panera’s nonprofit organization that seeks to serve communities. This year, Panera Bread generously donated \$38,500 to the Allen Diabetes Center.

“Years ago, we began a never-ending journey to serve delicious food that is better for you, for our associates and for the world we live in,” says Rachel Oemcke, coordinator for Share the Dough. “This means that the food we serve is clean with no artificial preservatives, sweeteners, flavors or colors. We chose the Allen Diabetes Center because we believe in their vision to provide the highest level of care, prevention and support to everyone in their community impacted by diabetes.”

Partners in Philanthropy



J.J. Reading, Mary Allen, Austin Rovazzini, Jennifer Arnold, Dick Allen, Kim Rhey and Dr. Kris Iyer

Healthy Lifestyle Program for Patients with Prediabetes

Eligible individuals who have prediabetes or a BMI greater than 24 kg/m² were invited to participate in a weight management and healthy lifestyle pilot program. In partnership with the Advanced Primary Care Initiative, this team-based program integrated personalized nutrition, exercise and behavioral change plans for people with prediabetes. The multifaceted program offered:

- Ongoing support from a health coach, registered dietitian and clinical social worker
- Education sessions focused on maintaining a healthy, balanced lifestyle
- Flexible appointment times
- Nutrition and fitness recommendations based on CDC Diabetes Prevention Program guidelines

Thanks to philanthropy, the program enrollment fee was reimbursed following program completion.

Success Stories

Marilynn Keller figured diabetes was coming for her and her fear was confirmed when Hoag internist Sevitlana Safaei, M.D., diagnosed her as borderline diabetic. Marilyn began a series of classes at the Allen Diabetes Center in which she learned the insulin-producing function of the pancreas, how people develop diabetes over time and what people can do to prevent becoming diabetic.

“I got some great information,” she says. “I heard from other people in the classes who lost weight by changing their eating habits. And I learned how insulin works in your body. I also learned that every step you take takes sugar out of your blood. You don’t think of the mechanics of diabetes. I never knew how it all works. I just knew I was tired all the time.”

“Dr. Nadeau and the whole Allen Diabetes Center have been a game changer for me. He’s just the best thing that ever happened to me medically because his program is not designed to go ‘shame on you.’ Instead, he says, ‘This is going to be great. We’re going to make this happen.’”

Marilynn Keller
Allen Diabetes Center Patient

The education was extremely helpful and Marilyn made some changes in her life; however, her progress was impacted shortly after by a torn meniscus in her knee that resulted in a 45-pound weight gain. Hoag cardiologist Dipti Itchhaporia, M.D., **Robert & Georgia Roth Endowed Chair for Excellence in Cardiac Care**, warned Marilyn that her family history, diabetes, blood pressure and cholesterol levels put her at risk of heart attack, which had taken her brother’s life.

Worried about getting her diabetes under control, Dr. Safaei referred Marilyn to Daniel Nadeau, M.D., **Dr. Kris V. Iyer Endowed Chair in Diabetes Care** and program director at the Mary & Dick Allen Diabetes Center, and everything changed for the better. Dr. Nadeau changed her medication regimen, explained how the new drugs worked and detailed the way in which losing weight can help her get off all her medicines. After two weeks, her weight and her blood pressure went down.



D.J. Leon

Celebrating with D.J.

At the 30th Annual Hoag Summer Classic, D.J. Leon didn't miss his opportunity to personally thank **Mary and Dick Allen** for the lifesaving care he received at the Allen Diabetes Center. A year and a half ago, his type 2 diabetes was getting worse and his physician referred him to Daniel Nadeau, M.D., **Dr. Kris V. Iyer Endowed Chair in Diabetes Care** and program director at the Mary & Dick Allen Diabetes Center.

A George Hoag Pride Winner in 2009, D.J. had wrestled with diabetes ever since taking a mandatory screening test when he was hired at Hoag in 2005. The nurse asked him if she could take a second sample. "She said that my sugar levels didn't register on her chart because they were way beyond," he recalled. That day, he listened to her advice and went to see his physician. D.J. managed his diabetes without improvement.

After a year and a half as a patient of Dr. Nadeau, who prescribed a new diet and weight loss, D.J. made a breakthrough. "I went from A1C levels at 12.5 to 6.6 and lost 30 pounds," D.J. proudly said. He and Dr. Nadeau celebrated this major victory as he progressed in their shared goal of getting him off medication completely.

