



T1D Exchange

Join the newly launched Glu community!

We are thrilled to announce Glu (www.MyGlu.org), a HIPAA-compliant online community for people of all ages living with type 1 diabetes (T1D) and caretakers, has launched. Glu is a part of the T1D Exchange and was established to empower people of this community to be active contributors in improving treatment and finding a cure. It provides a new way for people with type 1 diabetes to find each other, learn from one another, and *stick* together!

Glu is a type 1 diabetes network designed to accelerate research and amplify the collective voice of the type 1 diabetes community.



Choose up to 6 icons above which best describe you and then click to register.

click to register



WHO can join Glu?

- Anyone living with or affected by type 1 diabetes, such as family members or other caregivers, are encouraged to check out MyGlu.org, sign up, participate - make a difference!

WHAT is Glu?

- Glu is an online type 1 diabetes network designed to accelerate research and amplify the collective voice of the type 1 diabetes community. Custom privacy settings will allow users to choose what data they want to share and with whom.

WHERE do I find Glu?

- MyGlu.org is an online site with mobile capabilities, so hop on your computer or smartphone and join in! You can also find additional information about Glu on Twitter, Facebook, and even Youtube. To receive free updates on the progress of this groundbreaking new community, you can email info@myglu.org.

WHEN can I participate?

- Glu has officially launched so you can now join any time you want! Glu is open 24/7.

WHY should I sign up on the Glu site?

- Glu offers a great opportunity to talk to thousands of other people just like you, living with and managing type 1 diabetes on a daily basis. Your participation can help further the research and development to improve the lives of people with T1D, and to lead to a cure.

HOW do I sign up?

- Go to www.MyGlu.org and select "Click to Register." Do you have more questions? Reach out to us at info@myglu.org

What's new with the T1D Exchange Clinic Registry?

The T1D Exchange Clinic Registry has enrolled over 25,000 individuals with type 1 diabetes at 67 participating clinical centers. We welcome three new clinics to the clinic network:

CLINICAL CENTER	STUDY DOCTOR
Joslin Diabetes Center	Howard Wolpert, M.D.
Iowa Diabetes and Endocrinology Research Center	Anuj Bhargava, M.D.
Benaroya Research Institute at Virginia Mason	Carla Greenbaum, M.D.

Year 1 follow-up began in October 2011 and continues to be an ongoing effort with about 6,000 year 1 follow-up visits currently completed.

- If you have not already completed your year 1 follow-up questionnaire, ask the clinic staff at your next office visit to see when you are due. You may be able to complete the questionnaire on the internet from home rather than in the office if you want to.
- As a reminder, for completing the questionnaire you can choose to receive either a \$20 internet gift card or to have a \$20 donation made to a T1D-related charity. To date, about \$230,000 has been donated to two T1D charities: [AYUDA](#) and [Life for a Child](#), on behalf of our participants.

What is the T1D Exchange Biobank?

The Biobank is an important part of the T1D Exchange's initiative to distribute, share and exchange meaningful data that drives collaboration and distributes knowledge across the T1D community. By centralizing and preserving biological samples, the T1D Exchange hopes to unite all engaged in the search for answers with a world-class resource for the research and study of T1D.

The T1D Exchange Biobank will be coordinating the collection of blood and other samples for many research studies as time goes on. Some of you will be receiving an email invitation to join the Biobank, so please be sure to respond to that email if you wish to be informed of future T1D Exchange Biobank studies. For more information, please call or email: 1-877-280-5345 or Biobank@BenaroyaResearch.org.

The first Biobank study is underway to evaluate how often people with T1D retain at least some insulin production. Thanks to the support from many of you, the study is already 80% enrolled. There is still room for more adult participants in whom T1D was diagnosed at age 18 or older. If you are interested please contact your diabetes center to find out whether your clinic is participating and whether you are eligible.



Other T1D Exchange Studies

We have continued to successfully recruit for other T1D Exchange studies both in clinic and through email solicitations. A brief description of each current study is shown below:

Evaluation of quality of life in children, adolescents and young adults with T1D
Clinical trial to evaluate a new insulin formulation in individuals with T1D who are 18 years old & older
Biobank study to collect blood samples to determine how often individuals with T1D retain some ability to produce insulin and how this varies by T1D duration and age at diagnosis
Evaluation of how characteristics and treatments of adults 18 years or older with T1D affect their diabetes control, health, quality of life, and job performance
Evaluation of factors associated with increased risk of severe hypoglycemia in adults with T1D (early 2013)

If you would like to receive emails about other studies, but previously indicated otherwise, you will have an opportunity to update your email preference when you complete your next questionnaire.

