

MARY & DICK ALLEN DIABETES CENTER

## A COMMUNITY OF SUPPORT

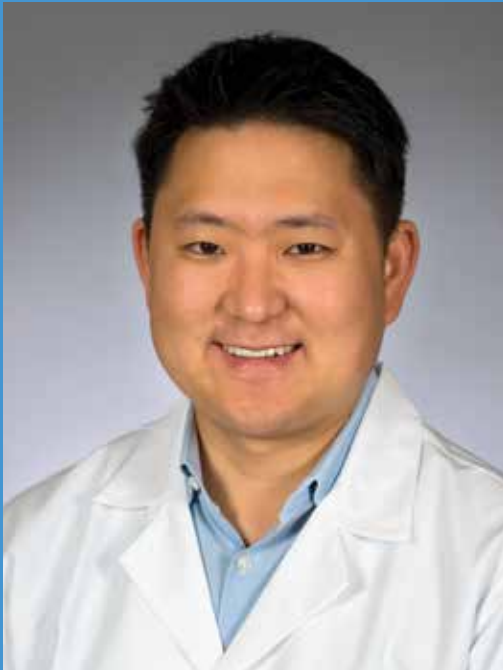
FALL 2021 AREA UPDATE



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Powered by philanthropy, the Mary & Dick Allen Diabetes Center has offered coordinated clinical care, psychosocial support and education all under one roof since opening in 2009. It is uniquely positioned to provide unparalleled, innovative care to the hundreds of thousands of people with diabetes in our community. More than 75% of its operating costs are funded by philanthropy, a remarkable accomplishment that makes all the following programs, services and support possible. Recent estimates project that as many as one in three American adults will have diabetes in 2050. Thus, the Allen Diabetes Center will continue to be a necessary lifeline for many diabetes patients and a vital resource at Hoag.

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*It is inspiring to think about how the Mary & Dick Allen Diabetes Center started, everything it has accomplished and what we're working toward. In 2021, the Allen Diabetes Center continued to rise in national rankings. We have added staff, clinical trials and new programs to meet the evolving needs of the diabetes community. It is important to me to update you on our growth, an accomplishment that would not be possible without donors like you.*

*I am especially proud of how quickly our team pivoted to overcome the challenges of COVID-19. During this*

*pandemic, there have been significant changes in people's eating and exercise patterns, two key elements to managing diabetes. We quickly created new virtual resources and events and implemented telehealth care to continue to provide our support to the patients who rely on us.*

*In the past year, we are proud to say we've seen a remarkable growth of more than 24% in our endowment. Bolstering the endowment is an important goal for the Allen Diabetes Center, which relies on philanthropy. We look forward to building on our learnings and the momentum of this year.*

*We can envision this future because of generous supporters like you. Thank you.*

**– David T. Ahn, MD**

Dr. Kris V. Iyer Endowed Chair in Diabetes Care  
Program Director and Endocrinologist,  
Mary & Dick Allen Diabetes Center

## Expert Staff

Each year, the Allen Diabetes Center aims to grow its roster of skilled experts, all of whom work to improve the quality of life of people with diabetes. An endocrinologist, dietitians, registered nurses, a specialized pharmacist and a board-certified health and wellness coach are available to patients. In addition, three of the Center’s employees themselves live with type 1 diabetes. Their expertise and intimate understanding of this condition is an invaluable skill that helps them guide others. In 2021, the Allen Diabetes Center added team members that include:



**INSURANCE NAVIGATOR  
CHRISTINE MILLER**

Managing insurance coverage is one of the greatest challenges of living with a chronic and expensive illness like diabetes. Christine provides vital information to patients so they know what services and care insurance should cover.



**PHYSICIAN ASSISTANT  
RUTH HWANG**

Ruth is an essential partner to Dr. Ahn, whose patient numbers continue to grow. Her support ensures the Allen Diabetes Center can continue to serve more patients and each receives the highest quality of personalized care. Since May, Ruth has conducted over 300 patient visits.



