

2024 YEAR IN REVIEW

UAB Comprehensive Diabetes Center



Tuesday, September 3, 2024 at 13:04:29 Central Daylight Time

Subject: UCDC February Newsletter

Date: Monday, February 12, 2024 at 10:00:51 AM Central Standard Time

From: UAB Comprehensive Diabetes Center

To: Shepard, Emma

Web Version



UCDC Newsletter February 2024

The UAB Comprehensive Diabetes Center's Diabetes (UCDC) newsletter shares research, center, and member updates.

[UAB resident discovers mysterious fatigue was Type 1 diabetes](#)



Dr. Shelby Lyda was suffering from unexplained fatigue and brain fog during her anesthesiology residency at UAB Medicine. Ultimately, lab work led to a Type 1 diabetes diagnosis and treatment that stopped her symptoms.

Ramanadham secures grant from Beatson Foundation

The Beatson Foundation recently awarded Dr. Sasanka Ramanadham a two-year grant award for his project “Beta-cell- and Macrophage-derived Lipids and their Roles in Intercellular Signaling during T1D Development.” His was one of only five projects funded in the nation for the cycle.



UCDC featured in UAB Medicine Magazine fall issue



The UCDC was recently featured in the Heersink School of Medicine UAB Medicine Magazine fall issue, within the eight-page spread, “A Canopy of Care: UAB is leading the way in advancing diabetes research,” which was deployed to 6,000 alumni and friends.

Habegger chosen as American Diabetes Association podcast host for journal *Diabetes*

Dr. Kirk Habegger will cohost the new podcast DiabetesBio of the ADA's flagship journal *Diabetes*. In each episode, Habegger and other cohosts will discuss the latest and greatest content in *Diabetes*.



UCDC members support physician education for diabetes



Over the last several months, many UCDC members have recorded UAB MedCast podcast episodes on ranging topics in diabetes. Physicians across the nation listen in to learn and collect continuing medical education credits.

Celebrate February as Heart Month

Heart health and diabetes management go hand-in-hand: a healthy heart can make all the difference in managing diabetes. The UCDC has put together a list of events, resources, and guides for ways to get involved in Heart Month 2024.



IN THE NEWS

[Garvey with Medscape](#)

"Beyond Semaglutide, a Coming Pipeline of New Antiobesity Meds"

EVENTS

[40th Annual Trainee Research Symposium](#)

Wednesday, March 6
Hill Student Center Alumni Theater

[15th Annual Boshell Research Day](#)

Friday, March 15
Auburn-Opelika Marriott Resort at Grand National

[UAB Comprehensive Diabetes Center](#) | [News](#) | [Research](#)



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Tuesday, June 11, 2024 at 12:00:53 Central Daylight Time

Subject: UCDC March Newsletter

Date: Monday, March 11, 2024 at 11:05:47 AM Central Daylight Time

From: UAB Comprehensive Diabetes Center

Web Version

UAB
COMPREHENSIVE DIABETES CENTER
The University of Alabama at Birmingham



UCDC Newsletter March 2024

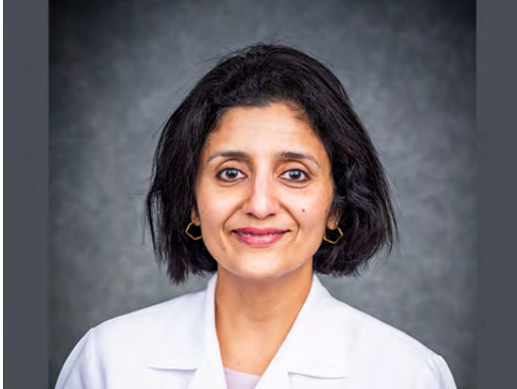
The UAB Comprehensive Diabetes Center's Diabetes (UCDC) newsletter shares research, center, and member updates.

[Heart Health 101: UAB expert offers top tips for heart-healthy diet](#)



UCDC Member and Professor in the Division of Cardiovascular Diseases Dr. Elizabeth Jackson says making small lifestyle changes can reduce the risk of heart disease, which goes hand in hand with diabetes, and the use of medications to regulate health.

