

The 216 Foundation

a not-for-profit organization

Official Newsletter • January - March 2009

www.the216foundation.org

Anticipation Builds for 4th Annual Gala on February 7th

The 4th Annual 216 Foundation Gala, themed "Monte Carlo Night," will be a dazzling display of Las Vegas-style casino games—a whirlwind of fun right here in the Greater Cincinnati Area on Saturday, February 7th.



The party gets swinging at 7 p.m. in the Grande Ballroom at The Madison in Covington, Kentucky. Come in early between 6:30 and 7:00 for \$100 in play chips, or after 7:00 for \$50 in chips, usable for casino games. Get chances for raffle prizes and bid on silent auction items. Enjoy a delicious gourmet dinner, a bar with unlimited drinks, as well as dessert and music.



Enticing prizes donated by local merchants will be given out to winners, and in the past have included—for example—restaurant dinners, vacation packages, artwork, premium cigars,

massages and exclusive passes to local nightclubs.

Admission is \$60 per person. 100% of the proceeds go to supporting diabetes research. Payments can be made online via PayPal for this tax deductible contribution. The Courtyard by Marriott in Covington provides accommodations at a special rate of \$99 and a shuttle. Call (859) 491-4000 for more information on accommodations.

For tickets or more information on Monte Carlo Night, please call (216) 535-9001 or visit us online at <http://www.the216foundation.org>.

216 Foundation Continues Support of Former Local Researcher

In August 2008, former Cincinnati islet cell researcher, Dr. Horacio Rilo, joined the newly assembled islet cell research team at the University of Arizona in Tucson. The University is currently in the end stages of building a new facility where this research will be performed.



Islet cells are the cells in the body that produce insulin. In people with type 1 diabetes, these cells are damaged, leading to high blood sugar and, over time, blood vessel damage.

Continuing its support of Dr. Rilo's work, in 2008 The 216 Foundation purchased a piece of equipment that will be integral in the proper assessment of islet cells to make sure that they are suitable for transplantation. This piece of equipment, called an oxygen sensor, cost over \$12,000 and will also be used to determine whether islet cells that could potentially be used in transplants are strong and producing insulin well. This will help ensure that a transplant patient will get islet cells that are "working" properly.

February 7th

The 216 Foundation
Annual Gala: "Monte
Carlo Night"

The Madison, Covington, KY

UPCOMING
EVENTS

Visit our website for more details!

Dr. Michael Heile, MD: My Story

My name is Dr. Michael Heile. Not only am I a type 1 diabetic; I also treat hundreds of patients who have diabetes. I want to take a few minutes to tell you about my experiences and what I've learned about managing this challenging disease.



When I was diagnosed at age 21, I had already made the decision to practice medicine. Though it was extremely difficult at first, I learned to manage my disease by using newer insulins and, finally, by moving to insulin pump therapy while I was a hospital medical resident. I decided to do what I could to protect my body's cells in the midst of a cellular destructive disease. I decided I would exercise every other day for the rest of my life. For the most part, I've upheld my goals. I feel that doing this has benefited me emotionally and physically like nothing else but the strength given to me by my parents.

As a doctor, I see diabetic patients of different ages and backgrounds. I am excited to see new technologies to treat diabetes, such as glucose-monitoring insulin pump systems, as well as research (such as islet cell research) that could one day lead to a cure. I believe that, regardless of who you are, controlling diabetes requires acceptance, education, lifelong motivation, dedication and support from others in our lives.

Every one of us likely knows someone with diabetes. It can affect us directly as people who have it or as family or friends of someone who has it. Philanthropy and volunteerism are the only way to find a cure for this ravaging disease. Every day, people like you and groups like The 216 Foundation are taking steps to help researchers get closer to that cure.

Dr. Heile is a family physician who practices on the west side of Cincinnati. You may visit his website at www.mikeheile.com.

Studies of T-Cells Offer Hope for a Cure

Much of the current research performed in curing diabetes is focused on the body's T-cells and their role in the destruction of islet cells—the cells that make insulin. T-cells are cells in the body's immune system that have been known to attack and destroy islet cells in response under certain conditions. There has been breakthrough research in slowing or stopping this process by altering the T-cell response. Researchers have found success in stopping the destruction of precious insulin-producing islet cells and reversing or stopping the onset of diabetes in mice. In the future, researchers will conduct studies in newly diagnosed *people* with diabetes who still have a large amount of working islet cells in their bodies. Scientists hope that the onset of diabetes can be stopped or reversed in these people.

The key to success here seems to be balancing the T-cell response to the inflammation that destroys islet cells. This is the type of research the 216 Foundation intends to support.

Remember to keep "Goodshopping" for The 216 Foundation—www.goodshop.com! By shopping with Goodshop, you can help support The 216 Foundation's efforts to fund research toward a cure for diabetes!

The 216 Foundation Official Newsletter
A Quarterly Publication

Editors
Jeremy R. Merritt
Amy Kavalauskas

216 Founders
Eric Isham
Kim Isham
Robert Bucheit
Angela Van Patten