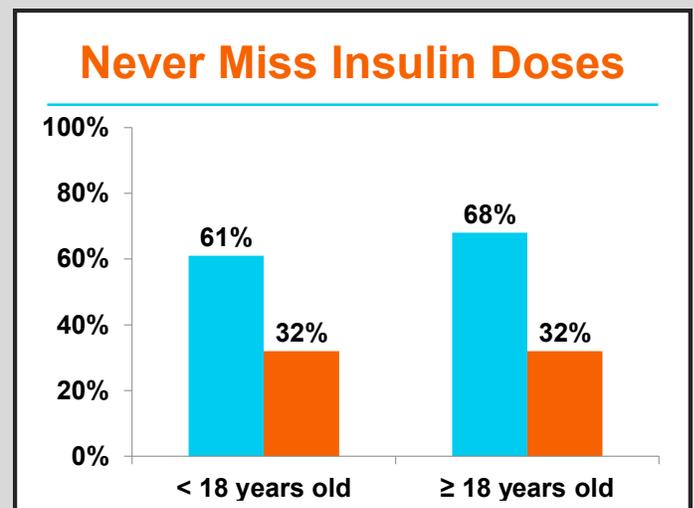
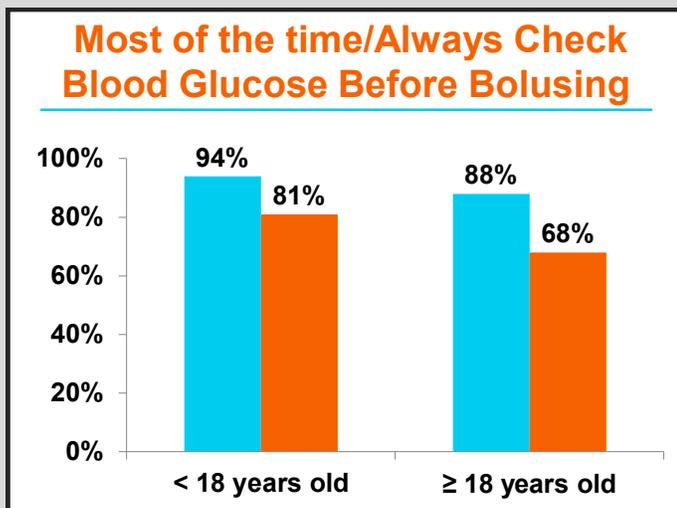
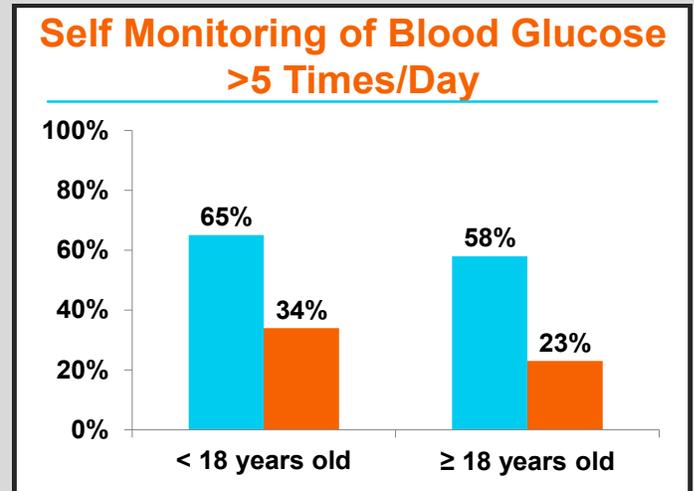
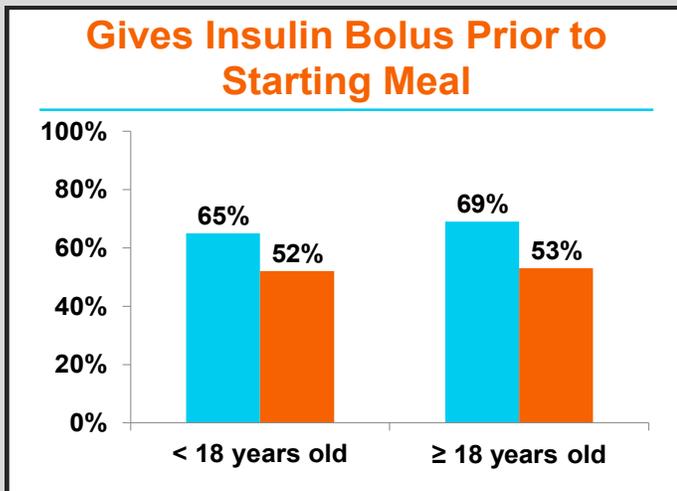
Data from the T1D Exchange

Over the past two years, the T1D Exchange has diligently worked towards understanding the challenges faced by people with type 1 diabetes and how we can drive improvements in care by using the valuable data we receive from our participants.

The graphs below show data comparing diabetes management characteristics of those with excellent versus poorer glycemic control.

- **Excellent control** was defined as most recent HbA1c <7% for <18 yrs old & <6.5% for ≥18 yrs old.
- **Poorer control** was defined as most recent HbA1c ≥9% for <18 yrs old & ≥8.5% for ≥18 yrs old.

 Excellent Control  Poorer Control



We found that those with excellent control were more likely to:

- give themselves an insulin bolus prior to starting a meal
- check their blood glucose levels more than 5 times a day
- check their blood glucose before bolusing
- never miss insulin doses

