

DiADIC QUARTERLY NEWSLETTER

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SUMMER 2017

DEAR DiADIC PARTICIPANTS,

We are nearing completion of the DiADIC study. We have nearly 200 families in the study, just under 100 from the Pittsburgh area and just over 100 from Salt Lake City, Utah. We mentioned at the study outset that one of the strengths of this study is its novel focus on adults with type 1 diabetes rather than type 2 diabetes. Not only have previous researchers neglected to focus on adults with type 1 diabetes, they also have neglected to study the family. The DiADIC study largely focuses on spouses or romantic partners. We know that diabetes can affect other family members also, in particular, children. We have started contacting some of you to see if you are interested in participating in brief follow-up phone interviews focused on these other family members. If you are interested, the interview is fairly short and can be completed at your convenience. If you are not interested, that is perfectly fine; please let us know when we contact you.

Inside, we provide you with some events in the Pittsburgh area this summer that you might enjoy. We also highlight two diabetes events, and have a fun fact for you about the discovery of insulin.

Thank you again for your support.

VICKI HELGESON



FUN EVENTS IN PITTSBURGH



THE LANTERN FEST

July 8
Begins 5:00 PM

Pittsburgh's PA Motor Speedway
170 Kelso Road
Imperial, PA 15126

\$7 for ages 4-12
\$40 for ages 13+
Free for kids 3 and under

Before sundown, friends and families can enjoy food, live music, familiar princesses, face painters, s'mores, balloon artists, and more. Then when the sun sets, thousands of people will release their lanterns into the sky.

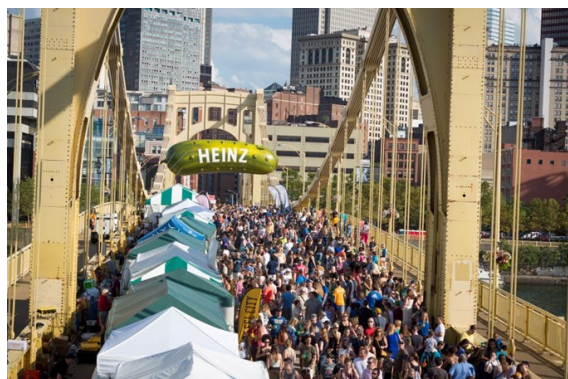
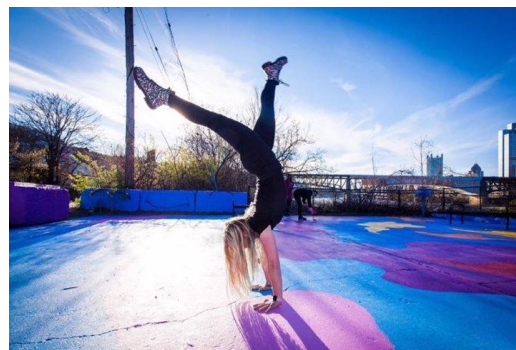
SUNSET YOGA at THE COLOR PARK

Every Wednesday 7:30 — 8:30 PM

The Color Park
1 S 6th Street
Pittsburgh, PA 15203

\$5 to participate

Spend an hour every Wednesday doing yoga as the sun goes down at the newly opened Color Park in the South Side. All you need to do is bring a mat and some water!



PICKLESBURGH

July 28-29
12:00 — 10:00 PM

Roberto Clemente Bridge

An annual festival that celebrates pickling in all its glorious incarnations and goes beyond the dill pickle to include international dishes and handcrafted foods from local chefs. Features "how-to" demos, a selection of artisan cocktails, pickle-themed merchandise, live music, and even a competitive pickle juice drinking contest.

MAMMA MIA!

July 28-August 6

Benedum Center
7th Street & Penn Avenue
Pittsburgh, PA 15222

Featuring ABBA's timeless songs, this Broadway hit is now coming to Pittsburgh! A daughter's quest to discover the true identity of her father brings three different men back to the island where they met her mother 20 years ago.



KIDS' DAY at SCHENLEY PLAZA

2nd Sunday of each month
12:00 — 4:00 PM

Schenley Plaza

Fun family activities include face painting, balloon artists, lawn games, special guests, and free rides on the PNC Carousel. Special guests may include: Pittsburgh Paramedics, Pittsburgh Aerial Silks, Teddy Bear Picnic, WYEP Reimagination artists, and the Sunburst School of Music.

EQT PITTSBURGH THREE RIVERS REGATTA

August 4 - 6

Downtown Pittsburgh

The largest community event in the four-state region, the EQT Pittsburgh Three Rivers Regatta is celebrating its 40th year. Enjoy events such as powerboat racing and sand sculptures to live music and eating contests. Over 500,000 people attend this summer celebration every year!

GREATER PITTSBURGH RENAISSANCE FESTIVAL

August 19-20, 26-27; September 2-4, 9-10, 16-17, 23-24

6 miles west of New Stanton, PA off I-70. Exit 51A (old 24A) Rt. 31 East - Mt. Pleasant. The festival is a 1/4 mile on the right



Immerse yourself in merry old England by walking through the castle and shopping at the Artists' Marketplace, featuring thousands of handcrafted wares. Jugglers, minstrels, acrobats, and jousting knights will fill seven stages with fun and unforgettable

DID YOU KNOW: THE DISCOVERY OF INSULIN

Prior to the discovery of insulin in 1921, Type 1 diabetes had usually resulted in death by starvation due to strict diets.

However, a team led by Dr. Frederick Banting at the University of Toronto studied pancreatic extracts of dogs, leading to the discovery of the hormone insulin. After many test trials on diabetic dogs, Banting developed an insulin pure enough to use on humans.

The first person to be administered the insulin was 14-year-old Leonard Thompson, who was dying in Toronto General Hospital but found his health dramatically improved after the insulin shot.

The following year, Banting was granted the Nobel Prize in Medicine and later sold the insulin patent to the University of Toronto for a half dollar.



JDRF ONE WALK

When: September 23, 2017

Check-in: 8:30 AM; Starts: 10:00 AM

Where: Schenley Park, Flagstaff Hill

Join the 2 mile walk at Schenley Park in order to raise money for Type 1 Diabetes research! Fundraising efforts will support research for a cure.

AMERICAN DIABETES ASSOCIATION'S TOUR DE CURE

When: July 23, 2017

Where: Big Butler Fairgrounds

Challenge yourself by bicycling anywhere from 2 to 70 miles this July! By registering, you will be raising awareness about diabetes and supporting diabetes research. If you register early, you'll receive a discount for the registration fee.
