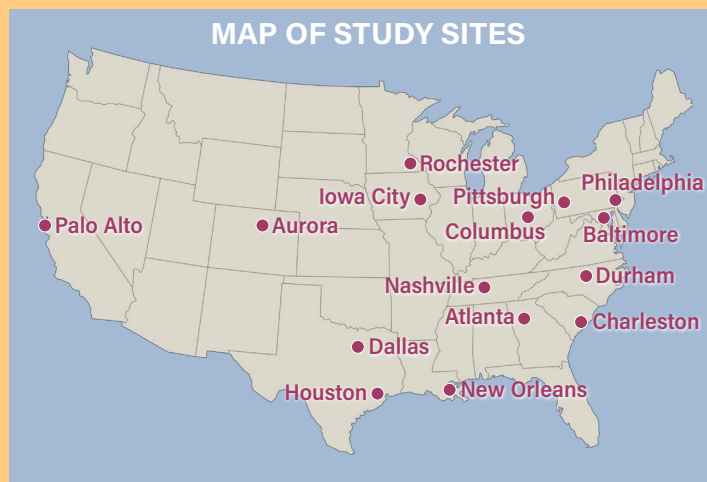


## TRIAL UPDATES: Which sites are open, how many patients enrolled

The CODA Study now has 14 sites actively recruiting! (see map)

We are just getting started and so far have recruited about 30 participants into the study.

Our goal is to recruit a total of 1,600 participants over the next year!



## UNDERSTANDING DIABETES

Everyone in the CODA study is new to having diabetes, either Type 1 Diabetes or Type 2 Diabetes. The differences between the two types of diabetes can be difficult to understand, especially at first. Both types of diabetes result in problems with blood sugar levels, but for different reasons.

In Type 1 diabetes, the body makes very little insulin or does not make any insulin at all. In Type 2 diabetes, the body makes insulin but the body does not use the insulin as well as it should to control your blood sugar. The following links can help you understand diabetes better.

To understand diabetes in general:

<https://www.cdc.gov/diabetes/about/index.html>

To understand Type 1 diabetes:

<https://www.cdc.gov/diabetes/signs-symptoms/just-diagnosed-type-1.html>

To understand Type 2 diabetes:

<https://www.cdc.gov/diabetes/signs-symptoms/coping-with-type-2-diagnosis.html>

and: <https://www.cdc.gov/diabetes/about/about-type-2-diabetes.html>

## **AS WE HEAD INTO THE SUMMER, LET'S THINK ABOUT HOW TO HAVE A HAPPY AND HEALTHY SEASON...**

**Did you know that heat affects people with diabetes more than those who don't have diabetes?**

**Go to the following website to understand more:**

<https://www.cdc.gov/diabetes/articles/managing-diabetes-in-the-heat.html>



### **Do you have concerns about travelling with diabetes?**

Part of the joy of travelling is getting out of your regular routine, but this can make managing diabetes more challenging. Make sure to talk with your healthcare team as you consider using these resources.

**The following website can help you understand how to manage your diabetes while having fun on vacation:**

<https://www.cdc.gov/diabetes/about/tips-for-traveling-with-diabetes.html>

What you can bring on the plane when flying can also be confusing.

**The following site lays it out clearly:**

<https://diabetes.org/tools-support/know-your-rights/what-can-i-bring-with-me-on-plane>