When people compliment him about his weight loss and ask for his secret, D.J. tells them he drinks water, eats more green vegetables and cuts back carbohydrates. He says his care by Dr. Nadeau saved his life. "Dr. Nadeau changed the game and we're blessed to have the Allen Diabetes Center in our own backyard," D.J. said. "I told Mary and Dick how thankful I am for them. I only wish I'd seen Dr. Nadeau earlier."



With the Allen Diabetes Center team, Dr. Singh attended the national ADA Conference in San Diego. She participated in a moderated session on the need for cultural awareness as part of effective diabetes care for women with gestational diabetes. From left to right: Eunice Lee, Stephanie Decker, RN, CDE, Dr. Harsimran Singh and Dr. Kris Iyer.

Leaders in Diabetes and Education Research

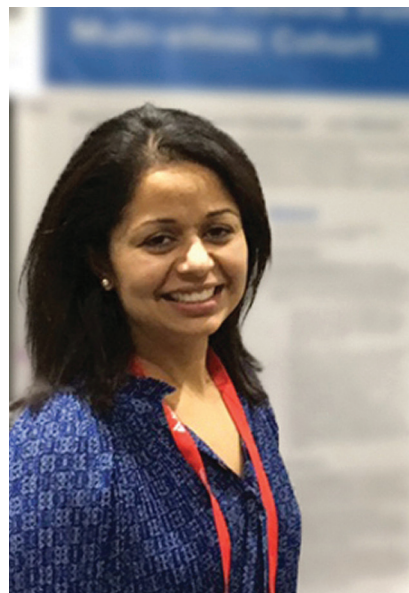
Donor support is allowing the Allen Diabetes Center clinicians and staff to better meet the needs of Orange County’s diverse population with culturally nuanced prevention, education and care.

This year, Harsimran “Sim” Singh, Ph.D., joined the Allen Diabetes Center team to focus on population health research with an emphasis on improving how we deliver diabetes care to an increasingly diverse and multicultural community. “We are trained to lump all women with gestational diabetes together as a patient population, and I think we have missed opportunities to be proactive in our care for these patients,” says Dr. Singh.

For example, she and her colleagues found that a cohort of Hispanic women with gestational diabetes were more likely than white or Asian women to have a cesarean section and had more emergency room visits during pregnancy. Asian Indian women were different

from Chinese women in terms of how they understood and addressed gestational diabetes as well as their outcomes.

“As researchers, just to have a stronger data set, we are prone to put all Asian groups together,” she explains. “This is where we miss opportunities for care and we don’t get the outcomes we’re expecting.”



Harsimran “Sim” Singh, Ph.D.

Current Research Studies Underway at the Mary & Dick Allen Diabetes Center:

Research projects involve developing and implementing patient-centered interventions to improve outcomes in the patient population. The Allen Diabetes Center collaborates extensively with the department of Community Health at Hoag as well as multidisciplinary teams from industry and academic institutions. Below is a list of recent studies:

Clinical and psychosocial outcomes in women with gestational diabetes mellitus (GDM):

This retrospective study involving women with GDM identified interesting demographic and clinical differences between different ethnic origins and has implications for health care providers managing patients with GDM.

Assessing diabetes-related risk factors in underserved communities:

Researchers conducted community-based projects to assess diabetes-related risk factors in underserved, high need, primarily Hispanic communities. Results indicated the urgent need to intervene effectively to help individuals reduce their risk for prediabetes and diabetes.

Viviendo Saludable study:

This pilot study is currently underway and will assess the feasibility and efficacy of a diabetes prevention program with a special focus on addressing psychosocial needs of those at risk for diabetes.



Diabetes: What's New? What's Next? 2016 CME Conference

Education

Diabetes: What's New? What's Next? 2016 CME Conference

Physicians, Certified Diabetes Educators, Pharmacists, Registered Nurses and Registered Dietitians from Hoag and throughout California and Oregon attended the annual conference in October led by Allen Diabetes Center Program Manager Eunice Lee, M.S., M.P.H. This knowledge-based, one-day conference included topics such as emerging adults with type 1 diabetes, diabetes medication management, new approaches to hypertension and peripheral artery disease and culturally sensitive nutritional and clinical management of pregnancy and diabetes.

