

## 75<sup>TH</sup> ANNIVERSARY CELEBRATION GALA RAISES OVER \$400,000 FOR DIABETES RESEARCH

Over 350 people gathered for an extraordinary evening at the Rosewood Miramar Beach resort in Montecito on March 16th to celebrate the 75th anniversary of Sansum Diabetes Research Institute.

With the help of our generous community, SDRI's first ever gala raised more than \$400,000. The celebration commemorated the founding of the non-profit organization, Sansum Diabetes Research Institute, in Santa Barbara in the spring of 1944, by world-renowned medical pioneer Dr. William Sansum. He was the first person to successfully manufacture insulin in the U.S. and administer it to patients.



"Sansum Diabetes Research Institute's 75<sup>th</sup> anniversary gala was truly a celebration worthy of the occasion," said Matt Rowe. "The Miramar was a stunning venue, tickets were sold out weeks before the event and the generosity shown by our guests on the night was truly amazing and exceeded our wildest expectations."

SDRI supporters marked the significant milestone with a seaside cocktail reception on the Miramar's Great Lawn followed by dinner in the resort's Chandelier Ballroom; a heartfelt program emceed by SDRI board



trustee Matt Rowe, patient testimonials, a live auction led by auctioneer Geoff Green, Santa Barbara City College Foundation CEO, a film about SDRI's history and mission, produced for the gala by SDRI board trustee Elena Engel, and dancing and live music by the entertaining 10-piece Los Angeles band, Gold Standard.

*"What a joyful experience to work with so many dedicated and passionate individuals and supporters who want to make a difference in millions of people's lives locally and worldwide," said SDRI board trustee and gala chair, Joan Arnold. "It was such an amazing evening with so much energy in the room and so many people in our community supporting the milestone for Dr. Sansum and SDRI."*



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# KEYNOTE SPEAKERS

During the 75th anniversary gala, two Sansum Diabetes Research Institute (SDRI) patients shared their stories of living with diabetes.



## IAN McEWAN

17-year old Ian McEwan, who was diagnosed with type 1 diabetes 8 years ago, talked about managing diabetes as a high school senior.

*"Where I struggle is during the nights. A typical night for me starts when I sit down to eat dinner, count all the carbs, look at my blood sugar, calculate my dosage of insulin and deliver that amount. After dinner, I have to finish my homework. That is the instant when everything goes wrong. My blood sugar starts crashing. Why? Was my carb counting off? Maybe I exercised harder than I realized during the day and now I'm way more sensitive? Whatever the reason, the dosage that worked last night is now far too much and my blood sugar drops. I drink juice to treat, but it will take at least half an hour to bring it up. Focusing is pretty much impossible so finishing my homework is hopeless. So, I sit there and wait and wait and wait. After another juice, my blood sugar is finally up*

*and I can think again. But now it's 10 o'clock and my homework will take at least another hour and a half to finish. I'm tired. I want to go to bed. I have to wake up at 7 a.m. But I also want to go to college, so I push through and finish it. Finally, I lay down. It's 12:30 a.m. My eyes close and just as I fall into a deep sleep my phone buzzes. I have a continuous glucose sensor on my phone and it is alerting me that my blood sugar is too high. I cannot put into words the feeling of complete and total rage that comes over me when I hear that phone alert. But I'm stuck treating my blood sugar in the middle of the night when all I want to do is sleep, because not treating it could have catastrophic consequences. I'm left feeling like type 1 has control over my life and I don't know if I'll ever get it back. However, I have great hope for SDRI, the future. For the past 5 years, I have participated in several clinical trials at Sansum Diabetes. I have seen cutting-edge innovation first hand; everything from the next generation of continuous glucose sensors to state-of-the-art artificial pancreas systems. We are heading toward a future where I don't have to stress as much over diabetes; a future where I can live my life. In the past 4 weeks, I have had the amazing opportunity to try out an artificial pancreas system. It has given me a glimpse into how all this innovation will change my life. It has shown me that soon there will be less worrying, less stress and more sleep. SDRI is changing lives for people like me worldwide!"*





# SANSUM DIABETES RESEARCH INSTITUTE PATIENT TESTIMONIALS

## ELISE COSSART-DALY



Elise Cossart-Daly, who was diagnosed with type 1 diabetes at age 2, and her husband, Brian Daly, also shared their triumphant story at our 75th anniversary gala.