### **Are you prepared to manage your diabetes through summer storms?**

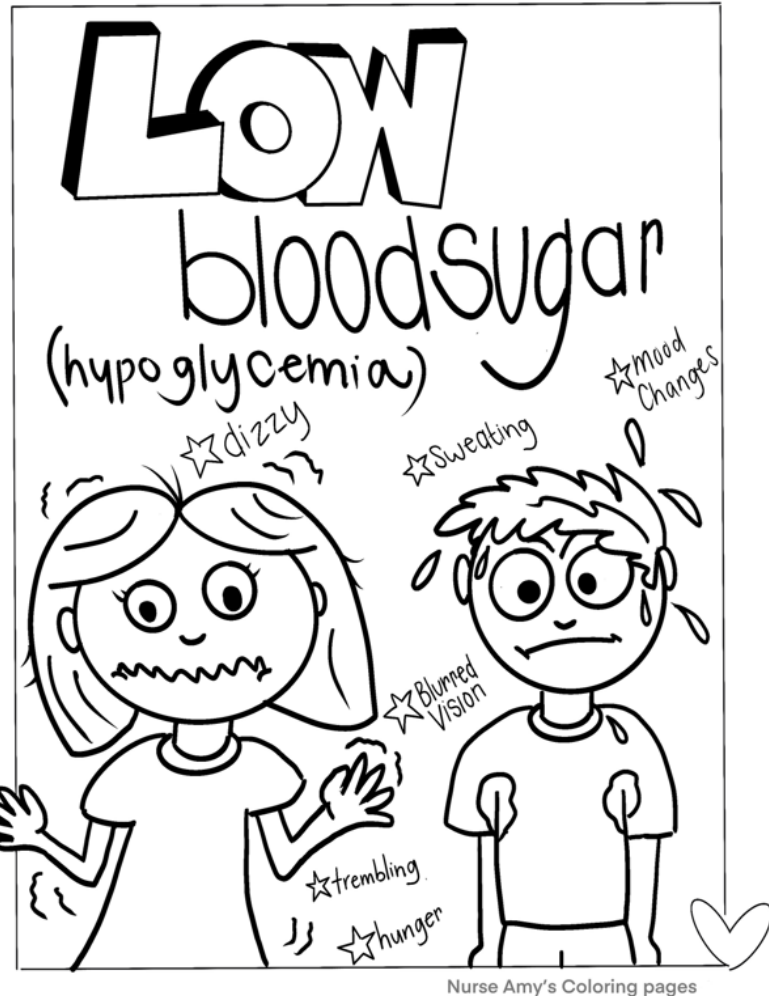
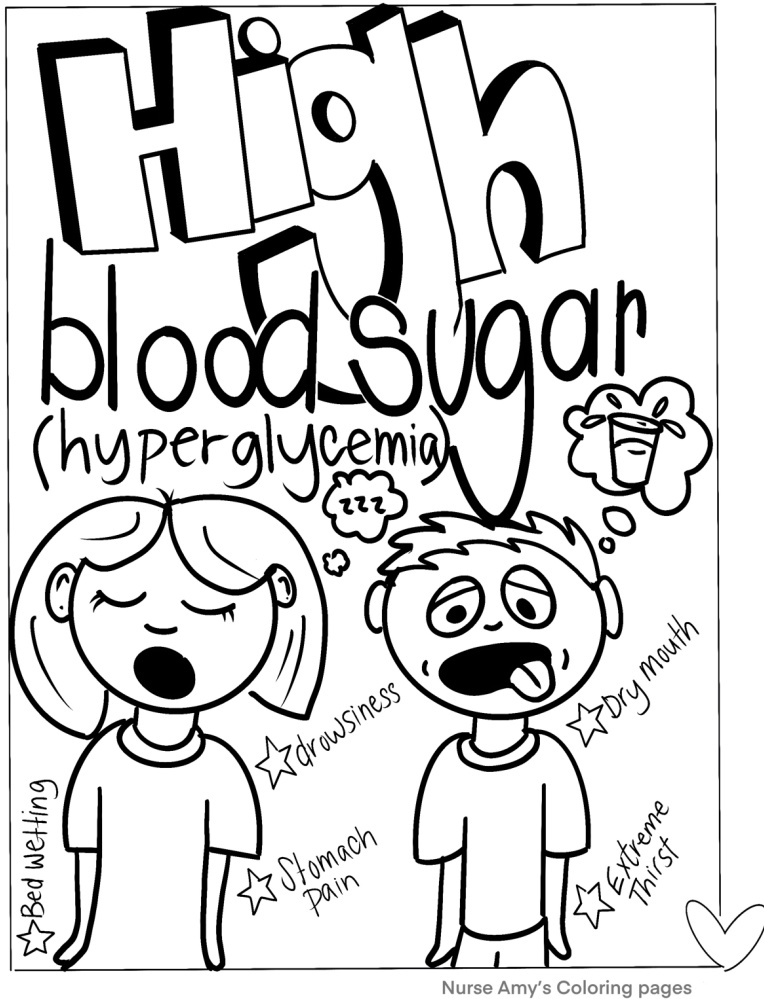
Storms that are more likely in the summer, like hurricanes and tornadoes, can create emergencies – and we don't want you to have an additional health emergency with your diabetes in those situations.

