A Leading Center for Diabetes Research and Care

The University of Chicago is one of only five official “Diabetes Research and Training Centers” (DRTCs) in the U.S. This prestigious designation from the National Institutes of Health (NIH) means that we are on the very cutting edge in diabetes research, treatment and prevention. It also recognizes our role as a training center for physicians and scientists who specialize in diabetes.

Additionally, the University of Chicago Hospitals’ endocrinology program is ranked within the nation’s top 10 best programs in the annual survey of “America’s Best Hospitals,” published by U.S. News & World Report.

* U.S. News & World Report, July 17, 2006
The Idea of ONE

The University of Chicago Comprehensive Diabetes Center can meet all the needs of people with diabetes—all within one well-coordinated program. At this single center, adults and adolescents with insulin-dependent diabetes can find a full spectrum of resources, expertise and the latest treatments to address diabetes and its complications.

Taking Control of Diabetes

Our coordinated approach helps people take control of their diabetes. By managing symptoms closely, we may minimize the long-term side effects of this disease.

We address all aspects of diabetes—with the newest and most effective medications, state-of-the-art technologies, a diverse team of specialists to address different aspects of diabetes, and leading-edge research aimed at improving treatment and preventing diabetes altogether.

We target diabetes and its effect on the whole person. Our efforts focus on:

- Precise diagnosis
- Effective treatment, including stabilizing blood sugar
- Attention to potential complications
- Prevention of diabetes in people with high risk

Comprehensive Resources: At the University of Chicago Medical Center, one comprehensive program focuses on the many dimensions of diabetes.
Turning the Body’s Insulin “On”

Islet cell transplantation stimulates the body’s ability to produce its own insulin. The University of Chicago Medical Centers is one of the few hospitals in the U.S. with experience in islet cell transplantation.

One Program Addresses the Entire Disease

With its potential to affect body systems from head to toe, it’s no surprise that diabetes is so difficult to manage—and so important to control. That’s why we target diabetes and its impact on the whole person: from prevention efforts, to diagnosis, to treatment, to minimizing complications, to coping with emotional and social issues related to the disease.

Many Experts for Many Needs

The University of Chicago Comprehensive Diabetes Center is uniquely equipped to handle the many dimensions of diabetes and its complications. Care is well-coordinated, as University of Chicago endocrinologists team up with physicians here who specialize in kidney disease, neurology, podiatry, ophthalmology and other areas. Together, they address health conditions that can result from diabetes, including hypertension (high blood pressure), kidney disease, eye damage, foot problems, vascular concerns or nerve damage. Surgeons who specialize in cardiac, transplant, orthopedic, vascular and bariatric surgery also work with patients when needed.

In addition to physicians, the Diabetes Center’s team includes nurses, dietitians, social workers and others—each of whom is specially trained in diabetes-related care.

Scientists also are important members of the team who work behind the scenes to find better solutions for controlling diabetes. Close collaboration between researchers and clinicians offers hope for more effective treatments in the future.
One Center for the Newest and Best Treatments

Treatment is highly individualized to meet each patient’s specific needs. We draw from the fullest range of options—from common treatments to breakthrough approaches found at only a few highly advanced diabetes programs in the world. Our experts have experience with nearly every type of insulin pump, glucose monitor, sensor technology and diabetes medication—including many still being tested.

As a diabetes research center, we can offer patients the newest and most effective options long before they become available at most other medical facilities. In some cases, the University of Chicago Medical Center is the first place in the U.S. to offer brand-new medications or technologies.

Controlling Blood Pressure Lessens Complications

Having diabetes doubles your risk of developing hypertension (high blood pressure). That’s a risk that can’t be ignored, because hypertension can lead to poor blood circulation, kidney disease, blindness, stroke and other very serious complications.

Within the Comprehensive Diabetes Center, a special hypertension clinic looks at high blood pressure from the unique perspective of diabetes and kidney disease. This hypertension clinic is directed by a nephrologist (kidney specialist) who has much experience with diabetes.

Sophisticated Testing Customizes Treatment

Defining diabetes goes much deeper than basic labels of “Type 1 or Type 2.” Experts now know that there are many different forms of diabetes.

Genetic testing enables us to clearly define each patient’s type of diabetes—and then to tailor treatment according to the individual’s specific disease. Other testing can identify diabetes-related complications such as hypertension, nerve damage or poor circulation. By identifying these problems early, we can take steps to minimize their severity.

One Team, Many Experts: Patients benefit from the teamwork of many different specialists, including endocrinologists, cardiologists, nephrologists, podiatrists, ophthalmologists, transplant surgeons and other physicians, as well as nurses, social workers, dietitians and diabetes researchers.
Specialized Expertise Addresses Specific Needs

Diabetes affects different people in different ways. Our comprehensive resources and multidisciplinary team address the unique needs of specific groups:

For Teens
University of Chicago specialists help teenagers make the transition from pediatric care toward the more independent, self-care they’ll need as adults. This unique Teen Transitions program offers education and problem-solving skills that adolescents and young adults can use to control their diabetes.

For Women
Our endocrinologists partner with University of Chicago specialists in high-risk obstetrics to carefully monitor diabetic women who plan to have a baby. We also team with high-risk obstetricians here to support women who develop gestational diabetes during pregnancy.

Additionally, team members have expertise in treating polycystic ovary syndrome (PCOS)—a condition that is common among women with diabetes.