**OPERATIONS MANAGER  
KAREN ENGELMAN**

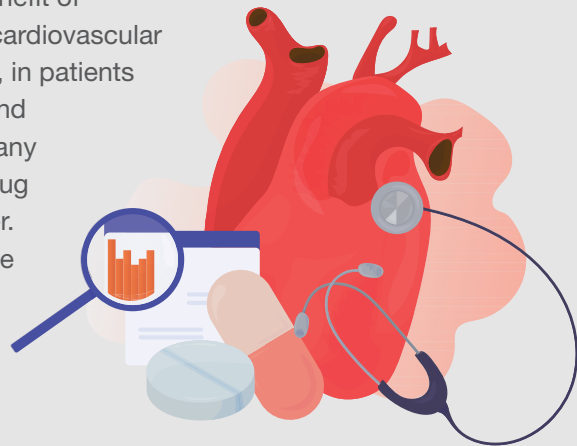
With an operation as multifaceted as the Allen Diabetes Center, it’s paramount to have someone managing all moving parts. Karen ensures all processes are focused on the best patient experience while being efficient and cost effective.

## Research & Technology

Led by Program Director Dr. David T. Ahn, the Dr. Kris V. Iyer Endowed Chair in Diabetes Care, the Allen Diabetes Center maintains a strong clinical research program aimed at improving the lives of people with diabetes. There are currently more clinical trials underway at the Allen Diabetes Center than ever before. In addition to continuous glucose monitoring trials with Senseonics, Dr. Ahn is excited to begin the following two unique and potentially life-changing trials.

### **Novo Nordisk**

This phase III clinical trial assesses the benefit of ziltivekimab at reducing the risk of major cardiovascular events, such as heart attacks and strokes, in patients with established chronic kidney disease and atherosclerotic cardiovascular disease, many of whom have diabetes. This is the first drug trial underway at the Allen Diabetes Center. It's an exciting milestone that we anticipate will lead the way for the Center to conduct more drug trials in the future and, more importantly, gives our patients access to pre-approved treatments before they are widely available.



### **Capillary Biomedical**

This phase III trial tests the durability of an extended-wear infusion set, a device that connects an insulin pump to the body. These revolutionary sets only need to be changed once a week as opposed to every two to three days, lessening the burden on people living with diabetes.

