



# Monitor

A Publication of the Kilo Diabetes & Vascular Research Foundation

## “Dr’s Kilo and Williamson Honored by American Diabetes Association”

*The introduction below was given by John Kilo at the May 6th  
“Chasing the Cure” Kentucky Derby Gala.*

### OUR MISSION

The mission of the Kilo Diabetes & Vascular Research Foundation is to preserve life, promote health and safeguard the lives of people with diabetes and vascular disease through research, education, proper care and treatment.

Good Derby afternoon, my name is John Kilo. I want to thank you, the friends of the ADA and the Kilo Diabetes Foundation for joining us here as we honor these two legends in diabetes and vascular disease research, my brother, Dr. Chuck Kilo and Dr. Joe Williamson, Professors at Washington University’s School of Medicine, please give them a warm welcome.

Before I proceed I must at this time extend a special thanks to my fellow Board members who have done so much to support the Kilo Foundation and who have helped make this day a success. You should also know that the Kilo Foundation recently received the highest rating achievable from Charity Navigator, a national rating service. We should also recognize Joy Krieger and Dr. Pat Cole who have led this event from the start. They and their associates deserve our gratitude and a round of applause.

As we all know, diabetes touches virtually everyone’s life. Either you or someone you know has benefited from the work of our honorees. Our family was touched by this insidious disease when our brother Mitchell died of complications of diabetes almost three years ago.

Now I would like to share a few thoughts and highlights of the stellar careers of these two remarkable men. While they have a singular dedication to the same goal, one might suggest that they are like night and day. Joe Williamson is 6’3”, pencil slim, a Type 2 diabetic role model, renowned scholar and researcher, while my older brother Chuck, on a good day, may be 5’5 1/2”, slightly more curvaceous, a diabetics work in progress and an eminent clinician ever dedicated to patient care, diabetes research, and education.

They have been partners since the mid ‘60’s. Their mentor was the late and great Dr. Paul Lacy, Professor of Pathology, who developed and performed the first islet cell transplantation work in the world. At his suggestion Dr. Williamson joined Dr. Kilo in his research work. Together they collaborated to refute the major diabetes study being conducted by the National Institute of Health, the UGDP study (University Group Diabetes Program). This study’s conclusion was that oral medications were killing diabetic patients and that insulin only benefited the diabetic by reducing the symptoms, not the complications. They, with their own money and persistence over the course of 4 years, succeeded in overturning the conclusion of the UGDP study. Initially the FDA, AMA and the ADA endorsed the conclusions of the UGDP study but later withdrew their support and agreed with the work of our honorees. Thanks to their determination, we now have oral agents available to diabetic patients in this Country – without their effort it is hard to imagine where the world of diabetes treatment would be today.

In another medical milestone, these pioneers also refuted the widely accepted cause of diabetic complications in the ‘60’s that patient’s genes, rather than high blood sugars, was the cause of their problems and hence blood sugar control was not important. They provided irrefutable evidence that diabetic complications were related to the duration of diabetes, the degree of blood sugar control and the other cardiovascular risk factors, especially high blood pressure and blood fats.

During these years, Dr. Williamson, Professor of Pathology and Dr. Kilo, Professor of Medicine continued to spend endless hours conducting diabetes and vascular disease research, publishing papers, performing clinical trials and working with pharmaceutical companies to improve the lives of diabetics through education, improved treatment and care.

Their work, which was by now endorsed globally, brought a great deal of attention to both doctors and the demands for them to lecture throughout the world grew, as did their fame.

