



# NEWSLETTER

## Diabetes RELATED to Acute Pancreatitis and Its Mechanisms Study

SUMMER | ISSUE 1 | 2023

## WELCOME!

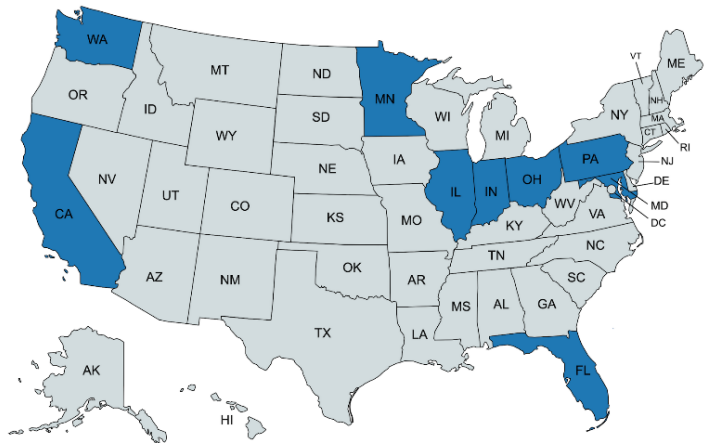
The DREAM study is a large cooperative research initiative inviting adults with acute pancreatitis from all corners of the United States. DREAM is conducted by a network of centers listed below.

With this first newsletter we wish to introduce you to our study centers, provide contact information for your local center and inform you on the goals of the DREAM study.

## PARTICIPATING CENTERS

(13 CENTERS NATIONWIDE)

AdventHealth Orlando  
Benaroya Research Institute  
Cedars-Sinai Medical Center  
Indiana University  
Johns Hopkins University  
Northwestern University  
Ohio State University  
University of Florida  
University of Illinois Chicago  
University of Minnesota  
University of Pittsburgh Medical Center  
University of Southern California  
Stanford University



T1DAPC Clinical Centers (in blue): data coordinating center at Penn State University

### Want to learn more about your pancreas and pancreatitis?

The National Pancreas Foundation (NPF) ([pancreasfoundation.org](http://pancreasfoundation.org)) is a resource for information, videos and support groups for patients and caregivers.

# ***PARTICIPANTS – WHAT YOU NEED TO KNOW:***

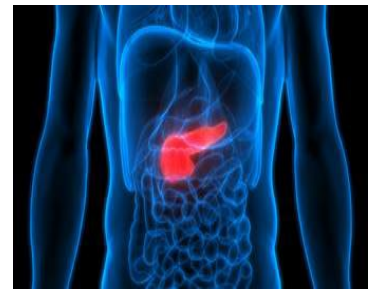
## **WHAT IS THE DREAM STUDY?**

The pancreas is a digestive organ located behind the stomach. Acute pancreatitis is a condition of inflammation and damage of the pancreas, that causes abdominal pain and nausea. Cells in the pancreas produce a hormone called insulin that helps the body control sugar (glucose) levels. Diabetes is a disease notable for high blood sugar (glucose) levels. Diabetes is found more often in people that experience acute pancreatitis.

The DREAM study is a long-term study (3-5 years) designed with following goals:

- 1) To understand how often people develop and the risk factors for diabetes after acute pancreatitis.
- 2) To understand how and why diabetes occurs after pancreatitis.

With this information we hope to develop new tests and ways to prevent and treat this condition.



## **HOW CAN I HELP AS A PARTICIPANT?**

We aim to recruit 800 individuals with acute pancreatitis. All ethnicities, backgrounds and lifestyles are welcome! For our team to truly understand diabetes after acute pancreatitis it is important our team to carefully follow our participants over a period of years. Please work with your physicians and study team at your site to ensure you are checking in and following up in a timely fashion for your study visits.

### ***Want to learn more about the DREAM study?***

Visit our website:

<http://t1dapc.net/dream.cfm>

## **KNOW YOUR STUDY PROCEDURES!**

### ***What is an Oral Glucose Tolerance Test [OGTT]?***

OGTT measures your body's response to sugar (glucose). It is an important test for finding diabetes early as it helps your physicians and study team understand how your body handles sugar (glucose) after a meal.

### ***What to expect from an Oral Glucose Tolerance Test?***

You will be asked to fast 8 hours before your test. On the day of your test you will be asked to drink a sweet liquid that contains glucose (sugar). Blood samples will be drawn using an intravenous needle through a vein in the arm. This test will last about 2 hours.