

UAB Comprehensive Diabetes Center

YEAR IN REVIEW 2025

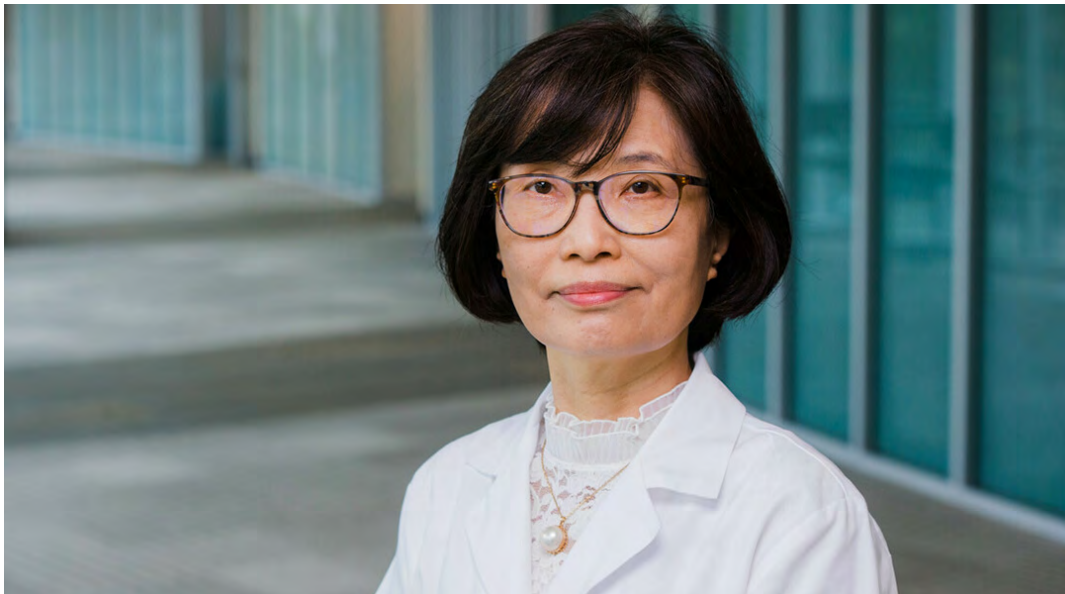




UCDC February Newsletter

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

Kim study links endothelial autophagy-related gene to high fat diet-induced obesity



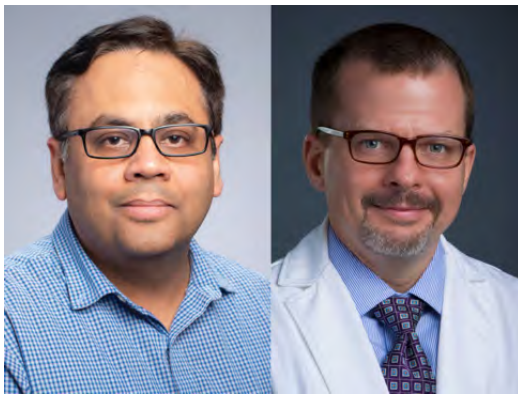
Jeonga Kim, Ph.D., and collaborators, published "Endothelial autophagy-related gene 7 contributes to high fat diet-induced obesity" in the peer-reviewed journal *Molecular Metabolism*.

Habegger study characterizes long-acting glucagon-receptor agonist

Scientists in the Habegger Lab have characterized a molecular tool that will allow researchers to further study long-term glucagon action and glucagon receptor signaling.



Bhatnagar, Vaughan honored by the UAB Department of Medicine



The UAB Department of Medicine honored UCDC members, Sushant Bhatnagar, Ph.D., and Brooks Vaughan, M.D., at the annual DOM Recognition Day.

UAB endocrinology and metabolism ranked in top 100 globally by US News

UAB was recently ranked in the top 6% of global universities by U.S. News & World Report. Seven areas within the UAB Heersink School of Medicine ranked in the top 100 including “Endocrinology and Metabolism” at No. 58.



