

# DiADIC QUARTERLY NEWSLETTER

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## DEAR DiADIC PARTICIPANTS,

We are nearly completion of the study, with 87 participants total having participated thus far. Because we want to have a group of people that reflects all ages and both male and female, we are looking for a few people to fill some specific sex and age groups. If you know of anyone with type 1 diabetes in the greater Pittsburgh area, please share the study with them and ask them to contact us if interested.

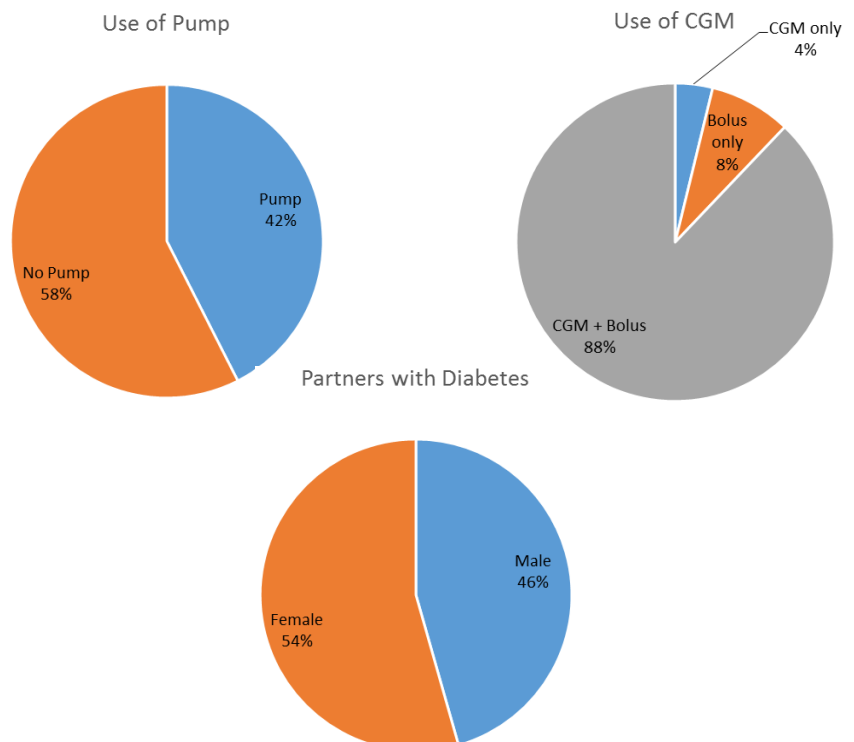
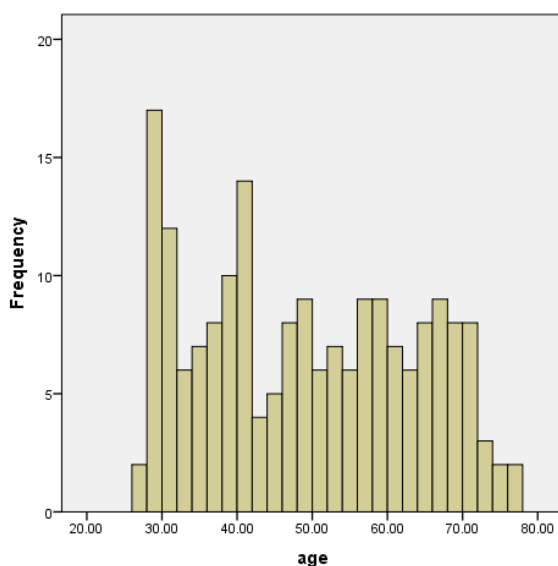
As this study draws to a close, we are planning to contact each of you to see if you would be interested in participating in a more qualitative phone interview about how diabetes has affected your family. Rather than ask you to complete more questionnaires, these questions would be more open-ended so that you can share your thoughts and feelings with us. Of course, this is completely voluntary.

We are providing you with some information in this quarterly newsletter related — and unrelated to diabetes. First, we have some information about the NCAA tournament for those of you who are basketball fans. Second, we share some information about diabetes alert dogs.

After the study has been completed, we will continue to keep in touch with you to share the study results. Please contact us if you have a change of address or phone number.

Sincerely,

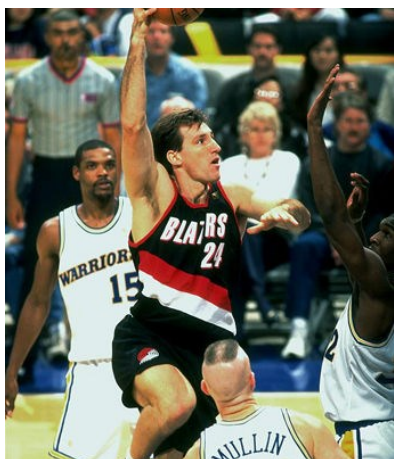
**VICKI HELGESON**



## CAN YOU MATCH UP THE NCAA TEAM TO ITS MASCOT?

- |                               |                  |
|-------------------------------|------------------|
| 1. Virginia Tech              | a. Demon Deacons |
| 2. Georgetown                 | b. Horned Frogs  |
| 3. Texas Christian University | c. Tree          |
| 4. Iowa State                 | d. Hokies        |
| 5. Saint Louis University     | e. Cyclones      |
| 6. Wake Forest                | f. Hoyas         |
| 7. Syracuse                   | g. The Blue Blob |
| 8. UC Irvine                  | h. Orange        |
| 9. Xavier                     | i. Billikens     |
| 10. Stanford                  | j. Anteaters     |

## PAST & CURRENT NBA PLAYERS w/ TYPE 1 DIABETES



Chris Dudley (Yale '87)

Dudley started a basketball camp for kids with type 1 diabetes.



Gary Forbes (U Mass '08)

Forbes is working with the ADA to raise awareness of type 2 diabetes among African Americans.



Adam Morrison (Gonzaga '06)

Morrison was diagnosed at age 14, and kept his goal of playing in the NBA.

Answers:  
1. d; 2. f; 3. b; 4. e; 5. i; 6. a; 7. h; 8. j; 9. g; 10. c

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## DIABETES ALERT DOGS

Did you know that dogs can be trained to detect changes in blood sugar?

Sometimes when a person becomes hyperglycemic, the body produces ketones that give off a fruity odor. During a hypoglycemic episode, the person's body gives off a different but unique odor.

A well-trained diabetic alert dog can detect both of these changes and potentially be life-saving for someone who experiences low or high blood sugar, especially if they do not experience warning symptoms.

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## COMMON DIABETIC ALERT DOGS

- Golden retrievers
- Labrador retrievers
- Mixed sporting dog breeds
- Poodles

Not only can these dogs be trained to alert their owner, but they can also alert other family members, bring needed objects (like a cell phone or medication) and even call 911 using a special device.

While having a service dog provides many benefits, it's important to remember that they are another added expense as well as a huge responsibility. Dogs 4 Diabetics estimates the cost of a diabetic alert dog (including breeding, raising, and training) at about \$35,000!



Although there are some nonprofits that aim to provide these dogs for a reduced cost or for free, they often have extremely long waiting lists.

Some suggested websites for finding a diabetic alert dog:

[Diabetesalertdogalliance.org](http://Diabetesalertdogalliance.org) (Diabetes Alert Dog Alliance)

[Dogs4diabetics.com](http://Dogs4diabetics.com) (Dogs 4 Diabetics)

[Allpurposecanines.com](http://Allpurposecanines.com) (All Purpose Canines)

[Medicalmutts.com](http://Medicalmutts.com) (Medical Mutts)

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