**KILO DIABETES & VASCULAR  
RESEARCH FOUNDATION**  
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## Giving a Helping Hand with Pat Buckley Moss

This past September, internationally renowned artist, Patricia Buckley Moss, renewed her old friendship with Dr. Charles Kilo at The Art Loft Gallery in Collinsville, IL during a personal appearance and art show at the gallery. During their visit, Dr. Kilo was able to share with Pat the progress that has been made with finding a cure for diabetes. He told her just how close the research department at Washington University was in making years of hard work a reality. Moss' immediate response was, "What can I do to help you raise the funds needed to make this dreaded disease history?" To that end, Pat Moss has generously donated a limited edition offset lithograph, *Tranquil Harmony*, to the Kilo Foundation to be sold by the foundation with all of the proceeds going toward research to make the cure for diabetes a reality.

Moss is no stranger to supporting the Kilo Foundation. This is the third such print she has donated to the Foundation over the many years that she and Dr. Kilo have been friends. She selected this image not only because both the title and the image reflect a place of beauty, solitude and harmony but also because they depict a place of strength, hope, promise and commitment – the same attributes that Dr. Kilo, Dr. Williamson, the Kilo Foundation staff, and the entire research lab have demonstrated in their efforts to eradicate diabetes.

Pat, the artist, shares with us her vision of this peaceful haven - a spot graced with the beauty of nature; a tranquil place filled with hope and promise for everyone who visits. The images of the great tree and its shadow, a reflective pond and the barn in the distance offer us a glimpse of life's promises: Pat's trees have long been associated as silent witnesses to everyday life, persevering from day to day, year after year, generation to generation, waiting and watching, experiencing rebirth with each coming of spring – giving the viewer the sense of renewed strength and hope. The shadow cascading over the ground reaches out to its viewer shading us where we begin our journey, embracing us and all that the artist wants us to experience. The barn situated in the distance provides a safe haven offering a sense of security: a building, no stranger to hard work, is filled with the presence of life imparting the feeling that we are not to feel alone. The pond reflecting the blue of the sky and mirroring the image of the barn allows us to take the time to reflect upon life, giving us the opportunity to consider what is important and that which we truly enjoy.

Moss has lived long enough to know that life has its ugly side; however Pat's character does not allow her to dwell upon the negative but rather to look for the positive, that which instills warmth and security and encourages the celebration of life, its hopes, its promises and its commitment to renewal. *Tranquil Harmony* is a typical Moss landscape designed to create an emotional awareness in the viewer; to give one a sense of peace – the feeling of safety in a perplexing and entangled world. It invites us to stroll alongside the pond working our way around the countryside to the distant barn in anticipation of finding others to share the peace and harmony of this tranquil moment.

By ordering *Tranquil Harmony* you will not only have the opportunity to enjoy this beautiful artwork in your home or office, you also have a hand in helping the Kilo Foundation take the necessary steps to advance their research to the next level. Your support is greatly appreciated and the Kilo Foundation is honored that you have chosen to be a part of the effort in making the cure for diabetes a reality.

# P. Buckley Moss Prints To SUPPORT THE KILO FOUNDATION

## TRANQUIL HARMONY

*Purchase of this print will support the research  
efforts of the Kilo Foundation.*



For your convenience, this print can also be purchased with the custom framing already completed by The Art Loft Gallery. A portion of the framing proceeds will also be donated to the Kilo Foundation to go toward research.

**Unframed** - \$100.00 per print      **Framed** – (print and frame) \$230: Size approximately 19” wide, 13” high.

Custom framing includes triple acid -free mats, acid-free foam core backing, conservation hanging, regular glazing and a handsome wood frame in your choice of finishes: Black, Walnut, Pecan or Cherry. The framing includes: inner mat: dusk to match the color in the horizontal middle mat; medium brown with a black core to pick up the color in the foreground as well as the black tree; outer mat: a neutral off-white to pick up the coloring in the barn.

Please fill out the form below and return to:  
The Kilo Foundation  
1227 Fern Ridge Parkway, Suite 120  
St. Louis, MO 63141

Contact: Beverly or Angela at the  
Kilo Foundation with any questions you  
may have: 314-434-6500

I am interested in supporting the Kilo Foundation in its efforts to find the cure for diabetes by purchasing the Limited edition offset lithograph, *Tranquil Harmony*, by internationally renowned artist, P.Buckley Moss

\_\_\_\_\_ *Tranquil Harmony*, unframed at \$100.00 per print

\_\_\_\_\_ *Tranquil Harmony*, custom framed as described above: \$230.00 for the print and framing.

