

Dear Family and Friends:

We hope this letter finds you and your families well. We are writing you on behalf of our daughter, Mia Metzler, who as most of you know was diagnosed with Type 1 Diabetes at the age of 2. The date was September 7, 2009 and we were enjoying a morning at home. Mia started breathing abnormally, turned pale, and became extremely lethargic. Soon after that she began nodding in and out of consciousness so we made a “bee line” to Dell Children’s hospital.



Within 15 minutes of arriving and without any tests, a nurse told us that we had a long day ahead. The nurse was almost certain Mia was going into a diabetic coma, but needed to perform a blood test to confirm it. The test came back and the nurse’s suspicion was correct. Mia’s blood glucose\sugar was 536 and she was experiencing DKA (Diabetic Ketoacidosis). DKA is a medical emergency, and without treatment it can lead to death. DKA was first described in 1886, and until the introduction of insulin therapy in the 1920s, it was almost universally fatal. It now carries a mortality of less than 5% with adequate and timely treatment.

After Mia’s diagnosis, we spent the next five days in the hospital; 3 in ICU and 2 in a “newly diagnosed” area where we would learn a completely new way of living. This included how to check Mia’s blood glucose, how to administer insulin by injection, and carbohydrate counting which is used to determine the amount of insulin to give her after each meal. We would be lying if we said it wasn’t overwhelming and a very emotional time for us and our entire family.

Prior to this day, we had a number of concerns about Mia’s health. She was experiencing weight loss, frequent urination, bed wetting, constant thirst (to the point of crying), falling asleep within seconds at the strangest times, and bladder infections. All turned out to be symptoms of Type 1 diabetes. Our family had no history of Type 1 diabetic symptoms or issues so her diagnosis came as a shock to us.

Thankfully through new technology, Mia does now not have to endure the many single injections she was initially receiving throughout the day. She now is using an insulin pump, a therapy which consists of a catheter insertion connected to a pager like device that continuously administers insulin throughout the day and manually when she eats. This is changed normally every 3 days. Although we still have to prick her finger every couple of hours to get an accurate blood glucose reading, she is also using a CGM (Continuous Glucose Monitor) to assist in control of her glucose level to minimize the latter life complications that accompany this disease. This is changed normally every 7 days. From the beginning, she has been nothing short of amazing in terms of her acceptance, patience, and courage.

After Mia was diagnosed we were put in contact with an awesome organization, The Juvenile Diabetes Research Foundation (JDRF). The JDRF is helping to accelerate diabetes research and we are closer to a cure than ever before. The JDRF is the largest worldwide organization dedicated to finding a cure for diabetes. 80% of every dollar spent goes to research and education – since 1970 the JDRF has provided more than \$1.5 billion dollars to diabetes research worldwide. Without the information and resources given to us by JDRF I don’t know where we would be right now. This is why we have decided to join the JDRF and help find a cure for diabetes.

With Thanks, Nick, Kendra, Hayden, and Mia Metzler