Ashraf's study illuminates management of hybrid diabetes in children and adolescents



The research, published in the scientific journal *Endocrine Practice*, highlights the unique characteristics of hybrid diabetes or double diabetes, distinguishing it from both Type 1 and Type 2 diabetes.

Type 1 diabetes: B cell-derived natural antibodies suppress autoimmune pathogenesis

Researchers, led by UCDC Member Dr. John Kearney, have discovered the novel mechanism that underlies a previously reported observation that infection by group A Streptococcus bacteria reduces the risk of later developing Type 1 diabetes.



UCDC members research the relationship between gestational diabetes and leptin

UCDC members, including Drs. Tim Garvey, Kirk Habegger, and collaborators, recently published “Leptin resistance in children with in utero exposure to maternal obesity and gestational diabetes” in the journal of *Pediatric Obesity*.



Ramanadham contributed to paper sharing list of proteins to support Type 1 diabetes biomarker studies worldwide

The team of researchers, including Dr. Sasanka Ramandham, analyzed over 1,500 extracellular vesicle proteins in search of their role as biomarkers or players in Type 1 diabetes development.



Lund named an AAI Distinguished Fellow



Dr. Fran Lund, UCDC member and professor of microbiology, is recognized for her distinguished career, outstanding scientific contributions, and service to American Association of Immunologists and the immunology community.

IN THE NEWS

Roberts with Buzzfeed

"15 Health Myths That Are Widely Accepted, Even Though They Aren't True"

EVENTS

15th Annual Boshell Research Day

Friday, March 15
Auburn-Opelika Marriott Resort at Grand National

[UAB Strategic Plan: Research Town Hall](#)

Wednesday, March 20 at 9:30 a.m.
Hill Student Center Alumni Theater

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Tuesday, June 11, 2024 at 12:01:08 Central Daylight Time

Subject: UCDC April Newsletter

Date: Monday, April 15, 2024 at 10:00:55 AM Central Daylight Time

From: UAB Comprehensive Diabetes Center

Web Version

UAB
COMPREHENSIVE DIABETES CENTER
The University of Alabama at Birmingham



UCDC Newsletter April 2024

The UAB Comprehensive Diabetes Center's Diabetes (UCDC) newsletter shares research, center, and member updates.

[Pierre secures prestigious NIH predoctoral fellowship award](#)



Tanya Pierre, a graduate student in the lab of Chad Hunter, Ph.D., has secured an NIH Ruth L. Kirschstein National Research Service Award Individual Predoctoral Fellowship. The award will help fund Pierre's efforts toward completing her Ph.D. in the Hunter Lab.

UCDC trainees research score well at 2024 Trainee Research Symposium



Hafia (Saba) Alsharif (left) was awarded the Samuel B. Barker Award for Excellence in Research by a Graduate Student and Katherine Perez (right) was named a semi-finalist among undergraduate students. Both are trainees in the Bhatnagar Lab.

Agarwal gives DOM Grand Rounds on obesity management

Dr. Monica Agarwal, UCDC member, gave a talk titled, "The Evolving Landscape of Obesity Management: Past Insights, Present Strategies, and Future Prospects" at the UAB Department of Medicine Grand Rounds.



Gower on the future of the Department of Nutrition: food as medicine



In January of this year, Dr. Barbara Gower, UCDC member, was named chair of the Department of Nutrition Sciences. We sat down with Gower to learn more about her journey to chair and her vision for the department.

Grayson receives DOM STAR for Staff Excellence Award

Last month, Truman Grayson, UCDC researcher V, was honored at the DOM STAR for Staff Excellence Awards Reception. Dr. Anath Shalev gave a warm speech about his dedication to the center and to managing its research infrastructure.



UAB researchers part of GRADE study investigating glucose medications in Type 2 diabetes



Researchers, including UCDC Associate Director Dr. Tim Garvey (left) and UCDC Member Dr. Andrea Cherrington (right), recently presented NIH-funded findings regarding differences among four commonly used Type 2 diabetes medications.

IN THE NEWS

[Peterson with Inverse](#)

"It Just Goes Against Everything Else That We're Seeing:" Is Intermittent Fasting Linked to Bad Heart Health?"