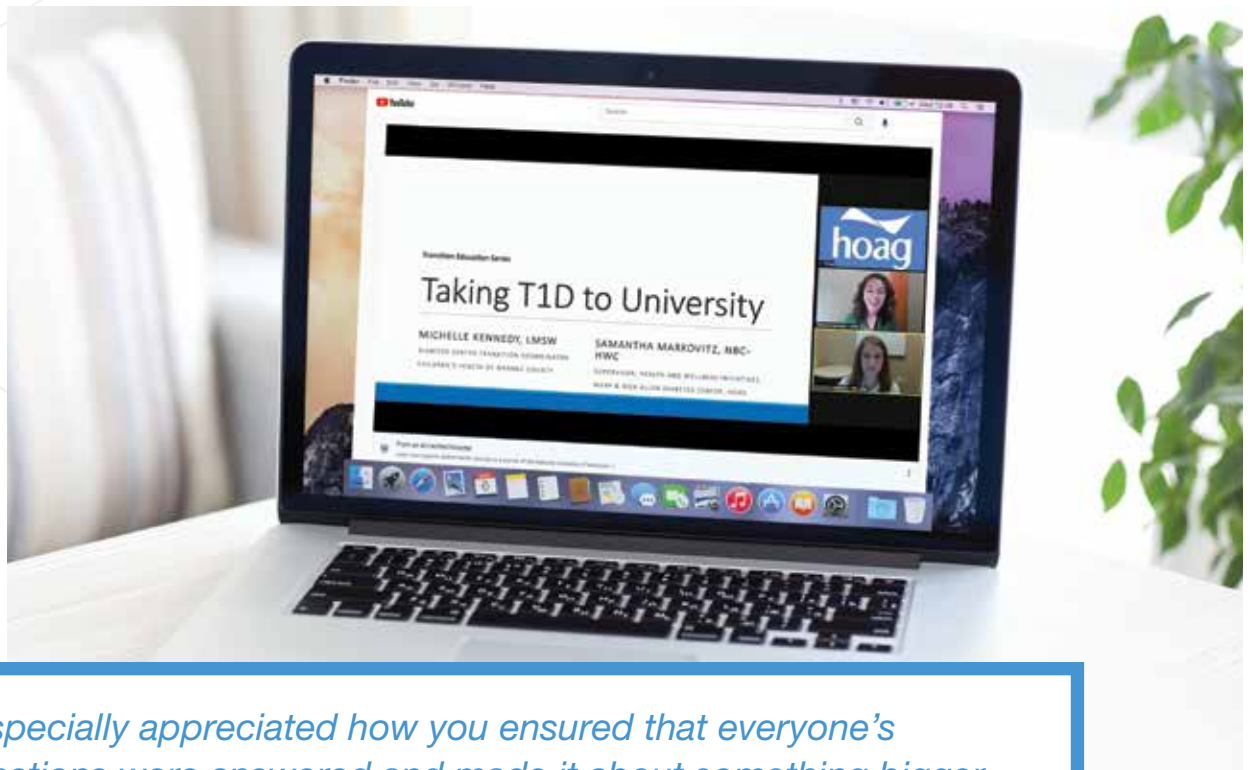


## Education & Empowerment

Registered dietitians, certified diabetes care and education specialists and a board-certified health and wellness coach work together to help patients with type 1, type 2 and gestational diabetes learn to thrive.

They create personalized success plans directed at patients' interests and needs and host quarterly events on compelling topics of interest. A few of the most popular events in 2021 focused on topics including diabetes and pregnancy, navigating insurance, empowerment, resiliency and personalized nutrition plans.

Our team has continued to work with our partners at CHOC to grow our Transition Program, which aids adolescents as they move from pediatric to adult care, which can often be a tumultuous time for patients and families. We launched a transition education series in 2021 that hosted virtual events that focused on topics like "Taking T1D to University" and "Being Your Own Advocate."



*"I especially appreciated how you ensured that everyone's questions were answered and made it about something bigger than just a diet or type 1 diabetes...It feels almost impossible to have a program like that without contributing to diet culture or disordered eating, but you did just that and completely pulled it off. That was seriously my favorite T1D panel discussion thus far."*

**– Hoag T1D Grateful Patient**

## Community Outreach & Partnerships

The Allen Diabetes Center partners with community-based organizations to meet the unique health care needs of the vulnerable and underserved. Partnerships, including our relationship with Children’s Hospital of Orange County, help us offer exceptional programs, such as PODER: Prevention of Obesity and Diabetes Through Education and Resources. As eating and activity patterns changed during the pandemic, demand for this program has increased. We continue to find creative ways to make this program accessible to everyone, alleviating transportation and location restrictions.



*“I attended the PODER classes via Zoom with both my mom and dad. My dad has diabetes. I learned so much and had fun. My dad’s diabetes is better controlled. We made changes as a family, and now we know how to eat and live healthier lives.”*

**– Allison, Age 7**

*PODER participant at the Mary & Dick Allen Diabetes Center*



## Psychosocial Support & Connections

Living with a chronic condition like diabetes can profoundly impact mental health. The Allen Diabetes Center offers a unique range of support programs for all ages and strives to meet the evolving needs of patients.

