



# T1D Exchange

Summer 2014

## An Update for T1D Exchange Clinic Registry Participants

In this issue of the T1D Exchange Participant Newsletter:

- A message from the Executive Director
- Biobank Update
- Glu Update
- Clinic Network and Clinic Registry Update

It takes an army.

Every June, thousands of participants travel to the American Diabetes Association's Scientific Sessions. The T1D Exchange team prepares for this conference each year with clinicians in our network and beyond to leverage the information you have provided through participation in our Clinic Registry. It has been exciting to see the progress of T1D Exchange, and I was especially proud at this year's meeting to see many references to T1D Exchange and Glu data, study results, abstracts, and publications—we are making a major impact in the T1D community and we couldn't do it without you.

Here are a few highlights from this year's meeting:

- ◆ CGM use is increasing, and are becoming more accurate and easier to use
- ◆ Pumps are getting smarter, such as the Medtronic 530G with threshold suspend automation
- ◆ Non-insulin drugs designed for type 2 diabetes may provide value to T1s
- ◆ Recognizing diabetes management stress—you know it exists, but it's finally acknowledged and being investigated

I know progress towards improving life with T1D is hard to see one day at a time. The next few years will be very busy and there will be many opportunities for you to participate in new studies. It's never been more important to raise your hand when research opportunities are announced.

Thank you for your ongoing participation and please visit the new T1D Exchange site at [t1dexchange.org](http://t1dexchange.org) to learn more about research news and opportunities.

All the best,

Dana Ball

Executive Director and Co-Founder, T1D Exchange

CEO, Unitio, Inc.



## T1D Exchange Biobank

As a member of the T1D Exchange, you can help accelerate type 1 diabetes research progress by joining the Living Biobank! The Living Biobank helps researchers working hard to find better ways to manage T1D and to ultimately find a cure by giving them access to valuable blood samples from type 1s just like you. By joining the T1D Exchange Living Biobank, you too can make a difference in T1D research and *increase the pace of discovery!*

Learn more on the T1D Exchange website: [t1dexchange.org/f/1](http://t1dexchange.org/f/1)

# T1D Exchange Clinic Network

## Upcoming Studies

- **Eating Patterns and Food Intake of Persons with Type 1 Diabetes:** The study will evaluate the association of eating patterns and food intake with glycemic control measured by HbA1c. Participants will be asked to complete two interviews via phone which will include questions about nutrition and eating habits.
- **Pediatric to Adult Health Care Transition Study:** This study will survey individuals 18 to 29 years old regarding their experience in receiving health care as an adolescent and as a young adult.
- **Racial Differences in HbA1c Levels:** This study will compare the relationship between glucose levels measured by continuous glucose monitoring and HbA1c levels in whites and African-Americans to see if there is any difference.

## Current Studies

- **The Clinic Registry:** Currently there are about 26,732 participants enrolled with at least one year of information collected on almost 22,423 participants
- **The Residual C-peptide Study:** Enrollment of 965 participants was completed in March 2013; 278 had detectable C-peptide levels indicating that the pancreas is still producing some insulin. These individuals are continuing to have C-peptide levels measured every 1-2 years.
- **Intranasal Glucagon for Treatment of Hypoglycemia:** The adult and pediatric studies have completed enrollment of 77 adults and 41 children. The studies will be completed in the next several months.
- **Metformin for Overweight Adolescents with Insulin Resistance:** This randomized trial completed enrollment of 140 participants at 27 clinic network sites in February. Follow-up is ongoing. Study results are intended to be presented at the Endocrine Society meeting in March 2015.

*For more information about these studies, please contact [t1dexchange@jaeb.org](mailto:t1dexchange@jaeb.org)*

During the summer of 2014 the following five T1D Exchange abstracts were presented at national and international diabetes meetings.

### International Society for Pediatric and Adolescent Diabetes

- **A Comparison of Characteristics of Youth with Type 1 Diabetes (T1D) with and without a Family History of T1D in the T1D Exchange Clinic Registry**
- **Insulin Pump use in Pediatric Type 1 Diabetes: Multinational comparison with 54,786 Pediatric Patients from the T1D Exchange (US), National Pediatric Diabetes Audit (England and Wales), and the DPV Initiative (Germany and Austria)**

### American Society for Bone and Mineral Research

- **Osteopenia and Osteoporosis in Adult Females with Type 1 Diabetes: Results from the T1D Exchange Registry**

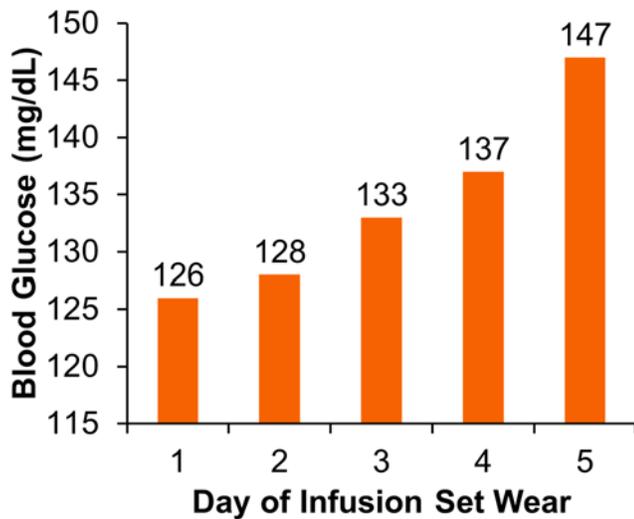
### European Society for Pediatric Endocrinology

- **DKA during diabetes therapy: Multinational comparison with 59,191 Pediatric Patients from England, Wales, the United States, Austria and Germany**

### European Association for the Study of Diabetes

- **Pump use is less frequent in the minority youth: Transatlantic analysis in three large registries representing Austria, Germany, Wales and United States**

## Insulin Pump Infusion Duration vs. Fasting Blood Glucose



- We conducted a study using the T1D Exchange's online community, Glu, to see whether longer duration of insulin pump infusion set wear was associated with blood sugar levels.
- We found that blood sugar levels tended to increase the longer the infusion set was worn. Blood sugar levels increased with each day of the same insulin pump insulin infusion set wear.
- The amount of insulin required per day did not change depending on how long the same infusion set was worn.



We're thrilled to announce that the Glu community has surpassed 10,000 members in June! To celebrate, we hosted a book giveaway from authors who have been featured on the site. We look forward to continued growth, and to offering many new opportunities to participate in online research later this year.

Anna Floreen and Bill Woods presented on Glu at the Children with Diabetes Friends for Life conference in Orlando, Florida, in July, and participated in the American Association of Diabetes Educators conference in August.

In June, a video of Bill's presentation about participating in the Beacon Bill Study for the bionic pancreas became our most viral content to date, having been viewed and shared thousands of times on Glu and across social media channels. High school student and Glu intern Ben Mains wrote an article on parenting teens with type 1 diabetes, and offered insight into helping teens feel empowered and self-reliant about managing their diabetes.

Visit MyGlu.org today to learn more about this vibrant community!



Feel free to contact the Institutional Review Board (IRB) office at [irb@jaeb.org](mailto:irb@jaeb.org) or the Human Research Protection Program (HRPP) office at [hrrp@jaeb.org](mailto:hrrp@jaeb.org) with any questions, concerns, or suggestions.



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