

TEAM WHATEVER



JOIN THE COLLINS AND BERLINER FAMILIES FOR THE 2015 JDRF "ONE WALK" TO CURE TYPE 1 DIABETES
SUNDAY, OCTOBER 11, 2015

Dear Friends and Family,

Please join **Team WHATEVER**, and the Berliner and Collins Families, once again, in the **JDRF "One Walk" to Cure Type 1 Diabetes on Sunday, October 11, 2015 on the Avon Boardwalk.**

Over the past two years, Team WHATEVER – family, friends, teachers and nurses, all supporting Lindsay (Ranney '24) and Kieran (Ranney '25) – has raised close to \$25,000 to help find a cure for Type 1 diabetes (T1D). Even more importantly, your constant love and support of Kieran and Lindsay ensures that they stay healthy and maintain hope that one day there will be a cure.

Thanks to your support, there have already been significant improvements in the technology available to manage T1D. Every time Kieran and Lindsay eat or drink anything with carbohydrates they must be given insulin; however, now, rather than getting insulin shots, they can be given insulin through a pump controlled by a remote device. Although both kids must still have their blood sugar tested 8-12 times a day with a finger prick, they both now wear a Dexcom continuous glucose monitor (CGM). The CGM provides updated glucose readings every 5 minutes and the device can be connected via Bluetooth to a smart phone. This connectivity allows for real-time monitoring and alerts when the blood sugar goes too high (over 250) or too low (below 70). This is especially critical overnight!

More breakthroughs are on the horizon. **The Juvenile Diabetes Research Foundation (JDRF)** is funding exciting research into a variety of therapies including an **artificial pancreas**, which would combine the functionality of a continuous glucose monitor with an insulin pump to replicate (as closely as possible) the operation of a normal human pancreas. JDRF is also supporting research of **beta cell encapsulation** which involves wrapping insulin-producing beta cells in a protective barrier, which is implanted into the body. The new beta cells would release insulin when needed while the barrier protects the cells from being destroyed by an autoimmune attack.

Scientists do not yet understand the cause of Type 1 diabetes, which causes the pancreas to stop making insulin, the hormone in our bodies responsible for regulating blood sugar (glucose). Without insulin, the body is unable to break down carbohydrates, resulting in hyperglycemia (high blood sugar). Short term high blood sugar can lead to ketoacidosis, a state in which the pH of the blood is decreased making the body acidic – in extreme cases this can be fatal. High blood glucose over time causes damage to the eyes, nerves and other organs. Type 1 diabetics must also worry about hypoglycemia (low blood sugar) if they receive too much insulin or engage in exercise on an empty stomach. On any given day, even with frequent testing and insulin management, Kieran and Lindsay's blood glucose can range from 45 to over 300. The range of a non-diabetic is 80 to 120.

Lindsay (Ranney '24) and Kieran (Ranney '25) will never grow out of diabetes...but some day we hope there will be a cure.



Team WHATEVER 2014



Juvenile Diabetes Research Foundation (JDRF) is the leading global organization funding T1D research. www.JDRF.org.
All of the funds our JDRF Walk Team raises will go directly to support research for a cure.

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Kieran shared the following advice to a friend of the family diagnosed with T1D, "Diabetes is hard when you first get it. But I've been doing this since I was 3 so you actually grow into it. It's getting a lot easier now that there are pumps and sensors. I am glad that you are getting it now instead of then. So stay strong and try not to cry when you get blood checks. I know I did, if it makes you feel any better. The main rule is that you can't sneak food, but you can eat whatever you want. It's not a diet, or Type II diabetes. All you need to do is get insulin. I know it will hurt, but you will get used to it after a while. And someday, I know there will be a cure for diabetes and you can be a normal kid again."

Lindsay shares, "This summer I went to day camp for 8 weeks. I was Fiona in our camp play production of Shrek. Every day I wore my insulin pump and my constant glucose monitor. The pump allowed the camp nurses to adjust the amount of insulin I got to my activity. They made sure that I didn't go too high or too low. The monitor let my Mom follow my blood sugars on her phone anywhere she went while I was having fun at camp. If it wasn't for these technologies I may not have had such a good summer. I am looking forward to seeing you at the walk!"

To help us in our efforts to find a cure for T1D, please consider making a donation, joining our team, or both! We would love to have you with us in person or in spirit on the day of the walk. And also know, that we are committed to this cause for the long-term and will be participating in this walk each year until there is a cure....please don't feel obligated to donate every year.

JDRF "ONE WALK "
Sunday, October 11, 2015
Avon-by-the-Sea Boardwalk
Registration at 9 am / Walk begins at 10 am

You can donate or join the team by going to our team page: <http://www2.jdrf.org/goto/WHATEVER>, or you can mail your contribution to either of the addresses listed below. Please make checks payable to JDRF.

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Why Team WHATEVER? Because we will do whatever it takes to keep Kieran and Lindsay healthy and thriving, and together, we will do whatever it takes to find a cure for T1D.

THANK YOU FOR BEING ON OUR TEAM!

Love,

Andrew, Jackie, Lindsay and Brooke Berliner
and
Tris, Jennifer, Crosby and Kieran Collins