Frame finish choices: \_\_\_\_\_Black \_\_\_\_\_Walnut \_\_\_\_\_Pecan \_\_\_\_\_Cherry

**PLEASE NOTE:** Mailing of **unframed** print is \$5.00 per print. Shipping, handling and insurance for **framed** prints is \$14.00 per framed print. *If ordering framed print, allow 3-4 weeks for completion and delivery.*

I am enclosing a check in the amount of \$\_\_\_\_\_ Make check payable to the **Kilo Foundation**.

Please charge my:    Visa    MC    AmEX

Acct. # \_\_\_\_\_ Exp. \_\_\_\_\_ Signature: \_\_\_\_\_

Shipping address if different from original address

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address \_\_\_\_\_

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Phone: \_\_\_\_\_

# Giving Wisely to Diabetes

Americans – among the most philanthropy-minded people in the world – give an estimated \$184 billion to charities each year, and many of those dollars go to diabetes-related research foundation, clinics, hospitals and patient groups. But with so many worthy causes to choose from, wading through the direct mail, e-mails and phone solicitation can be daunting, especially when donors don't know how their gifts will be spent.

## Kilo Diabetes & Vascular Research Foundation Overall Rating:



You can be proud,  
we were awarded  
the highest rating from  
Charity Navigator  
– an independent charity  
evaluator.

[www.charitynavigator.org](http://www.charitynavigator.org)

## Interview Your Charity

Finding the right charity is sort of like dating. It's important to take the time to find out about each prospect's background, spending habits, ethics, honesty and work history before you commit. You should begin by determining how open the charity is about its programs, finances and structure. In the interest of transparency, many charities disclose their financial information to national watchdog groups such as American Institute of Philanthropy, Better Business Bureau's Wise Giving Alliance and Charity Navigator which rates the 5,000 largest charities in the country and collects financial data on organizations directly from the IRS.

## Size Does Matter

Too often charities skim off a sizeable portion of donations for administrative costs and fundraising, leaving a paltry sum for actual programs and services. The size of the organization may play into donors' decision as well. Smaller organizations can sometimes make better use of donor dollars, but larger organization may be able to implement riskier, more cutting-edge programs that require a substantial initial investment. Another question to ask: Is the person at the helm earning a king's ransom in salary? How much a CEO

should be paid is a subjective judgment. Nonetheless, some donors may prefer giving to an organization whose director or CEO isn't earning a salary of that order.

## Let the Donor Beware

In recent years, donors have become aware of a sneaky charity practice: selling donors' private information to other charities for profit. These third parties bombard donors with spam, junk mail and unwanted phone solicitations. Donors should also investigate if there is a governing board of at least five voting members that meets regularly. This is important because charities without a functioning board may lack the oversight necessary to ensure fiduciary responsibility and overall efficiency. Once you've sorted the wheat from the chaff and zeroed in on a few good charities, you can confidently make your final decision. All of this may seem like a lot of work just to give away your money, and it really shouldn't be this hard.

But for philanthropists who want the peace of mind of knowing that their generosity and hard-earned dollars won't be wasted, the extra legwork is well worth it.



# 25th Annual Kilo Golf Tournament September 11th

Planning is underway for the 25th Annual Kilo Benefit Golf Tournament scheduled for Monday, September 11th, 2006 at Greenbriar Hills Country Club in Kirkwood. This event is the number one fundraiser for the Kilo Diabetes & Vascular Research Foundation. Last year's tournament was a huge success raising over \$250,000 for diabetes and vascular research. We don't want you to miss out on the fun! Golfers will be treated to a great golf course, delicious lunch, gourmet dinner and wonderful silent and live auctions.