EVENTS

[8th Annual Translational and Transformative Informatics Symposium \(ATTIS\)](#)

Friday, May 3

8 a.m. - 5 p.m.

Margaret Cameron Spain Auditorium

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Tuesday, June 11, 2024 at 12:01:23 Central Daylight Time

Subject: UCDC May Newsletter

Date: Tuesday, May 21, 2024 at 10:15:44 AM Central Daylight Time

From: UAB Comprehensive Diabetes Center

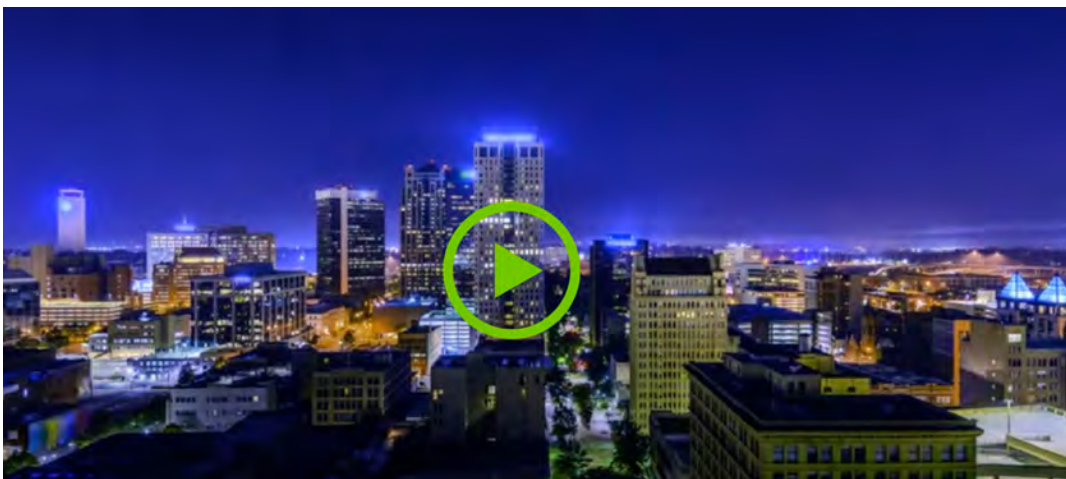
Web Version



UCDC Newsletter May 2024

The UAB Comprehensive Diabetes Center's Diabetes (UCDC) newsletter shares research, center, and member updates.

UCDC releases its new video "We Are The UAB Comprehensive Diabetes Center"



In the premiere of its new video, the UCDC highlights its 200 researchers working to improve the lives of those with diabetes. Check it out: there might just be a familiar face or two.

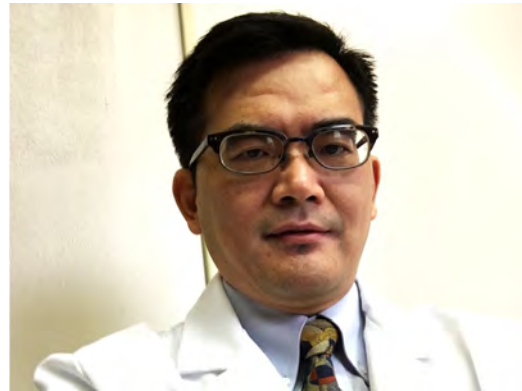
Ananda and Rita Basu named to endowed professorships



Dr. Ananda Basu (left) is now the holder of the S. Richardson Hill, Jr. Endowed Professorship in Endocrinology, and Dr. Rita Basu (right) is the inaugural holder of the Endowed Professorship in Diabetes Science.

UCDC welcomes Wang to the Department of Genetics

Dr. Weidong Wang will serve as an associate professor in the Department of Genetics. Dr. Wang's recruitment was made possible through the Strategic Faculty Recruitment Initiative in Diabetes Research.



Couple brought together by Type 1 diabetes continues to give to diabetes research



Kyle and Chelsey Heslop met when interning for the JDRF— a Type 1 diabetes advocacy organization— in Washington, D.C. The dynamic duo continues to support diabetes research and advocacy throughout Birmingham, AL, and beyond.

