

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

The CODA Study now has 13 sites actively recruiting! (see map)

We are just getting started and so far we have recruited nearly 200 participants into the study.

Our goal is to reach 1,000 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>

## DANCING INTO SPRING...



Right now, we're coming to the transition season between winter and spring. Winter can be a time when it is hard to keep moving, so in our ***Coach's Corner*** (at the end of this newsletter), we've provided some tips for staying active while it is still cold outside.

However, as weather gets warmer and the first signs of spring appear, your mind may turn to renewing spring activities like getting outside to garden, or spring cleaning.

### Seasonal Tips for Diabetes Management

The following article discusses seasonal tips for diabetes management, including the importance of staying hydrated as the weather warms up, the need to pay extra attention to footwear because of the extra risks of foot injury with diabetes, and spring cleaning as a form of exercise:

<https://mydario.com/diabetes-management-springtime/>

### Spring Clean Your Diabetes

Additionally, the following link provides a new take on "spring cleaning" — Spring clean your diabetes management! This can include organizing your supplies and checking for expiration dates, updating your medical records and taking another look at your diabetes management goals.

<https://diabetessisters.org/resources/fresh-start-spring-cleaning-your-diabetes-management-plan/>

## KIDS CORNER

The CODA team is excited to enroll children in our trial. Each quarter, we'll provide an activity in the newsletter for them. This quarter, we're providing a recipe from CODA patient partner Roland Turman for kids to try out with their parents or guardians. (Adults might like this activity as well!)

### Holiday Mac & Cheese (Plant-Based)

#### Pasta:

- 1 box Banza Chickpea Elbow Pasta

Cook according to package directions.  
Set aside.

#### Cheese Sauce Base:

In a saucepan, add the following:

- Vegan butter (to taste)
- White pepper
- Kosher Salt
- 1-2 tsp truffle butter (Aux Délices des Bois or similar)
- A good pinch of garlic powder
- A good pinch of onion powder
- 1 tsp dry mustard powder

#### Thickener:

- Mix 1-3 tbsp coconut flour with 1 cup cashew milk until smooth
- Slowly add this mixture to the saucepan to thicken the sauce

#### Plant-Based Cheeses:

- 1 bag Daiya Cheddar Shreds
- 1 bag Violife Mozzarella Shreds
- 1 bag Babybel Plant-Based White Cheddar
- 1 container Miyoko's Cream Cheese

Stir all cheeses into the sauce until melted and creamy.



#### Assembly & Baking:

1. Combine the cooked pasta with the cheese sauce.
2. Transfer to a baking dish, sprinkle more cheese on top.
3. Bake at 350°F (175°C) for 30–45 minutes, until golden and bubbly on top.



## Introducing Roland Turman, Patient Partner Member

### My Diabetes Journey

I was diagnosed with diabetes in 2021. One morning, I woke up feeling very dizzy, and had to keep going to the bathroom. I eventually went to the emergency room, where I was diagnosed with diabetes, and the doctor explained to me that my symptoms were my body trying to push the sugar out. I was started on both Metformin and insulin, and found that my body didn't like Metformin at all – I had a lot of side effects from it, so I transitioned to insulin only. Then, I started losing weight and started eating a plant-based diet, and I was able to come off of all of my diabetes medications. As my doctors explained to me, diabetes is not a death sentence. You can learn to manage it.

### How I got involved with CODA

My doctors know that I am big on knowledge and information, and they thought I might like to participate in this study as a patient partner. I'm hoping the study can teach us more about what can trigger diabetes, and what can make it worse or help it. One of the things I've learned from participating in the CODA Engagement Advisory Board is that diabetes affects people from all walks of life – even people knowledgeable about health like doctors can get it. Participating has also made me aware of resources I didn't know about – like the Diabetes Association website, which has a lot of resources for people with diabetes.



*Roland Turman*

### Tips for the Delicious Healthy Eating with Diabetes

You can cook delicious plant-based meals! There's nothing wrong with the foods you've always enjoyed if you learn to cook them another way. You can find healthier ways to enjoy your favorite foods, and you'll be fine. I like to shop at stores that put fruits and vegetables front and center, because when you walk through, there's something healthy in every corner. Most farmers' markets offer an INCREDIBLE variety of fruits and vegetables you'd never expect. Some items you never heard of. Your basket fills up before you even get to the meat, dairy, or canned goods. Who knew king oyster mushrooms really do taste like chicken? Or that chickpeas can be a great substitute for mashed potatoes? I'm not all the way there yet, but I've shifted from a self-indulgent mindset to one of self-reimagine. I've shared a recipe to keep us inspired (see Kids' Corner in this issue)—we're in this together.