Garvey honored by World Congress on Insulin Resistance, Diabetes and Cardiovascular Disease



W. Timothy Garvey, M.D., associate director of the UCDC and director and principal investigator of the DRC, was awarded for his decades of research in carbohydrate metabolism and insulin resistance.

UCDC welcomes Richardson as communications manager

Amy W. Richardson joined the UCDC in December 2024 after working as a communications specialist in the UAB Department of Radiation Oncology since 2022.



IN THE NEWS

[Garvey with MSN.com](#)

"Massive study looks at benefits, risks of GLP-1 weight-loss drugs"

[Buford with Verywell Health](#)

"Want to live longer? Here's the ideal walking speed you should aim for"

EVENTS

[Medical Grand Rounds, Kroc Lecture, Dr. Anath Shalev](#)

Wednesday, Feb. 12

Noon

MCSA



UCDC March Newsletter

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

Shalev lab finds TIX100 protects against obesity-associated glucose intolerance and weight gain



A new oral medication developed for Type 1 diabetes could be equally beneficial for Type 2 diabetes by targeting several common underlying disease processes.

Podcast: Treating pediatric Type 1 diabetes

Jessica Schmitt, M.D., a pediatric endocrinologist, shares encouraging developments in medical diabetes management as well as insights about accurate diagnosis.



Hardaway honored as 2025 Pittman Scholar



Andrew Hardaway, Ph.D., was recognized for his exceptional research achievements and potential for future contributions to his field.

Grant recognized for outstanding vision research

Maria Grant, M.D., received the prestigious RPB David F. Weeks Award for Outstanding Vision Research at the Association of University Professors of Ophthalmology annual meeting.



Shalev presents annual Kroc lecture about novel diabetes drug development



UCDC Director Anath Shalev, M.D., recently presented the Ray A. and Robert L. Kroc Lecture to faculty and staff in the UAB Department of Medicine.

New research finds a low-carbohydrate diet may improve beta-cell function in people with Type 2 diabetes

A recent study by Barbara Gower, Ph.D., suggests people with Type 2 diabetes may be able to discontinue medication after eating a low-carb diet.



IN THE NEWS

[Jackson with CBS 42](#)

"Importance of being heart healthy"

[Pollock with American Heart Association News](#)

"No joke: Learning about urine offers healthy lessons"

EVENTS

[Distinguished Faculty Lecture, Dr. Fran Lund](#)

Tuesday, March 18
Alumni House

[UAB Research Strategic Initiative Town Hall](#)

Wednesday, March 19 at 10 a.m.
Alumni House

[DRC Plenary Lecture, Dr. Michael D. Jensen](#)

Thursday, March 20 at noon
LRC/SHPB 226

[Advanced Technologies & Treatments for Diabetes Meeting, Dr. Anath Shalev](#)

Thursday, March 20 at 1 p.m. CET
Amsterdam

UAB MEDICINE

UAB Comprehensive Diabetes Center

April Newsletter

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

[Rita Basu study explores role of hepatic glycogen on nocturnal glucose regulation in Type 2 diabetes](#)



New research published in *The Journal of Clinical Endocrinology and Metabolism* finds that restoring hepatic glycogen improves nocturnal glucose regulation in humans with T2D.

[Shalev presents on novel Type 1 diabetes therapies at international diabetes conference](#)

UCDC Director Anath Shalev, M.D., was an invited speaker at the International Conference on Advanced Technologies & Treatments for Diabetes held in Amsterdam.



Alsharif wins first place for postdoctoral research at 2025 Trainee Research Symposium



Haifa Alsharif, Ph.D., a postdoctoral scholar in the Bhatnagar Lab, won first place for her poster presentation at the UAB Department of Medicine's Trainee Research Symposium.

Get to know UCDC researcher Khadija Seck

As a lab manager, Khadija Seck oversees daily lab operations and helps coordinate experiments in the Habegger Lab.



Save the date for the 2025 Endocrinology Update Conference



Registration is now open for the in-person endocrinology conference set for Saturday, August 23 at the Hilton Birmingham at UAB. Faculty, students, and the public are invited to attend.