*"As a child, my parents carefully managed every aspect of my diabetes while simultaneously teaching me that I could be or do anything. I later learned how terrified they were for my safety and my future. But, as a child, I rarely saw their fear. They and my grandparents encouraged me to dream about the future. I daydreamed almost every ambitious, outlandish career and adventure imaginable. But I did not imagine life with a partner. This required that I truly think about the reality of the future. I was certain that years of diabetes would seriously harm my body and was afraid that I wouldn't live long. So, I suppressed my fear. My junior year of college, I studied abroad in Barbados and met the handsome man by my side. Brian changed everything. Suddenly, I couldn't help but imagine the details of a future without him. He made me determined to do everything in my power to manage diabetes so that I could live a long, full life."*

## BRIAN

*"Elise and I dated for several years. As our relationship developed, I began to see small glimpses of Elise's fear. I saw it during the high blood sugars that would not come down, no matter what she did. During the low lows, where all she could do was lay on the floor, eyes closed, and point to the cabinet where the honey was. After several years, we got married. A few years later, we decided to try to have children. Through SDRI, we were introduced to Dr. Kristin Castorino. Dr. Castorino was instrumental in guiding us through all stages of the pregnancy. On November 5, 2017, our daughter Emeline was born."*

## ELISE

*"Though diabetes can take so much from us, it also gives us so much. It has made us courageous even when we are afraid. It has forced us to be strong in times of great adversity. It has taught us that life can be fragile so we cherish our time together. It has made us all the more grateful for our brilliant, vivacious daughter. And it has given us such appreciation for the support of those around us, for the people and institutions like Dr. Castorino and SDRI that make my life, our daughter and our love possible."*

Thank you, Ian, Elise and Brian, for courageously sharing your stories!





Sansum Diabetes Research Institute would like to give a **heartfelt thank you** to our sponsors and the Rosewood Miramar Beach Montecito for our 75th Anniversary Gala.

SANSUM DIABETES RESEARCH INSTITUTE

75<sup>th</sup>

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75 Years  
SANSUM DIABETES  
RESEARCH INSTITUTE  
1944 - 2019



# GROUNDBREAKING DIABETES & PREGNANCY RESEARCH

## SDRI SEEKS MORE CLINICAL TRIAL PARTICIPANTS

Sansum Diabetes Research Institute (SDRI) is proud to take part in the nation's first Artificial Pancreas study on pregnant women. The National Institutes of Health awarded a grant to Dr. Eyal Dassau from the Harvard John A. Paulson School of Engineering and Applied Sciences and Adjunct Senior Investigator at SDRI. This multi-institutional consortium consisting of lead researchers from Harvard University, SDRI, Icahn School of Medicine at Mount Sinai, and the Mayo Clinic, were tasked to develop and evaluate a pregnancy-specific Artificial Pancreas in a sequence of in-clinic and transitional environment clinical trials. The researchers hope that the first-in-the-nation studies will lead to a safe and effective at-home clinical trial with an extension phase to the end of pregnancy.

*"This project will adapt the Artificial Pancreas to help pregnant women at each stage of pregnancy, progressing from a sequence of in-clinic studies to an outpatient trial," said Dr. Jordan Pinsker, principal investigator of the project at SDRI.*

There are two main categories of diabetes during pregnancy; pre-existing diabetes during pregnancy, such as type 1 or type 2 diabetes, and gestational diabetes. When uncontrolled, all these types of diabetes in pregnancy are associated with complications for both mom and baby.

The current global standards for diabetes and pregnancy were developed here at SDRI by medical pioneer Dr. Lois Jovanovic.

*"Dr. Jovanovic's courageous and relentless fight to teach the world how to care for women with diabetes led to a global improvement in outcomes for both moms with diabetes and their babies," said SDRI's Dr. Kristin Castorino, a co-investigator on the pregnancy-specific Artificial Pancreas project.*

Continuing Dr. Jovanovic's legacy (1947-2018) SDRI is working on a number of other studies to improve the outcomes of pregnancies complicated by diabetes.

