



MARY & DICK ALLEN DIABETES CENTER

Your Support Made a Difference

2018 REPORT TO DONORS

The Mary & Dick Allen Diabetes Center delivers innovative care and programs to optimize health and well-being for patients living with diabetes. The multidisciplinary team works with diverse patient populations offering programs customized to meet their cultural needs. The recent expansion to Hoag Health Center Irvine at Woodbridge extends clinical, educational and support services to South Orange County. New clinical trials are bringing pioneering approaches to care for patients of all ages.

With your philanthropic support, the Mary & Dick Allen Diabetes Center is growing and evolving to meet the diverse needs of the communities we serve. This report summarizes the impact you made with your giving in 2018.



L to R: David T. Ahn, MD; Denise Koslicki, MHA;
Harsimran Singh, PhD; Kris Iyer, MD



Inauguration of the Mary & Dick Allen Diabetes Center at Hoag Health Center Irvine - Woodbridge

Allen Diabetes Center Expands to Irvine

We were proud to celebrate the opening of the Mary & Dick Allen Diabetes Center at Hoag Health Center Irvine - Woodbridge. This second location provides Irvine and South County residents with diabetes care and services closer to home. Innovative Allen Diabetes Center programs now available in Irvine include the Ueberroth Program for Women (Sweet Success) which provides world-class diabetes care before, during and after pregnancy; the Healthy Lifestyle

Program to assist with weight loss and prevent the progression from prediabetes to diabetes by focusing on lifestyle changes such as exercise and diet; and Diabetes Self-Management Education and Support (DSMES) Classes which empower patients to take control of their diabetes.

Enhancing the Patient Experience

Ginny and Peter Ueberroth Family Foundation Mother Baby Lounge

Thanks to long-time Hoag donors and friends Ginny and Peter Ueberroth, mothers undergoing the two-hour-long, post-delivery oral glucose tolerance tests (OGTT) at the Mary & Dick Allen Diabetes Center in Newport Beach now have a comfortable, quiet and dedicated space to relax with their newborns.

On average, the Allen Diabetes Center sees about 20 new mothers per month diagnosed with gestational diabetes during pregnancy. These new moms must come back to the Allen Diabetes Center eight weeks after delivery for this test to screen for type 2 diabetes. The Ueberroth Family Foundation Mother Baby Lounge provides new mothers with a designated space to nurse their newborns, making it easier for them to keep this crucial appointment.

Women who have gestational diabetes have up to a 60 percent chance of developing type 2 diabetes within five to ten years after delivery. The Allen Diabetes Center focuses on preventing or delaying women from developing this chronic disease in the future.

Funds from the Ueberroth gift also fully cover the test fee, which can cost \$220 per person, ensuring there is no charge to the patient.

Sandy & Dick Waitneight Education & Conference Center

In recognition of an estate gift from the Waitneight family that established the Richard J. & Sandra S. Waitneight Innovation Fund, Hoag named the Sandy & Dick Waitneight Education & Conference Center at the Allen Diabetes Center. A popular setting for meetings, conferences and workshops, the conference rooms in the Waitneight Education & Conference Center are equipped with advanced audiovisual technology.



Ginny and Peter Ueberroth Family Foundation Mother Baby Lounge

“My mom was diagnosed with type 2 diabetes when I was in junior high, and that life-changing event played a major role in my decision to pursue endocrinology. I want Hoag to be synonymous with comprehensive and outstanding diabetes care here in Orange County.”



David Ahn, MD

Leading the Way

David Ahn, MD, joined the Mary & Dick Allen Diabetes Center at Hoag as Program Director in July 2018. An endocrinologist specializing in diabetes and metabolism, Dr. Ahn provides clinical oversight for Hoag diabetes patients in both the outpatient and inpatient environments. He also provides strategic direction for current programs and develops future programs. Since joining the Allen Diabetes Center, he’s launched two new clinical research projects which he oversees.

“We are thrilled to welcome Dr. David Ahn to the Hoag team,” said Kris Iyer, MD, senior vice president, chief administrative officer, HMTS. “His passion for patient care will significantly contribute to our mission of making a positive difference in the lives of people living with diabetes and those at risk for diabetes.”

A respected clinical leader on the rise, Dr. Ahn chaired the diabetes technology panel at the most recent American Diabetes Association Scientific Sessions in Orlando. In August 2018,

he was invited to participate in a forum hosted by the Federal Drug Administration to develop guidelines for the regulatory approval process for software (such as smartphone apps) as a medical device. He’s passionate about utilizing medical technology and mobile devices to empower and improve the health and wellness of people living with diabetes and other chronic conditions.

Most recently, Dr. Ahn served as an assistant clinical professor at UCLA Medical Center. Born and raised in Southern California, he received both his undergraduate and medical school training at UC San Diego. After completing an internal medicine residency at Scripps Mercy Hospital in San Diego, he returned to UC San Diego to complete his fellowship in endocrinology.