IN THE NEWS

[Peterson with Nature](#)

"Fasting for weight loss is all the rage: what are the health benefits?"

[Goss with CBS 42](#)

"High rate of diabetes in Alabama"

EVENTS

[DRC Plenary Lecture, Dr. Martin Myers Jr.](#)

Thursday, April 17 at noon
LRC/SHPB 226

[Clinical Trials Day](#)

Thursday, May 20, 7:30-9:30 a.m.
Wallace Tumor Institute

UAB MEDICINE

UAB Comprehensive Diabetes Center

May Newsletter

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

UCDC members honored with 2025 Dean's Excellence Awards



Maria Grant, M.D., and Adam Wende, Ph.D., were recognized as outstanding faculty members who have demonstrated exceptional achievements in research and mentorship.

Ananda and Rita Basu celebrated at Spring 2025 Endowed Chairs and Professorships Reception



Rita Basu, M.D., was honored with the inaugural Endowed Professorship in Diabetes Science and Ananda (Andy) Basu, M.D., was honored with the S. Richardson Hill, Jr. Endowed Professorship.

Shalev highlights groundbreaking diabetes discoveries leading to promising new therapeutical targets in new *Endocrinology* mini-review

UCDC Director Anath Shalev, M.D., writes about advances in diabetes treatment and research in the May 2025 issue of *Endocrinology*.



Habegger spotlighted in ADA's *Diabetes* journal



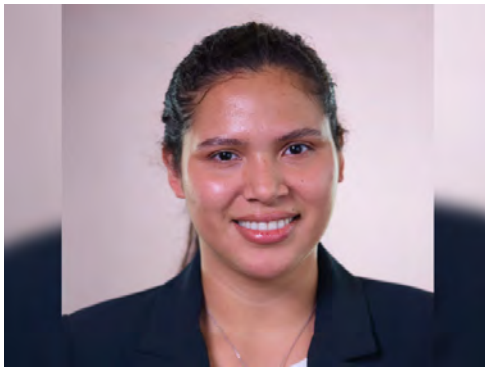
UCDC scientist Kirk Habegger, Ph.D., is featured in the May 2025 issue of *Diabetes*, the flagship research publication of the American Diabetes Association.

UCDC researchers present at 16th Annual Boshell Research Day

Researchers and trainees from the Bhatnagar, Habegger, and Wende labs were selected to showcase their work at this year's research forum in Auburn.



Get to know UCDC researcher Katherine Perez



Originally from Elkmont, Alabama, Perez contributes to multiple projects in the Bhatnagar Lab, which researches insulin secretion from beta cells.

IN THE NEWS

[Moellering with *The New York Times*](#)

"How Healthy Is Asparagus?"

EVENTS

[DRC Plenary Lecture, Dr. Ling Yang](#)

Thursday, May 15 at noon

LRC/SHPB 226

[Clinical Trials Day](#)

Thursday, May 20, 7:30-9:30 a.m.

Wallace Tumor Institute

UAB MEDICINE

UAB Comprehensive Diabetes Center

June Newsletter

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

Basu study first to use novel glucagon isotopes to measure glucagon metabolism in Type 1 diabetes



A new study led by Ananda Basu, M.D., used novel non-radioactive, stable glucagon tracers for the first time to characterize glucagon metabolism in humans with and without Type 1 diabetes, providing tools for further exploration into pancreatic alpha cell function in both Type 1 and 2 diabetes and other metabolic disorders.

Basu appointed to UCDC leadership team as associate director

Ananda Basu, M.D., S. Richardson Hill, Jr. Endowed Professor of Endocrinology in the UAB Department of Medicine Division of Endocrinology, Diabetes and Metabolism, will play an integral role on the center's leadership team.



Schmitt gives Paul Kaplowitz Lecture at the Pediatric Endocrinology Society annual meeting



UCDC member Jessica Schmitt, M.D. MSHQS, assistant professor in the Division of Pediatric Endocrinology and Diabetes, discussed her work related to cost-effective clinical care for youth with diabetes.