UCDC researchers to present in Boston and Orlando

Spring brings with it many

conferences across the nation, like ENDO 2024 and the ADA's 84th Scientific Session. UCDC researchers are attending to present their research, network, and learn.



UCDC members present research, speak at Boshell Diabetes Research Day



Justin Alexander (left) and Saba Alsharif (right), from Dr. Sushant Bhatnagar's Lab, presented research, with Saba taking home Best Overall Presentation Award. Plus, Dr. Tim Garvey was honored as the banquet speaker.

RECENT RESEARCH

Ashraf in Current Opinion in Lipidology

"Altered lipid metabolism and the development of metabolic-associated fatty liver disease"

R. Basu in ASC Nano

"Polyester Nanoparticles with Controlled Topography for Peroral Drug Delivery Using Insulin as a Model Protein"

EVENTS

Be Seen Walking in Green

Thursday, May 23

11 a.m. - 1 p.m.

UAB Campus Recreation Center

Save the Date: MIC 2024

July 10 - 11

The University of Chicago

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Tuesday, June 11, 2024 at 12:01:33 Central Daylight Time

Subject: UCDC June Newsletter

Date: Tuesday, June 11, 2024 at 10:01:00 AM Central Daylight Time

From: UAB Comprehensive Diabetes Center

Web Version



UCDC Newsletter June 2024

The UAB Comprehensive Diabetes Center's Diabetes (UCDC) newsletter shares research, center, and member updates.

[Nutrition for Precision Health study enrolling participants](#)



UCDC Member Dr. Barbara Gower serves as a multi-principal

investigator for the Alabama location of a national study that seeks to learn more about using food as medicine to prevent high blood pressure, diabetes, stroke, and cancer.

Garvey and researchers publish findings on cardiometabolic risk prediction models



Dr. Timothy Garvey and researchers found that the modified cardiometabolic disease staging system, which was formerly used to predict the onset of diabetes, could predict the cardiovascular disease events like a stroke.

Ashraf publishes review in Current Opinion in Lipidology

Dr. Ambika Ashraf and colleagues' review examines the intricate relationship between lipoprotein abnormalities and the development of metabolic-associated fatty liver disease.



Agarwal awarded AACE H. Jack Baskin, MD, Endocrine Teaching Award



The award honors an American Association of Clinical Endocrinology member who has made exceptional and impactful contributions in endocrine-related teaching.

Get to know the UCDC researchers: Teayoun Kim

Dr. Teayoun Kim is a scientist and long-time member of the Habegger Lab, which studies glucagon biology, energy metabolism, glucose metabolism, insulin-sensitizing action, and more.



JDRF announces new name: Breakthrough T1D



Formerly the JDRF, or Juvenile Diabetes Research Foundation, Breakthrough T1D announced their new name in Washington, D.C. in early June.

RECENT RESEARCH

[Gower with ABC 3340](#)

"UAB enrolling participants in Nutrition for Precision Health study"

[Peterson with AP News, others](#)

"Intermittent fasting might not be better than counting calories. Here's why it still could work for you."

EVENTS

[Midwest Islet Club 2024](#)

July 10 - 11
The University of Chicago

[Save the Date: Rachmiel Levine- Arthur Riggs Diabetes Research Symposium 2024](#)

September 21 - 24
Pasadena, CA

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Wednesday, August 21, 2024 at 16:43:13 Central Daylight Time

Subject: UCDC July Newsletter

Date: Tuesday, July 16, 2024 at 11:35:42 AM Central Daylight Time

From: UAB Comprehensive Diabetes Center

Web Version



UCDC Newsletter July 2024

The UAB Comprehensive Diabetes Center's Diabetes (UCDC) newsletter shares research, center, and member updates.

[UCDC releases video showcasing trainee experience](#)



Ava Michl, Ph.D. student, recently shared her experience having Type 1 diabetes and researching diabetes in the lab of Sushant Bhatnagar, Ph.D.

UCDC welcomes Lim to Department of Genetics



Dr. Hui-Ying Lim joins the UCDC from the University of Oklahoma Health Sciences Center.