Advancing Diabetes Care Through Research and Innovation

“Several of my patients have found that their sugars spiked or dropped at unexpected times. Because they had only been sticking their fingers at mealtimes, they missed important fluctuations that continuous glucose monitoring was able to catch. This led to medication modifications, and now many of my patients are feeling better.” – Dr. Ahn

Clinical Research Trials and Innovation in Diabetes Technology

Within his first six months as Program Director, Dr. David Ahn launched two programs at the Allen Diabetes Center which offered our community access to cutting edge innovations in diabetes technology.

CUPID Study with Smart Insulin Pens

The InPen is a Bluetooth-connected insulin pen that tracks the dosage and time that insulin is given. It pairs with an app on a mobile device that helps users to better calculate insulin dosage. This combination of smartpen and smartphone app empowers users and improves the quality of clinical decision making at doctor visits. Dr. Ahn launched the study in December 2018 with the goal of recruiting 60 participants aged 18 to 80 years by September 2019.

Implantable Glucose Sensor

In December 2018, Hoag was the first hospital in Southern California to offer the first FDA approved implantable long-term glucose monitoring system. The Eversense implantable glucose sensor is placed just under the skin in a 10-minute procedure and the device is good for 90 days. Readings are transmitted to a smartphone through an adhesive receiver worn on the skin above the device.

Behavioral Research and Psychosocial Support

Harsimran “Sim” Singh, PhD, health psychologist and clinical research scientist, Mary & Dick Allen Diabetes Center, leads the behavioral health research program with an emphasis on highlighting patients’ experiences of living with diabetes and developing quality interventions to improve their self-management and quality of life. In 2018, Dr. Singh was invited to serve as an advisor to the Behavioral Medicine and Psychology Interest Group of the American Diabetes Association. As a Hoag delegate, she represents the only community hospital in the United States serving in this capacity. She is also a consultant to the California Diabetes and Pregnancy Sweet Success Program for psychosocial outcomes in diabetes and pregnancy.

Her primary research interests include: diabetes and pregnancy, transition of care in adolescents with diabetes, behavior modification for optimal health outcomes, patient engagement with treatment and technology, role of family, culture and other support networks in diabetes management.



Harsimran “Sim” Singh, PhD

In 2018, Dr. Singh was invited to present her research findings across the country:

- The 39th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, New Orleans, LA, in April. Presentation title: Viviendo Saludable: A community-based program targeting clinical and psychological health in Hispanic women with prediabetes.
- National education webinar for California Diabetes and Pregnancy Program in August. Presentation title: Diabetes & Pregnancy: Value of Psychosocial Health.
- The American Association of Diabetes Educators annual conference, Baltimore, Maryland, in August. Presentation title: What does a diverse community of patients and providers want from diabetes education programs and how do we deliver?

Dr. Singh's research work was also published in reputable, peer-reviewed diabetes journals including the following:

- *Diabetes Forecast*: How can I prepare myself, mentally and emotionally, for a doctor's visit?
- *Endocrine Today*: Among homeless, compassion, compromise essential for diabetes management.
- *Endocrine Today*: Lifting depressive symptoms promotes diabetes self-management in Hispanics.
- *Sweet Success Extension Program (SSEP) Update*: Patient-centered care: What is it?
- *The Diabetes Educator*: Delivery outcomes, emergency room visits and psychological aspects of gestational diabetes.
- *Diabetes Spectrum*: "Diabetes just tends to take over everything": Experiences of support and barriers to diabetes management for pregnancy in women with type 1 diabetes.

Innovative Programs: Community Education

Diabetes Self-Management Education & Support (DSMES) for Type 2

Beverly and Ron Lucas are the first to say their family loves Hoag. They've been Hoag volunteers for 12 years and their daughter is a Hoag nurse in the Mother-Baby Unit. Beverly and Ron are also users of the Allen Diabetes Center. They truly enjoy attending Sweet Life classes and trying new recipes.

Last year, they were invited to take part in the Diabetes Self-Management Education & Support (DSMES) Program. After completing a ten-page questionnaire, they were interviewed for thirty minutes by Dr. Singh.

The program provided the couple with information on exercise guidelines, medication management, meal planning and more. DSMES also offers specialized education on diabetes nutrition-related topics through the individualized Medical Nutrition Therapy (MNT) Program. Registered dietitians work directly with patients to help them create healthy meal plans and learn nutrition management while traveling or dining out.

Certified diabetes educators provide instruction and support for patients using insulin pumps and continuous glucose monitoring sensors (CGMS) to help manage their diabetes.

"There is so much information available online and through classes. We're so fortunate to have the Allen Diabetes Center, and I hope everyone who has diabetes uses it." – Beverly Lucas

Ueberroth Family Sweet Success

The Ueberroth Program for Women with Diabetes (Sweet Success) at the Allen Diabetes Center Newport Beach and Irvine enhances the continuity of care available to women in the community. This Program helps ensure that all women, regardless of their financial circumstances, have access to world-class diabetes care throughout their lives including before, during and after pregnancy.