**Go to the following link to know how stock your kitchen and your diabetes supply kit to be prepared for storms:**

<https://diabetesresearch.org/diabetes-preparedness-during-hurricane-season/>

## KIDS CORNER

The CODA team is excited to enroll children in our trial. Each quarter, we'll feature a coloring page or game for them. Please enjoy the following coloring pictures that show how having low blood sugar and high blood sugar can feel.



## Introducing Bridgett Choe, Patient Partner and Steering Committee Member

### Personal Interests:

I like hiking, travel, and concerts (especially the Dave Matthews Band!). Diabetes has affected the hiking. Now that I am taking insulin, I make sure I have snacks while hiking to manage my blood sugar. I also love school and learning new things.

### My diabetes journey

I was diagnosed about 2 years ago with Latent Autoimmune Diabetes in Adults (LADA). I had no Type 1 in my family that I know about. Years ago while pregnant with my only child, I was diagnosed with gestational diabetes at around 30 weeks pregnant. At that time, my endocrinologist told me that I was 60% more likely to develop Type 2 later in life, so it has always been in the back of my mind. When I was diagnosed recently, I was initially misdiagnosed as Type 2 and was losing weight rapidly. I was given metformin, which made me even sicker, so I went to an endocrinologist who helped figure out what was wrong and started me on insulin. Now, I'm looking at transitioning to an insulin pump, but I am worried that because my insulin needs aren't high right now, the pump will waste insulin or fail. I am trying to figure out whether to start on a pump or continue using long-acting insulin through a pen.

After learning about my LADA Type 1 diagnosis, I told my endocrinologist that I was concerned about my daughter, and he suggested to have her tested for Type 1 antibodies, and luckily, she is negative for



antibodies! The diabetes journey has been a series of decisions and involved a lot of emotions, from grief to acceptance.

### How I Got Involved with CODA

I learned about CODA through my Endocrinologist. My entire diabetes team, which includes Endocrinologists and a diabetic nutritionist, is nothing short of PHENOMENAL! I feel blessed that I found my diabetic team during a really rough time in my life. It takes teamwork and feeling comfortable that your doctors and healthcare provider's care! I literally do not know what I would do without them, and I am so happy that my endocrinologist took me under his wing, educated me about this study, and asked if I would like to be a part of it! I am so happy to be part of the CODA team.

### My favorite diabetes resources

I like the JuiceBox Podcast Type 1 Diabetes Facebook group, and LADA Support Group: Living with Adult Onset T1 Diabetes, also on Facebook. Both are private groups with good moderation and provide great resources to people. The book "Think Like a Pancreas" has also been helping me better understand my diabetes.

## Introducing Jessica Marlin, CCRP, INHC, CAHNS, CODA Project Manager

Hi, I'm Jessica Marlin, the lead CODA Project Manager. I have been working in research for 20 years, and at Vanderbilt for 12 of those years. I began my career in research after being encouraged to accept a research position while in school and fell in love with it.

Finding out I had Type 1 diabetes at 10 years old, I developed a longstanding interest in health and wellness and how nutrition can complement diabetes management. In 2023, my interest led me to seek certification in health coaching to better understand how all aspects of our lives (diet, sleep, medical history, and social factors) can affect our overall health and how looking at the body as a whole can lead to healing. I have since received my Health Coach certification through the Institute for Integrative Nutrition (IIN) and am also an Autoimmune Holistic Nutrition Specialist certified through the American Fitness Professionals & Associates (AFPA).



In future newsletters, I will be providing health tips and am happy to answer questions that readers may ask. If you have a question, please email the CODA engagement team ([CODA@pitt.edu](mailto:CODA@pitt.edu)). Please title your email "CODA Newsletter Question."

**NOTE:** These emails will not be monitored in real time, and we cannot give personal medical advice. The CODA engagement team will pick one or two questions to answer in the next newsletter each quarter.

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*Please note, the recommendations presented here are for informational purposes only and are not medical advice.*

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