Garvey and researchers share findings from healthcare professionals survey on anti-obesity medications

Dr. W. Timothy Garvey, UCDC associate director, and collaborators conducted a cross-sectional online survey of 785 health care professionals' experience in obesity treatment and their understanding of obesity medication options.



Pierre featured in July issue of *Endocrine News* magazine



The article, "Sweet Homeostasis Alabama: Q&A with Tanya Pierre" highlights her research and NIH Ruth L. Kirschstein National Research Service Award Individual Predoctoral Fellowship (F31).

Get to know the UCDC researchers: Samuel Poole

This month, we are spotlighting Samuel Poole, researcher IV in the

Hunter Lab. Poole recently took a trip to Japan and shares about his travels.



UCDC welcomes visiting research scholar Rithvikha Nair



Nair is visiting UAB from Shiv Nadar University, in Greater Noida, India. We recently sat down with Nair to learn more about her experience as a visiting scholar and what international research means to her.

RECENT RESEARCH

Goss with CBS 42

"Registered dietitian on unclear benefits of multivitamins"

Garvey with Medscape

"In It Together: When Physician and Patient Take GLP-1s for Weight Loss"

Peterson with Washington Post, Daily Herald

"Intermittent fasting over two days can help people with Type 2 diabetes"

"Is intermittent fasting better than counting calories? Maybe not, but you might stick with it"

EVENTS

3rd Annual Legacy Family Day

Sunday, August 11
3 - 5 p.m.
Campus Green

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Wednesday, August 21, 2024 at 16:43:50 Central Daylight Time

Subject: UCDC August Newsletter

Date: Thursday, August 15, 2024 at 10:00:56 AM Central Daylight Time

From: UAB Comprehensive Diabetes Center

Web Version



UCDC Newsletter August 2024

The UAB Comprehensive Diabetes Center's Diabetes (UCDC) newsletter shares research, center, and member updates.

Type 1 diabetes: UAB startup gains FDA clearance to test novel oral drug



TIXiMED has obtained FDA clearance to proceed to clinical trials for TIX100, its novel oral Type 1 diabetes drug. The development of TIX100 is based on decades of research by UCDC Director, Dr. Anath Shalev.

UAB endocrinology and diabetes specialty receives highest USNWR classification



U.S. News & World Report ranked UAB Hospital as the best hospital in Alabama in its 2024-2025 rankings. UAB Hospital's diabetes and endocrinology specialty was ranked as high performing, the highest classification.

Bhatnagar receives DRC pilot funding for Type 2 diabetes research

Dr. Sushant Bhatnagar received one-year, \$45,000 pilot funding for his project "The role of brain angiogenesis inhibitor-3 GPCR signaling in adipose tissues."



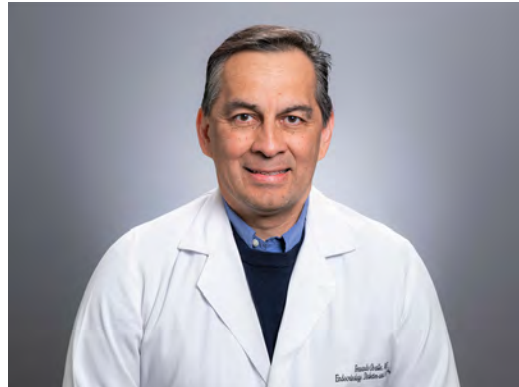
Ashraf reviews the role of gut microbiota in obesity, metabolic syndrome, and Type 2 diabetes



UCDC Associate Director Dr. Ambika Ashraf and team published a mini-review on the topic in the *Journal of Clinical Endocrinology and Metabolism*.

Ovalle and team compare market insulins in international Type 1 diabetes study

UCDC Associate Director Dr. Fernando Ovalle and team found that Gan & Lee insulin glargine demonstrated similar immunogenicity, efficacy, and safety compared to insulin glargine over 26 weeks in patients with Type 1 diabetes.



RECENT RESEARCH

Garvey with Everyday Health

"Given Shortages, Who 'Deserves' Ozempic and GLP-1 Drugs?"