UCDC researchers to present at ADA in Chicago

UCDC faculty and trainees will showcase their latest scientific findings at the world's largest diabetes conference, the American Diabetes Association (ADA) 85th Scientific Sessions, June 20-23.



UCDC researchers participate in 2025 Midwest Islet Club Meeting



UCDC researchers presented their latest work at the 17th Annual Midwest Islet Club (MIC) Meeting, May 7-8, in Indianapolis, Indiana.

Gower named University Professor

UCDC scientist Barbara Gower, Ph.D., has been named University Professor in the School of Health Professions' Department of Nutrition Sciences for her broad impact across multiple disciplines.



Student Spotlight: Nic Amison



UAB senior Nic Amison recently spent two semesters serving as the UCDC's first communications intern.

IN THE NEWS

[Garvey with Medscape](#)

"Be Aware of Lesser-Known Downsides to GLP-1 Weight Loss"

EVENTS

[ADA 85th Scientific Sessions](#)

June 20-23
Chicago, Illinois

[ENDO 2025](#)

July 12-15
San Francisco, California

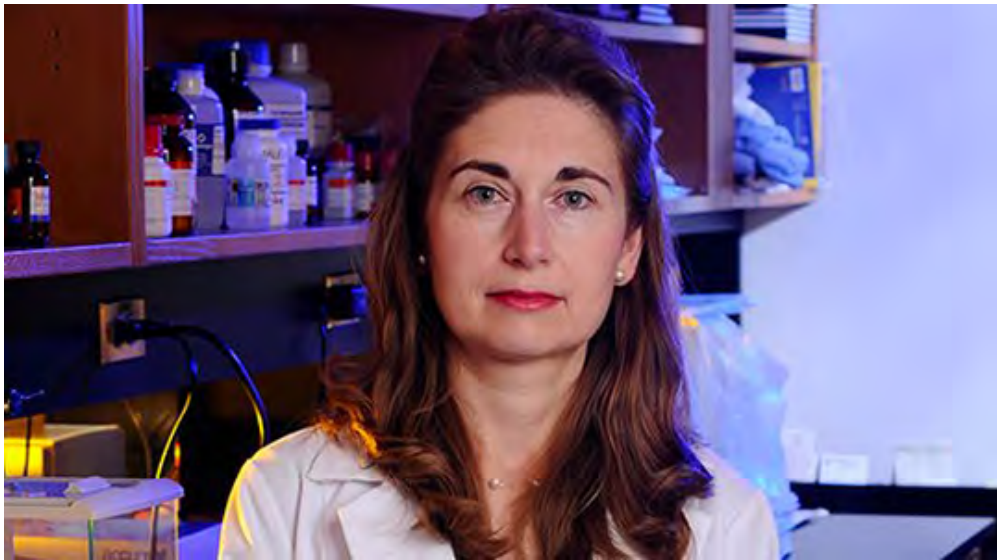
UAB MEDICINE

UAB Comprehensive Diabetes Center

July Newsletter

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

TIXiMED startup successfully completes first-in-human study of novel oral diabetes drug



TIXiMED, Inc., has successfully completed a Phase 1 single ascending dose study of the drug TIX100 in humans, marking a key milestone in the development of a first-of-its kind oral therapy for Type 1 diabetes.

Combo weight-loss drug helps patients shed 20 percent of body weight, study finds

Results from a Phase 3 clinical trial led by W. Timothy Garvey, M.D., published in the *New England Journal of Medicine*, indicate the drug could mark a significant step forward in medical weight management.



UCDC researchers prominently represented in Type 1 diabetes research collection



UCDC Associate Director Ambika Ashraf, M.D., co-edited the *Frontiers in Endocrinology* Research Topic on Disease-Modifying Approaches in Type 1 Diabetes, which includes several articles from center researchers.

UCDC members to present at UAB Endocrinology Update

The UAB Division of Endocrinology, Diabetes and Metabolism will highlight the latest in management of automated insulin delivery for diabetes, osteoporosis, thyroid nodules and cancer, and more at the Hilton Birmingham on Saturday, Aug. 23, at 8 a.m.