### RESILIENCY TRAINING PROGRAM (RTP)

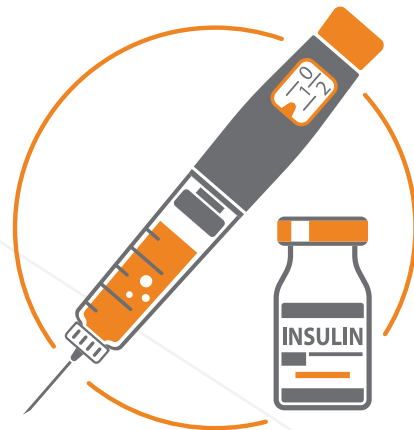
- In March 2021, we were proud to launch the Resiliency Training Program for adolescents with type 1 diabetes. Due to fear of negative social stigmas, young people with diabetes often develop unhealthy eating patterns and may skip vital insulin doses to avoid standing out to their peers, often leading to higher rates of eating disorders, anxiety and depression.



- This program empowers adolescents with T1D to overcome these fears and develop the necessary self-confidence to navigate life transitions. Participants learn to develop critical social and emotional coping mechanisms that set them up to live a full, healthy and joyous life with T1D.

## Insulin Relief Fund

Did you know that insulin prices have almost doubled in recent years? Acknowledging this particular burden during the COVID-19 pandemic, many generous supporters made gifts to enable patients living with type 1 diabetes and experiencing financial hardship to receive free insulin. The Allen Diabetes Center dispatched letters, emails and phone calls to local physicians notifying them of this opportunity for their patients. Since its creation in March 2020, more than 357 insulin pens have been provided to patients.





### OUR REACH

In the last two years:



22,000+ Patient visits conducted



4,800+ Trusted referrals to the Center from physicians and specialists



200+ Social and educational events hosted

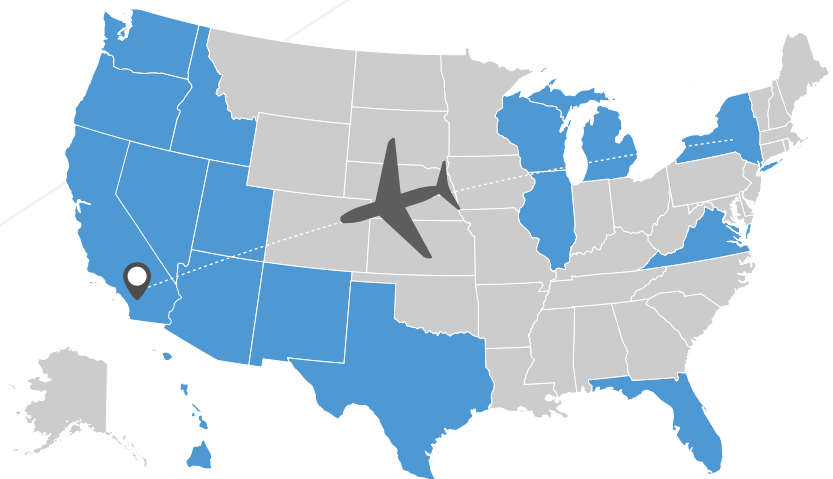


25+ Diabetes education trainings with over 150 inpatient nurses

# 75%

Allen Diabetes Center patients who have an A1C less than or equal to 7, which indicates their diabetes is managed well. This is significantly higher than the national average of about 55%.

A known national leader in diabetes care, the Mary & Dick Allen Diabetes Center cares for patients who have traveled from 16 counties in California and 17 states across the United States.