Classes are offered in:

- Gestational Diabetes (GDM) Counseling
- Preconception Counseling
- Preexisting Diabetes (T1D or T2D) and Pregnancy

In 2018, Herbert Family Program founder Lauri Delson was selected to receive the Pete Siracusa - Vin Jorgensen Award for her volunteer and philanthropic leadership. Lauri Delson (center) with Robert T. Braithwaite and Flynn A. Andrizz, PhD



Supporting Emerging Adults

The Herbert Family Program for Young Adults with T1D

The Herbert Family Program is going strong with its First Friday meet-ups at Greenleaf Gourmet Chopshop in Costa Mesa. Led by Lauren Franke, this peer group is an important yet informal support network that tackles real-world lifestyle issues faced by young adults.

The Herbert Family Program for Young Adults with Type 1 Diabetes focuses on meeting the unique needs of young adults through social opportunities, individual and group counseling, diabetes education and psychological health support with a licensed clinical social worker.



Lauren Franke (center) and Herbert Family Program participants at a First Friday meet-up

Transition Program Through CHOC Children's Hospital

The Allen Diabetes Center, in collaboration with CHOC Children's Hospital, helps emerging adults with type 1 diabetes and their families transition successfully from pediatric to adult diabetic care. A multidisciplinary team of physicians, nurses, transition coordinators, psychologists and social workers, from both the pediatric and adult side, work seamlessly together to make it a smooth transition process.

"Through this collaboration, the Allen Diabetes Center is integrating clinical care with our existing psychosocial programs through the Herbert Program and PADRE. We are growing to provide comprehensive care to this vulnerable population of patients." – Dr. Iyer

Megan's Story: Growing up to Serve Others with T1D

Twenty-one-year-old Megan Schoeff remembers that when she and her sister were diagnosed with type 1 diabetes, her family became involved with PADRE (Pediatric-Adolescent Diabetes Research & Education) Foundation. That was where Megan first heard about the Allen Diabetes Center and the Herbert Family Program.

When it came time for her to transition from her pediatric endocrinologist to the next phase in her life as a young, independent woman, she turned to the Allen Diabetes Center for support.

"I'm so grateful to be part of the Herbert Family Program for Young Adults with T1D," she says.

Megan is also a patient of Dr. Ahn through the CHOC Children's Hospital Emerging Adults with T1D Program. During her first appointment with him, she appreciated his proactive approach to integrating technology in support of patient care. "Technology is changing so rapidly and he is finding the best ways for patients to use it to manage their diabetes," she said.

Megan is a student at California State University, Long Beach working toward a degree in communication studies. She interned at the PADRE Foundation during the summer of 2018 and is now working for the foundation that helped her and her family for so many years.



Hoag Executive Sous Chef Davis Cruz leads a Sweet Life cooking demonstration

Community Outreach

Healthy Lifestyles Program for Patients with Prediabetes

The Allen Diabetes Center, in collaboration with the Advanced Primary Care Initiative, offers a Healthy Lifestyle Program for people with prediabetes and a BMI greater than 24. This Program is based on the CDC's Diabetes Prevention Program and is team-centered, integrating personalized nutrition, exercise and behavioral change plans for people with prediabetes. The multifaceted Program includes:

- Ongoing support from a health coach, registered dietitian and clinical social worker
- Education sessions focused on maintaining a healthy, balanced lifestyle
- Weekly group meetings
- Flexible appointment times to accommodate the patient's schedule
- Nutrition and fitness recommendations based on CDC Diabetes Prevention Program guidelines

Prevention of Obesity and Diabetes Through Education and Resources (PODER)

The Allen Diabetes Center's long-standing partnership with PODER continued with no-cost health classes for adults and children in 2018. The classes include cooking healthy recipes, exercise and more. Youth leaders are also on hand at PODER and PADRE (Pediatric-Adolescent Diabetes Research & Education) Foundation events to provide childcare.

Sweet Life Cooking Demonstrations

One of the Allen Diabetes Center's most popular programs, the Sweet Life cooking demonstrations, continued with monthly free cooking classes. The classes are led by Davis Cruz, Hoag's Executive Sous Chef, and focus on healthy cooking and nutrition management for those with diabetes or who are interested in diabetes prevention.

Continuing Education

“Diabetes: What’s New, What’s Next?” Continuing Medical Education (CME) Conference

The Allen Diabetes Center organized the annual all-day “Diabetes: What’s New, What’s Next?” Continuing Medical Education (CME) Conference held at the Beckman Center at UCI. Dr. Ahn delivered the keynote on emerging technology for diabetes care and led two panel discussions. Dr. Singh presented the findings of her Telehealth for Gestational Diabetes research study.

Learning on the Job

The Allen Diabetes Center is where interns majoring in public health or policy and other health care professionals, including dietitians, nurses and pharmacists, come to learn from our experts. The Allen Diabetes Center is a trusted partner of the University of California at Irvine, Saddleback Community College, Western University and other schools.



Dr. David Ahn speaking at the “Diabetes: What’s New, What’s Next?” Continuing Medical Education (CME) Conference

Thank you

We are grateful for your generous support. Because of you, the Mary & Dick Allen Diabetes Center continues to lead the way in innovative and patient-centered care in Orange County.

For more information, please contact Hoag Hospital Foundation at (949) 764-7217. Please visit our website at www.HoagPromise.org.