UCDC visits Irondale Senior Activity Center



UCDC visited the Irondale Senior Activity Center on June 24. Nurse Practitioner Manager Donna Stevens, DNP, RN, from UAB Endocrinology, talked with seniors about the types of diabetes, signs and symptoms, and the basics of diabetes care.

IN THE NEWS

[Garvey with HCPLive](#)

"Classifying Obesity as a Chronic Disease with W. Timothy Garvey, M.D."

EVENTS

[ENDO 2025](#)

July 12-15
San Francisco, California

[UAB Endocrinology Update](#)

Aug. 23, 8:00 a.m.-4:30 p.m.
UAB Hilton Birmingham Downtown

UAB MEDICINE

UAB Comprehensive Diabetes Center

August Newsletter

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

Bril study finds prevalence of MASLD in people with diabetes has decreased in the US, but rates of liver fibrosis are still rising



A new study led by UCDC Associate Scientist Fernando Bril, M.D., provides the first evidence that MASLD prevalence is beginning to decrease in adults with diabetes in the U.S. for the first time in decades.

UAB diabetes and endocrinology specialty receives high-performing rating by US News & World Report

UAB Hospital was ranked No. 1 hospital in Alabama. UAB Medicine ranked nationally in five adult specialties and high performing in seven other specialties including diabetes and endocrinology.



Buzzing with Innovation: Heersink's thriving startup culture is producing creative solutions to improve health care outcomes



The summer 2025 issue of UAB Medicine Magazine highlighted biomedical and biotech startups that have originated in the Heersink School of Medicine, including TIXiMED, Inc., founded by UCDC Director Anath Shalev, M.D., which is developing a first-of-its-kind oral therapy for diabetes.

Goss honored as inaugural Excellence in Nutrition Fellow of ASN

UCDC Scientist Amy Goss, Ph.D., FASN, associate professor in the UAB Department of Nutrition Sciences, has been named one of the inaugural Excellence in Nutrition Fellows of the American Society for Nutrition (ASN).



Register for the UAB Endocrinology Update by August 17



The UAB Division of Endocrinology, Diabetes and Metabolism in partnership with the UCDC will host a CME event for health care professionals at the Hilton Birmingham on Saturday, Aug. 23, 8 a.m.-4:15 p.m. Faculty, students, and the public are invited to attend. Register by Aug. 17.

IN THE NEWS

[Shalev with Innovate Alabama](#)

Where discovery meets delivery:
The Alabama origin story of
TIXiMED

[Goss with UAB News](#)

Uncovering the connection between
obesity and kidney stone disease

EVENTS

[UAB Endocrinology Update](#)

Aug. 23, 8:00 a.m.-4:15 p.m.
UAB Hilton Birmingham Downtown

[UAB 2025 AI and Technology in Global Health Symposium](#)

Oct. 29-30
Marnix E. Heersink Conference
Center

UAB MEDICINE

UAB Comprehensive Diabetes Center

September Newsletter

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

Habegger investigates metabolic effects of glucagon receptor activation in emerging obesity treatments



Kirk Habegger, Ph.D., Professor of Medicine in the UAB Department of Medicine Division of Endocrinology, Diabetes and Metabolism, has received funding to continue investigation of glucagon receptor activation in incretin-based obesity therapies.

UAB diabetes research showcased globally in Vienna

UCDC researchers presented their latest work on an international stage at the 61st Annual Meeting of the European Association for the Study of Diabetes (EASD) in Vienna, Austria, Sept. 15-19.



Warriner named 2025 Brewer-Heslin Award winner



Amy Warriner, M.D., professor in the Department of Medicine and a scientist in the Comprehensive Diabetes Center, has been named the 2025 recipient of the Brewer-Heslin Award for Professionalism in Medicine.

UCDC supports a successful 2025 UAB Endocrinology Update

Health care providers from across the state and region gathered to learn about diabetes, thyroid disorders, osteoporosis, and more at the 2025 UAB Endocrinology Update in August.



Get to know UCDC researcher Ben Gran



Ben Gran is the lab manager for both Dr. Rita Basu and Dr. Ananda Basu, who are clinical diabetes researchers at the UCDC. Gran has been with the Basu Lab for a decade supporting cutting-edge diabetes research studies.

