

# REACH QUARTERLY NEWSLETTER

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SPRING 2017

## DEAR REACH PARTICIPANTS,

The study is drawing to a close this year. We only have a handful of participants to interview over these remaining months. We are in the midst of preparing several manuscripts for publication based on the most recent data that you have provided. In one paper, we show how people's HbA1c has changed over the course of 13 years. There are many different patterns of change in HbA1c over the course of adolescence and young adulthood – the good news being that most everyone's HbA1c is decreasing in their early 20s. We will share these data with you in more detail over the next year.

Because I'm a basketball fan (being 5'2" I'm not sure why), I decided to have this issue feature the NCAA basketball tournament. See instructions below for a chance to win \$50!

As always, please contact us if you have a change of address or phone number. We greatly appreciate hearing from you over the years.

**VICKI S. HELGESON**

## NCAA BASKETBALL TOURNAMENT

Identify the 4 teams that will advance to the Final Four.

Identify the 2 teams in the Championship game.

Identify the NCAA tournament winner.

In the event of a tie, provide the score.

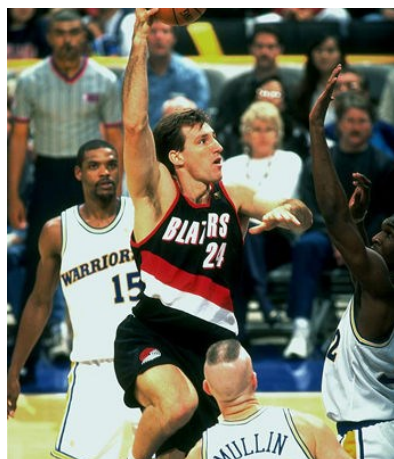
The person who is most accurate will win \$50!

Go to <https://goo.gl/forms/8blvsbmDAlu5xk5s1> to enter your predictions. Just make sure to submit them by midnight on Wednesday, March 22.

# 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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