The Gestational Diabetes (GDM) Prevention Program seeks to answer another question; do current diabetes devices work the same in pregnancy? Though it seems simple and obvious, until it has been directly studied, we cannot say for sure. And further, many insurance

companies will not cover the device if you are pregnant. Gestational diabetes develops during the pregnancy, and many times resolves after delivery.

However, nearly half of women with GDM will develop type 2 diabetes soon after delivery, and over three quarters of women who had GDM in one pregnancy, will have it in the next. In addition, SDRI launched a new gestational diabetes education class offered to the public in English and Spanish, on a donation basis.



Last year, SDRI launched an original, Spanish language gestational diabetes education program in the Santa Barbara Public Health Department's diabetes and pregnancy clinic, led by SDRI's promotores especialistas en diabetes. SDRI expanded the program by launching both an English and Spanish language series. This gestational diabetes education curriculum and toolkit was developed using SDRI's ADA accredited diabetes self-management education program "Ocho Pasos" for its foundation, and the program will eventually serve as a replicable toolkit for other countries and organizations.

Previously, SDRI was the only clinical site in the United States for the landmark CONCEPTT clinical trial where 325 women who were either pregnant or planning pregnancy were randomized to continuous glucose monitoring (CGM) use or finger stick self-monitoring of blood glucose alone until delivery. In addition, SDRI participated in the pivotal trials of devices that have allowed FDA approval of these devices to come to market.

SDRI is currently recruiting participants for three unique diabetes and pregnancy research studies, all of which seek to answer different questions.

To inquire about participating in a study or for more information about our diabetes and pregnancy programs and classes, please contact SDRI's Kristen Nelson at [knelson@sansum.org](mailto:knelson@sansum.org), or check our website [www.sansum.org](http://www.sansum.org).

# KIDS PLAY VITAL ROLE IN DIABETES RESEARCH

## SANSUM DIABETES RESEARCH INSTITUTE PERFORMS PEDIATRIC STUDIES

Clinical trials are essential to better understand disease and to help fine-tune new medical devices designed to improve quality of life. Our team of researchers at Sansum Diabetes Research Institute (SDRI) perform studies year-round to investigate trial products for people of all ages who live with all types of diabetes.

*“Women who are pregnant and children are considered special populations and require dedicated research studies to make sure that technology or therapies are truly safe and effective,” said Dr. Kristin Castorino, SDRI’s Principal Investigator. “It is wonderful that we have been able to contribute to both of these special populations. The children, often as young as 6 years old, who volunteer for studies are provided early access to the latest in diabetes technology and are filled with pride knowing that they are helping us learn more about kids with diabetes. We hope to find a cure for all types of diabetes, and until then we will continue to move the bar forward in exploring novel technology that makes diabetes easier to live with.”*

Over the last year, SDRI has performed several pediatric studies focusing on sensor accuracy. In each study, between 20 and 40 children living with type 1 diabetes have participated, involving several visits to SDRI during the study.



SDRI is also performing artificial pancreas studies with participants as young as 14 years of age. Dr. Jordan Pinsker, SDRI’s Director of Artificial Pancreas Technology, hopes to enroll even younger patients soon as his research expands.

Pediatric studies at SDRI fill up almost immediately with eager participants, such as 11-year old Kailyn who lives with T1D: “It feels good to be in research and helping to get new devices approved. I was in the Dexcom G6 trial and now I have it! I love how quick and easy it is to insert and it saves me time by not having to test my blood sugar so much.”



We consider these children our little heroes for their bravery and diligence during the studies, especially for enduring IV insertions, countless blood draws, blood glucose checks, and their cooperation during 6 to 8 hour clinic days. Even knowing what is expected of them, our pediatric volunteers often agree to future trials.