IN THE NEWS

[Shalev with Innovate Alabama](#)

Where discovery meets delivery:
The Alabama origin story of
TIXiMED

[Habegger cohosts ADA's DiabetesBio](#)

September 2025 episode

EVENTS

[EAB Heart + Sole 5K](#)

Oct. 11, 9-10:30 a.m.
Downtown Birmingham

[UAB 2025 AI and Technology in Global Health Symposium](#)

Oct. 29-30
Marnix E. Heersink Conference
Center

Fall Newsletter



Catching up with Nicole Johnson, First Miss America with Type 1 Diabetes

In honor of Diabetes Awareness Month, we caught up with Nicole Johnson, DrPH, the first Miss America with Type 1 diabetes (T1D), who now calls Birmingham home. Johnson shared her story of living with T1D since age 19 and how it has shaped her lifelong career of advocacy and education.

[Read more →](#)

News

Habegger to present at NIDDK glucagon physiology workshop



UCDC Scientist Kirk Habegger, Ph.D., will speak at the National Institute of Diabetes and Digestive and Kidney Diseases glucagon physiology workshop, Feb. 9-10, 2026, in Bethesda, Maryland.

[Read more →](#)

Get to know the UCDC researcher Adam Wende, Ph.D.



This month, meet Adam Wende, Ph.D., a tenured professor in the Division of Molecular and Cellular Pathology in the Department of Pathology, who has been at UAB since 2013 and is an endurance athlete who has completed 22 marathons.

[Read more →](#)

Huynh named finalist for Outstanding Young Scientist Award



Thi Yen Ly Huynh, Ph.D., a postdoctoral fellow in the Ramanadham Lab, was selected as a finalist for the Outstanding Young Scientist Awards to be presented at the International Meeting on Lipid Mediators in Health and Disease.

[Read more →](#)

Nair granted undergraduate fellowship award for Type 1 diabetes research



Rithvikha Nair, a senior studying in the Ramanadham Lab, has received a 2025 undergraduate fellowship program funding award from Cayman Biomedical Research Institute (CABRI) to support her research in Type 1 diabetes.

[Read more →](#)

Trainee Spotlight: Alsharif reflects on her diabetes research journey



Now a postdoctoral fellow at Harvard Medical School, Haifa Alsharif, Ph.D., reflects on her time in the Bhatnagar Lab, where she learned how to think deeply about biology, design meaningful experiments, and connect molecular findings to whole-body physiology.

[Read more →](#)

Events

- Nov 20 [DRC Plenary Series | Zoltan Arany, M.D., Ph.D.](#)
“Targeted Modulation of mTOR to suppress MASLD/MASH”
11:30 a.m. - 1:00 p.m. | WEBB 511
- Dec 4 [Endocrinology Grand Rounds | Lana Makahleh, M.D.](#)
“Novel and Emerging Therapies in Congenital Adrenal Hyperplasia”
12 - 1 p.m. | FOT 1202
- Jan 8 [Endocrinology Grand Rounds | Ky Huynh, M.D.](#)
“Lipoprotein(a) and Its Role in Cardiovascular Diseases and Management”
12 - 1 p.m. | FOT 1101
- Jan 27 [UAB Core & Shared Resources Day](#)
1:30-3:00 p.m. | Altec/Styslinger Genomic Medicine and Data Sciences Building, Lobby

Did you know? November 14 is World Diabetes Day

According to the International Diabetes Federation, World Diabetes Day on November 14 is a global occasion for people with diabetes,

health care professionals, advocates, policymakers and the public to unite to raise awareness of and take action on diabetes. The campaign focus for this year is “Diabetes and the workplace” with a call to “Know more and do more for diabetes at work.”

[Learn more about World Diabetes Day →](#)



[UAB Comprehensive Diabetes Center](#)

The UAB Comprehensive Diabetes Center (UCDC) monthly newsletter shares research, center, and member updates. If you are not a subscriber, [sign up here](#). If you have news or an announcement for consideration, [submit it here](#).