One Site, All the Resources: Patients here can choose from a full array of options for controlling diabetes, from common treatments to the very newest medications, sensors and pumps.
Managing Glucose with Other Conditions

The Comprehensive Diabetes Center offers consultation for people who don’t have diabetes but do have problems controlling glucose levels.

After Transplantation

Glucose control can be a challenge after any type of transplant, even for people without diabetes. Our team offers glucose management support for people following kidney, pancreas, liver, heart or lung transplants.

With Chronic Diseases Like CF

We work with people who have glycemic (glucose) control issues related to cystic fibrosis or other chronic conditions. Our team also can manage glucose level problems caused by steroid therapy.

For People Considering a Transplant

An organ transplant is a major step that can provide a long-term solution—or even a cure—for some people with diabetes. We work closely with people considering transplantation of the kidney, pancreas, combined kidney and pancreas, or islet cells.

The University of Chicago Medical Center is a worldwide leader in transplantation. Physicians and team members of the Comprehensive Diabetes Center collaborate with the Medical Center’s transplant team to consider whether a transplant is a good option for interested individuals, based on the person’s overall health and other factors. For people who want to pursue transplantation, the diabetes and transplant teams work jointly to address that person’s medical, educational and emotional needs before, during and after the transplant.

For Athletes with Diabetes

Staying active supports overall health, but can make glucose control harder to predict. Our diabetes specialists help athletes and exercisers remain active and in control of their diabetes.

For African-Americans and Hispanics

We offer prevention programs that target minority groups who have a higher-than-average prevalence of diabetes, including African-Americans and Hispanic-Americans.
Research Enhances Diabetes Treatment

Patients of the University of Chicago Comprehensive Diabetes Center benefit from diabetes-related research being conducted right here, so new findings can be applied right away to improve diabetes treatment.

Patient care is based on a strong foundation of science, discovery and innovation. Diabetes researchers are key members of the Diabetes Center team. These lab scientists work “behind the scenes” to uncover breakthrough knowledge that ultimately can lead to better ways of treating or preventing diabetes. Many of our physicians also are active in research. Physician-led clinical research typically involves patients, and may focus on evaluating the benefits or drawbacks of new diabetes interventions.

All of this research is aimed at two overriding goals: to improve treatments for people with diabetes, and to prevent diabetes in people at high risk.

Translating Research Findings into Better Treatment

Because research occurs right under the same roof as patient care within the University of Chicago Comprehensive Diabetes Center, we can quickly apply findings made in the research lab to clinical advances that benefit patients. Often, our physicians and patients have access to new treatments and tools years before they are widely available at other hospitals.

We’re a leader in research. The University of Chicago receives more funding from the National Institutes of Health (NIH) for diabetes and endocrinology research than any other hospital in Illinois. In fact, we are among the top five centers in the nation for NIH funding dedicated to endocrinology research, including diabetes research.

More research today means more effective treatments in the future.

A Leader in Diabetes Research:
More research today means more effective treatments for diabetes in the future.
A Legacy of Pioneering Research

We have more than a century of research experience in diabetes. These are a few examples of our important findings:

• In 1914, for example, University of Chicago scientists were the first to measure blood glucose levels.

• In 1965, our researchers discovered how insulin is made in the pancreas.

• In 2000, researchers here discovered a gene that makes Mexican-Americans more susceptible to developing non-insulin-dependent Type 2 diabetes.

• More recent genetic research led by University of Chicago experts suggests new ways to prevent diabetes in family members who have a genetic likelihood for the disease.

Researchers with expertise in endocrinology, immunology, pathology, molecular biology, genetics and other disciplines work together to find out how diabetes occurs and how it may be controlled more effectively.

Today’s ongoing research may help patient care in the future. Researchers here are studying:

• Molecular mechanisms that control beta cells in the pancreas, and how malfunctioning beta cells block insulin production in people with diabetes;

• How hormones and other therapies can reduce hypertension, kidney disease and vascular damage in people with diabetes;

• How cells re-grow, with the hope that understanding the processes of cell death and growth may someday eliminate the need to take supplementary insulin; and

• Ways to further enhance long-term results for islet cell transplantation, kidney transplants and kidney-pancreas transplants.
One Focused Program

Diabetes is our central focus here. The Comprehensive Diabetes Center is grounded in research, embracing innovation, and committed to managing the symptoms and complications of diabetes.

Working to Eliminate Diabetes

We go beyond treating diabetes. We’re also working to prevent it. Through research and interventions, we’re trying to stop diabetes before it even develops. In fact, the University of Chicago’s Diabetes Research and Training Center is one of the nation’s leaders in translating diabetes research into real-world solutions that may improve quality of care for people with diabetes.

For More Information

To talk with a University of Chicago diabetes specialist or to refer a patient, please contact:

The University of Chicago
Comprehensive Diabetes Center
773-702-2371 or 1-800-989-6740
Or, e-mail us at diabetes@uchospitals.edu.

Nationally Accredited

The University of Chicago Comprehensive Diabetes Center is nationally accredited by the American Diabetes Association.
The idea of **ONE**

http://diabetes.bsd.uchicago.edu
The Comprehensive Diabetes Center

The Idea of ONE

THE UNIVERSITY OF CHICAGO MEDICAL CENTER
AT THE FOREFRONT OF MEDICINE
One Focus, One Team
One Comprehensive Center

http://diabetes.bsd.uchicago.edu