*“We send an email to parents and within 30 seconds we are flooded with texts, calls, and emails saying, ‘We’re in! We want to be in it,’ said SDRI Clinical Research Coordinator, Gal Haroush. “They enjoy hanging out with other kids their age with type 1 diabetes and they want to come back.”*

*“Having a community with diabetes is really important,” added Haroush, who has lived with type 1 diabetes since age 9. “For some people who have never met others with diabetes this is a big entrance for them; it is a step through the door. They find out about all of the other things we do in education, and outreach events; then they are a part of this SDRI community.”*

If you’re interested in participating in a future study at SDRI, please contact Christian Farfan at [cfarfan@sansum.org](mailto:cfarfan@sansum.org).

**Pictured left: Study participants; Sienna, Ariel & Iris**

# DONOR SPOTLIGHT: YARDI SYSTEMS, INC.

Sansum Diabetes Research Institute (SDRI) is pleased to shine the spotlight on an extraordinary supporter, Yardi Systems, a generous donor since 1998.

SDRI recognized Yardi during the 75th Anniversary Gala Celebration with a special award thanking the Santa Barbara-based corporation for their support.

Supporting diabetes research is personal for Yardi's Executive Vice President, Gordon Morrell.

*"I distinctly remember watching my grandfather, more than 60 years ago, boil his glass syringe in an aluminum pan so he could inject insulin every morning," said Gordon Morrell. "Yardi is thrilled to support the many advances in the management of diabetes that SDRI has contributed to over its 75 years."*

Yardi develops and supports industry-leading investment and property management software for real estate companies.



Yardi considers itself an integral part of the communities in which it operates and, by extension, the larger global community. As such, Yardi believes it is vitally important to contribute to the health and well-being of those communities, whether by volunteering time and energy to worthwhile causes or providing financial support to advance humanitarian goals.

# THE BURTNESSE FAMILY LEGACY ENDURES



Dr. Hildahl "Burt" Burtness worked side by side with Sansum Diabetes Research Institute's (SDRI) founder, Dr. William Sansum, beginning in 1929, devoting his career to the treatment and research of diabetes.

Dr. Burtness was a renowned diabetes specialist who practiced medicine for 53 years, in addition to becoming Dr. Sansum's trusted colleague, personal physician and friend. He was responsible for helping to raise the funds necessary to build SDRI's current laboratory building in Santa Barbara.

Over the years, all three sons of Dr. Burtness, Bill, George and Bob, have been very committed to SDRI.

*"Our contribution to SDRI, both devoting time and supporting SDRI financially in their various programs and fundraising efforts, was inspired by our father," said Bill Burtness. "I think he would be very pleased with our dedication to the organization. As an SDRI board member over many years I was able to see firsthand how research has improved the lives of people with diabetes and inspired me to want to continue supporting this effort in the future."*

*"We felt there was an obligation for us to carry on the family tradition," said Bill, who feels strongly about "making a contribution to the future success of the Sansum Diabetes Research Institute."*

The Burtness family legacy will live on, "a legacy we three brothers hope to and will continue in our father's name," added George Burtness. We are profoundly grateful that both Bill and George Burtness have remembered SDRI in their wills.

To learn more about creating a legacy for your family or how to support SDRI through planned giving, please contact SDRI's Tamara Skov at (805) 682-7640 x215 or [tskov@sansum.org](mailto:tskov@sansum.org).



*A Global Leader in Diabetes Research, Education, and Care.*

Written content by *Wendy Thies Sell* & design by *Experia Creative*

## MESSAGE FROM THE EXECUTIVE DIRECTOR



Our 75th Anniversary Gala was truly a night to remember. Sansum Diabetes Research Institute (SDRI) surpassed every goal we set for the event. New friends were made, old friendships renewed and the medical pioneers from our history were honored. Our Gala video captured 75 years' worth of history in 5 minutes and 32 seconds, highlighting the contributions of Dr. William Sansum, Dr. Hildahl Burtness, and Dr. Lois Jovanovic. The video is now on our website at [www.sansum.org](http://www.sansum.org) and I encourage you to check it out.

Diabetes is a difficult disease but here at SDRI we continue to be on the cutting-edge of what needs to be done to improve the lives of those impacted by diabetes. We share our results with the world enhancing our global footprint in the field of diabetes research, education, and care. Though we celebrated our past accomplishments, our attention is firmly focused on the future for even greater breakthroughs. I hope you enjoy this special issue of the Quest!

*Ellen M. Goodstein*

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