Hill with WebMD

"Life After Wegovy and Zepbound"

EVENTS

UAB Arts Block Party

Open to the public

Friday, Sept. 13

10th Avenue South (between 12th and 13th streets South)

Rachmiel Levine- Arthur Riggs Diabetes Research Symposium 2024

Sept. 21 - 24

The Westin Pasadena, CA

Save the Date: NIH Artificial Intelligence in Precision Medicine of Diabetes and Other Chronic Diseases

Oct. 30-31

Rockville, MD

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Friday, September 27, 2024 at 10:02:19 Central Daylight Time

Subject: UCDC September/October Newsletter

Date: Friday, September 27, 2024 at 10:00:54 AM Central Daylight Time

From: UAB Comprehensive Diabetes Center

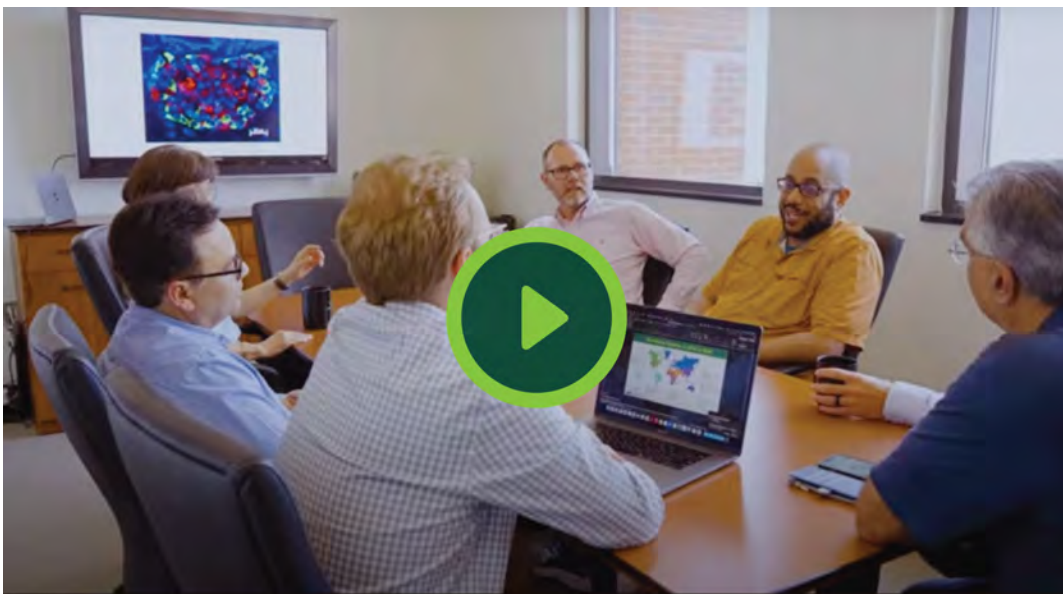
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UCDC Newsletter: September/October 2024

The UAB Comprehensive Diabetes Center's Diabetes (UCDC) newsletter shares research, center, and member updates.

[UCDC releases video showcasing its faculty experience](#)



Hear from UCDC faculty as they share their experience researching

diabetes and collaborating in the UCDC, a University-Wide Interdisciplinary Research Center dedicated to improving the lives of those with diabetes.

Black/African American individuals have an increased risk for severe insulin-deficient diabetes



The Shalev Lab and precision medicine collaborators studied data from 89,875 patients with diabetes in the Deep South, which they published in the *Journal of Clinical Endocrinology and Metabolism*.

Shalev and Habegger secure \$3 million grant to study novel liver disease drug

Drs. Anath Shalev, UCDC director, and Kirk Habegger have secured a \$3 million National Institutes of Health multi-PI R01 grant to study the effectiveness of TIX100, originally developed as an antidiabetic, in treating MASLD and MASH.



Basu lab investigates hyperglycemia's effect during exercise in Type 1 diabetes



Drs. Ananda (left) and Rita (right) Basu published their research “Hyperglycemia Suppresses Lactate Clearance During Exercise in Type 1 Diabetes,” in the *Journal of Clinical Endocrinology and Metabolism*.

Bril and researchers shine light on relationship between insulin resistance and MASLD

After assessing 204 participants, Dr. Fernando Bril and researchers found that insulin resistance was a fundamental feature of MASLD whether the individual had a PNPLA3 gene variant, or not.



