

“There’s no facility anywhere close to Penn in terms of focus on dealing with diabetes. You can live a very normal life with a very serious disease, and that’s what I’ve fortunately been able to do with the help of the folks at Penn Medicine.”

– WILLIAM LEVY  
Patient at The Penn Rodebaugh Diabetes Center



*Patient receiving a routine blood sugar test at the Penn Rodebaugh Diabetes Center.*

## LIVING A NORMAL LIFE

### The Promise of Penn’s Institute for Diabetes, Obesity and Metabolism

For patients with diabetes or other metabolic disorders, there is simply a no more hopeful place than Penn Medicine’s Rodebaugh Diabetes Center. Our treatments are individualized and based on the latest research. We take pride in our comprehensive approach that treats the whole person. Our team-based, family-centered care includes:

- Diabetes education
- Nutrition and diet counseling
- Insulin pump program
- Continuous glucose monitoring system
- Podiatric care
- Psychosocial counseling
- Weight management
- Participation in clinical trials of new therapies



*Medical Director of the Penn Rodebaugh Diabetes Center, Dr. Mark H. Schutta*

#### Penn Medicine Research Drives Our Advanced Care

Diabetes, obesity, and other metabolic disorders are complicated and often have many contributing genetic and environmental factors. “Penn is the only academic institute that addresses both obesity and diabetes,” says Mitchell A. Lazar, M.D., Ph.D., Director of Penn’s Institute for Diabetes, Obesity and Metabolism (IDOM).

IDOM fosters collaboration across the University, bringing scientists together in multidisciplinary research teams to investigate the genetic, biochemical, molecular, environmental, and behavioral origins of diabetes, obesity, and their complications—leading to state-of-the-art therapies for our patients.

#### **Institute for Diabetes, Obesity and Metabolism MISSION**

To support and develop successful approaches to the prevention, treatment, and cure of diabetes mellitus and obesity.

Penn Medicine is recognized as one of the top medical institutions in the U.S. for diabetes research and care in *U.S. News & World Report’s* 2010 “Best Hospitals” issue.

#### Battling the Silent Epidemic: IDOM Answers the Call to Action

*The New York Times* has called Type 2 diabetes a “local, national, and worldwide scourge.” With complications that can attack every major organ, the disease can lead to heart disease, kidney failure, blindness, amputation, and a host of other life-altering and life-threatening conditions. The Center for Disease Control estimates that one third of children born in the U.S. in 2000 will develop diabetes in his/her lifetime. This serves as a serious and immediate call to action.



## IDOM's Allied Organizations Moving Research, Care, and Prevention Forward

The Institute for Diabetes, Obesity and Metabolism boasts over 100 University of Pennsylvania faculty members who strengthen its research base and enable collaborations across Penn Medicine.

- ◆ [The Penn Rodebaugh Diabetes Center](#) is a world-class clinic with leading-edge facilities, providing unsurpassed care for all patients with diabetes, prediabetes, and other endocrine problems. The Rodebaugh team includes endocrinologists, nurse specialists, nurse educators, nutritionists, ophthalmologists, podiatrists, and exercise therapists. The Center also participates in research and clinical trials designed to advance the treatment of diabetes and ultimately find a cure.
- ◆ [Penn's Division of Endocrinology, Diabetes, and Metabolism](#) comprises 22 faculty who provide state-of-the-art clinical care for patients with diabetes and endocrine disorders, pursue basic, translational and clinical research in these disorders, and teach endocrinology to medical students, residents and fellows.
- ◆ [The Penn Diabetes and Endocrinology Research Center](#), one of only 11 such centers in the nation, participates in the nationwide interdisciplinary program established by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).
- ◆ [The Juvenile Diabetes Research Foundation – W.W. Smith Charitable Trust Center of Islet Transplantation](#) uses leading-edge techniques in isolating and preparing pancreatic islets for transplant, seen as holding the greatest potential to restore normal blood sugar levels in Type 1 diabetes patients. Penn is one of only seven centers worldwide participating in National Institutes of Health-funded phase III clinical trials of islet cell transplantation.
- ◆ [The Center for Weight and Eating Disorders in Penn's Department of Psychiatry](#) is devoted to understanding the medical and psychological consequences of weight and weight-related disorders.

### An Opportune Moment to Support IDOM Research

Recent insights at Penn Medicine are opening new avenues of research. Our scientists are exploring new techniques for transplanting pancreatic islet cells, while another research team is finding new ways to regenerate them. A recently discovered hormone has been shown to play a crucial role in regulating the use of insulin.

We count on our philanthropic partners to make it possible for us to pursue these and other promising new lines of investigation that will lead to a cure for diabetes. We hope that you will want to be part of our continued progress.



“For the vast majority of people, there won’t be one gene that causes obesity or one gene that causes diabetes – there will be many, operating in pathways, interacting with environmental factors. People are different and develop diabetes for different reasons. The challenge for us is to identify and understand all those reasons, and devise unique, individualized diets and treatment plans.”

**MITCHELL A. LAZAR, M.D., PH.D.,**  
Director of Penn's Institute for Diabetes, Obesity and Metabolism

We welcome your interest in the success of our efforts to prevent, reverse, and cure diabetes. For more information about Penn's Institute for Diabetes, Obesity and Metabolism or to make a gift, please contact Dawn Epstein at 215.898.3037