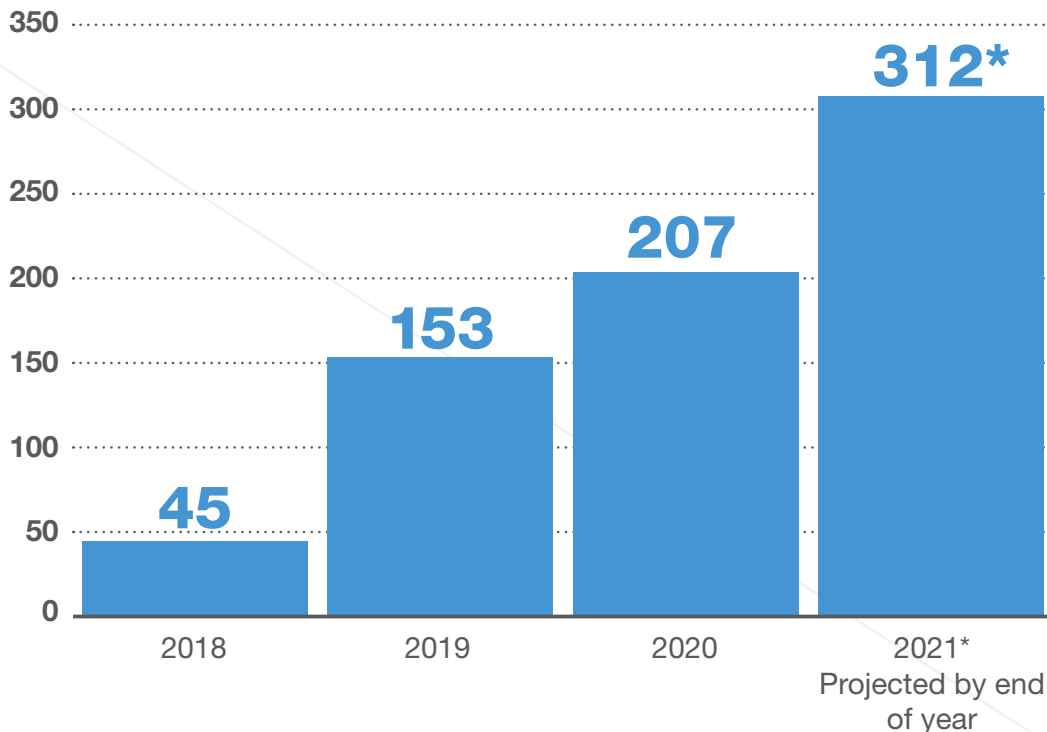
# 93%



Did you know that macrosomia, a common complication of gestational diabetes, results in increased birth weights for infants? **At the Allen Diabetes Center, 93% of babies born to our 800 gestational diabetes mothers in the last two years were born at normal birth weights.**

## Type 1 Diabetes Patients Served Increases Yearly

This past year's growth was made possible by the creation of the Mary & Lee Iacocca Program in Type 1 Diabetes, which allowed us to increase our programming and serve more patients.



## The Herbert Program: A Lifelong Impact

Daniel Diaz, 29, was diagnosed with type 1 diabetes at just five years old. As he grew up, his family was always present to remind him to eat healthy and take his medication. Yet as he grew into a young adult with more independence, it wasn't always easy to maintain his diabetes regimen. After learning about the Herbert Program for Young Adults with Type 1 Diabetes at the Mary & Dick Allen Diabetes Center during college and attending a gathering at a bowling alley, his life changed for the better. He's been dedicated to the program for about seven years and remains inspired by the connections he's made along the way.



"It wasn't meeting in a hospital," Daniel said. "I kept coming back because it was always friends hanging out and, oh, by the way, a majority of them have type 1 diabetes. People organically talk about it." He hopes others learn about the program and take away what he has.

"It's always a good reminder that I'm not alone."

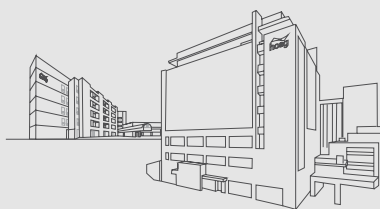
The Allen Diabetes Center is one of the largest diabetes programs in Southern California. Hoag has risen in ranks and is now #22 in the nation for Diabetes & Endocrinology by the *U.S. News & World Report*.



## Thank You

Thank you for your generous support of the Mary & Dick Allen Diabetes Center. Your commitment to Hoag diabetes patients ensures our community can count on high-quality, comprehensive care for years to come.

For information about supporting diabetes care, please contact Camille Schwan, Director of Development, at 949-764-7244 or [Camille.Schwan@hoag.org](mailto:Camille.Schwan@hoag.org).



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