Alsharif receives Graduate Biomedical Sciences award for mentorship



Haifa "Saba" Alsharif, a fifth-year graduate student in Dr. Sushant Bhatnagar's Lab, was awarded a UAB Graduate Biomedical Sciences award for excellence in mentorship at the 2024 symposium.

RECENT RESEARCH

Goss with CBS 42

["Study on the cause of childhood obesity"](#)

["Registered dietician on unclear benefits of multivitamins"](#)

[Muntner with WVUA-TV](#)

"New cardiovascular risk tool could guide who needs medication for high blood pressure"

[Peterson with Head Topics](#)

"Intermittent fasting over two days can help people with Type 2 diabetes"

EVENTS

[Endocrinology Grand Rounds - Hurd](#)

Thursday, Oct. 3

Noon

FOT 1101



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From: UAB Comprehensive Diabetes Center <diabetescomm@reach.uab.edu>
Sent: Tuesday, November 12, 2024 10:01 AM
Subject: UCDC November/December Newsletter

Web Version



UCDC Newsletter: November/December 2024

The UAB Comprehensive Diabetes Center's Diabetes (UCDC) newsletter shares research, center, and member updates.

Could an osteoporosis drug treat Type 1 diabetes?



The UAB Comprehensive Diabetes Center is joining a phase 1/2 clinical trial of the FDA-approved drug denosumab to test its ability to improve beta cell function and blood sugar control in adults diagnosed with Type 1 diabetes in the past one to five years.

UCDC hosted congressional visit

Congressman Gary Palmer (AL-06) toured the UAB Comprehensive Diabetes Center on Wednesday, September 4, to learn more about the state of diabetes in Alabama.



Basu and colleagues find adolescents with T1D have higher insulin sensitivity than adults with T1D



Dr. Ananda Basu and colleagues recently assessed the difference in post-prandial glucose turnover between adolescents and adults with T1D by conducting a Triple Tracer Meal Study.

Bril and researchers shine light on relationship between insulin resistance and MASLD

After assessing 204 participants, Dr. Fernando Bril and researchers found that insulin resistance was a fundamental feature of MASLD whether the individual had a PNPLA3 gene variant, or not.



Shalev gives invited presentation on TXNIP at the Levine-Riggs Symposium



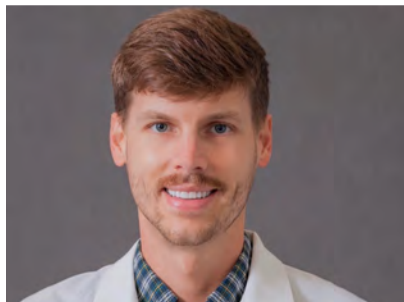
Dr. Anath Shalev was invited by conference organizers to present in Pasadena, CA, and was honored at symposium dinner.

Podcast: The role of telehealth in revolutionizing diabetes care

Dr. Anish Patel discusses how telehealth reduces hospitalizations and readmissions, while enabling more personalized treatment plans.



Get to know UCDC Researcher Justin Alexander



Justin Alexander is Lab Manager and Researcher in Dr. Sushant Bhatnagar's lab: "It is a fulfilling experience being a lab manager and making a difference within the center."

IN THE NEWS

Ramanadham with Diabetes Journal

"Selective Reduction of Ca²⁺-Independent Phospholipase A₂β (iPLA₂β)-Derived Lipid Signaling from Macrophages Mitigates Type 1 Diabetes Development"

EVENTS

Diabetes Plenary Lecture - Bogan

Thursday, Nov. 21

Noon

LRC/SHPB 224

Endocrinology Grand Rounds - Bouvet

Thursday, Dec. 5

[Shalev with Frontiers](#)

"A novel class of oral, non-immunosuppressive, beta cell-targeting, TXNIP-inhibiting T1D drugs is emerging"

Noon
FOT 1101

[Core and Shared Resource Day 2025](#)

Tuesday, Jan. 7
West Pavilion Atrium

[Ramanadham with Frontiers](#)

"Differential lipid signaling from CD4⁺ and CD8⁺ T cells contributes to type 1 diabetes development"

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