## Introducing Russell Rothman, Principal Investigator of CODA

### About Me

I'm a primary care physician and a Professor of Internal Medicine, Pediatrics and Health Policy at Vanderbilt University Medical Center. My research focuses on improving care for adult and pediatric patients with diabetes, obesity and other chronic diseases. Outside of research, my hobbies and interests include spending time with my family, travel, cooking, and watching college sports.

### Why I'm Interested in Diabetes Research

I'm interested in diabetes for both personal and professional reasons. My father had Type 1 diabetes. He lived with diabetes for 70 years, so I grew up watching him manage his diabetes back when people had to do a lot of self-injections and pin pricks to check blood sugar. Watching him do this got me interested in thinking about how people with diabetes can best take care of themselves. After becoming a doctor, I saw how many of my patients were living with Type 1 or Type 2 diabetes, and how it was something they needed to think about every day, including what they're eating, their exercise, their medicines, care of their feet and eyes – so many different things to think about all the time! Seeing this, I wanted to help people take care of themselves.

### What led to the CODA Study

Early in the COVID-19 pandemic, we were seeing more people developing diabetes after they had a bout of COVID-19, or people who already had diabetes coming to the hospital who were very sick with COVID-19. We also saw our patients with diabetes have a hard time managing their blood sugar during COVID-19. So when the NIH put out a call for proposals to understand how COVID-19 impacted diabetes it drew our interest right away.



*Russell Rothman, MD, MPP*

### What we hope to learn in the CODA Study

We know that COVID-19 can infect the beta-cells in the pancreas, which is the part of the body that make insulin, and we know that COVID-19 can cause inflammation in the body that can cause insulin resistance and affect the blood vessels. So we're interested in understanding: if someone had COVID-19, could that infection affect how their diabetes progresses? Might they be at risk for more inflammation, worse blood sugar control, high blood pressure, or heart disease?

By recruiting a large number of participants and following them over time, we'll learn a lot about what affects diabetes beyond COVID infection. And because folks are joining shortly after diagnosis, we'll learn a lot about what affects the early trajectory of diabetes. That will include looking at things like what medicines you started on, how your diet and exercise were, what other problems you had when you were diagnosed, including life stressors or mental health issues. If we can determine what affects diabetes control, we can guide future treatments, like new medicines. We might also find approaches that don't involve medication – how you manage stress, eat, exercise, and other factors that might help you with your diabetes. Ultimate, the goal is to figure out how to better take care of diabetes.

## COACH'S CORNER

When it feels cold outside, it can be more tempting to slip under a comfy blanket and sip on a cup of hot chocolate (sugar free, anyone?!) than it is to get up and move. BUT! Research shows that regular daily activity plays a key role in your overall wellbeing, especially in the winter months when we want our immune systems to function properly. Even just a few minutes a day helps to prevent those pesky viral and bacterial infections...

So, what are some great ways to get and stay active when it's cooler out?

Suit up, head outside, and get some natural Vitamin D!

1. ***Go for a brisk walk or jog*** (this adds to your daily goal of 7,000 steps – key for good health!)
2. ***Rake the leaves in your yard.***
  - a. Extra fun and energy if you pile them up and throw them at each other.
3. ***If it snows, go sledding or shovel the snow.***
  - a. Extra points if you shovel your neighbor's driveway or sidewalk, too.
4. ***Go explore a state park and walk the trails.***
5. ***Take your dog for a walk around the neighborhood.***



If being outside is simply not your thing, try some indoor activities:

1. ***Go for a walk around the mall or in your living room.***
  - a. Cardiologists suggest turning on your favorite show and either walking on a treadmill or in place for half an hour each day.
2. ***Dancing*** (yes, living room dancing counts!).
3. ***Clean your house.***
4. ***Go bowling or roller skating.***
5. ***Find a fun group class like spinning or yoga.***

The key is to find something you enjoy doing and doing it for about 30 minutes each day with an overall goal of 150 minutes of moderate activity each week. For an extra boost, listen to music while you do it because it adds even more benefit to your heart health! Win! Win!!

***So... let's get moving!***

Til' next time...  
-Jessi

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

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