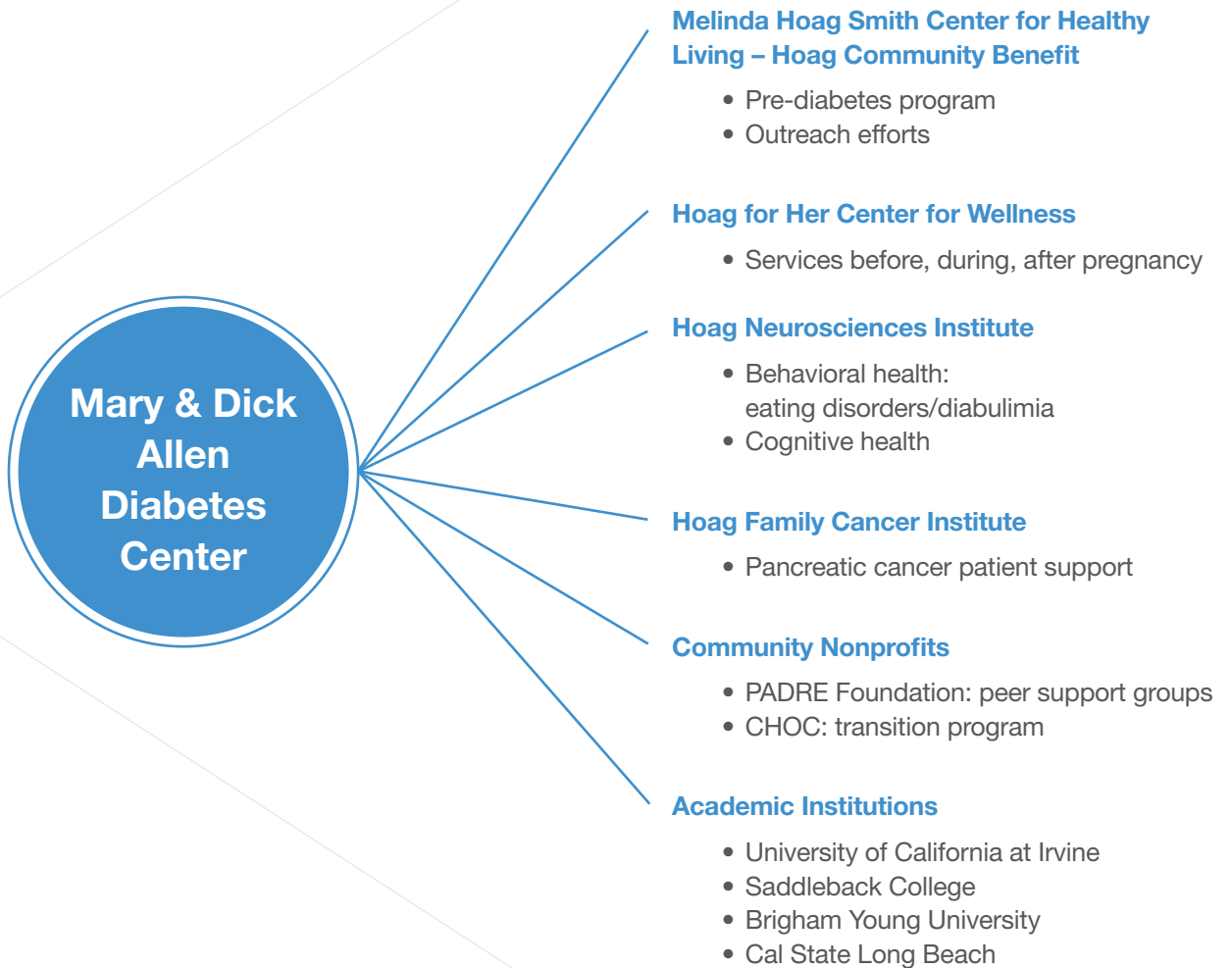
A Place for Learning

The Allen Diabetes Center is also a place of learning and a trusted partner of University of California at Irvine, Saddleback Community College and other schools. The Center rotates interns majoring in public health or policy and other health care professionals including dietitians, nurses and pharmacists.

Collaborating with Community Partners

The Allen Diabetes Center continually conducts collaborative initiatives with Hoag institutes and community partners for the optimal health and well-being in our community:

REPORT TO DONORS



Thank you

Your generous support of the Mary & Dick Allen Diabetes Center is helping Hoag provide a comprehensive array of care and education services to advance treatment and prevention through research.

For more information, please contact Hoag Hospital Foundation at (949) 764-7217. Please visit our website: www.HoagPromise.org.