If you are unable to attend, but are still interested in participating, donations of any amount will add to the success of this annual fund-raiser. Don't forget to take advantage of the Chip in For Kilo Trivia Raffle. Only 400 tickets will be sold!

For more information about playing in the tournament, sponsorship information or if you would like to donate an auction item please contact Angela or Beverly at the Kilo Foundation at 314-434-6500.

## Upcoming Events

**September 11th**  
**25th Annual Kilo Golf  
Tournament**  
**Greenbriar Hills Country Club**  
**Kirkwood, Missouri**



**November 17th & 18th**  
**34th Annual Kilo Diabetes Symposium**  
**Adam's Mark Hotel**  
**St. Louis, Missouri**

For more information regarding upcoming events, please call the Foundation at 314-434-6500 or visit our website at [www.kilorf.com](http://www.kilorf.com).

### Sponsorship Levels

Platinum Sponsor	\$10,000 (includes two foursomes)
Gold Medallion Sponsor	\$7,500 (includes two foursomes)
Gold Tee Sponsor	\$5,000 (includes two foursomes)
Silver Tee Sponsor	\$3,000 (includes one foursome)
Bronze Tee Sponsor	\$1,500
Hole Sponsor	\$750
Most Accurate Drive	\$750
Longest Drive	\$750
Closest To The Pin	\$750
Individual Player	\$450

**HELP! WE NEED MORE SPONSORS, GOLFERS AND AUCTION ITEMS.**

# CHIP IN FOR KILO & WIN \$10,000

Sign me up for \_\_\_\_\_ tickets (at \$100 per ticket) for a chance to win \$10,000 with the Kilo Golf Trivia Raffle.

\* If less than \$10,000 in tickets are sold, proceed will be split 50/50 with the foundation.

Enclosed is my check made out to the Kilo Foundation  Please charge my: Visa | MasterCard | American Express

Acct. # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Signature \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

C/S/Z: \_\_\_\_\_

Phone: \_\_\_\_\_

**Drawing to be held on**  
**Monday, September 11, 2006 at**  
**Greenbriar Hills Country Club.**  
**Need not be present to win.**

*Raffle Tickets will be mailed on Receipt of Payment*

# Dear Fellow Veterans and American Heroes

I want to thank you as a small token of my great respect, admiration and appreciation for all you have contributed to protect and maintain our freedom. We served our country, obeyed orders and completed our mission. We lost many friends— all to provide us who survived an opportunity to enjoy what we have in America – the beautiful and the land of plenty and a country of opportunity.

This past year our Kilo Foundation lost a Board member who served our country during World War II.

Capt. Robert Trulaske, Sr. flew a C-47 plane on 17 missions over Western Europe. He flew 2 missions on D-Day dropping paratroopers in the war zone or towing Gliders which carried paratroopers and a jeep. Bob's plane was hit by enemy anti aircraft fire – setting the fuel tank on fire. The one engine, wing and fuselage were badly damaged. Bob flew his workhorse plane back to England and landed with no fuel left. Bob told me his story when I had him hospitalized at a local hospital. He rarely spoke of his military career. His goal was to lead his True Manufacturing Company to be one of the best and to care for his wonderful wife Gerry and his two sons Robert Jr. and Steven. During my eight years in the US Air Force my life was saved by a West Point Officer named Colonel True.

As I write this piece I am reminded of my fellow crew members who were all killed in a C-47 plane crash. Here we are over 60 years later recalling how fortunate we are to have served and survived.

Bob served the Kilo Foundation by contributing his knowledge and financial support to educate, serve and conduct first class research in Diabetes and Vascular Disease Research. His two sons, Robert Jr. and Steven continue his tradition of helping our not for profit Kilo Research Foundation.

I thank him for his sacrifice and I'm certain his family appreciates his contribution to make it possible for us to live in freedom and peace in our great country.

I and our Kilo Board Members miss him – he was a true friend and dedicated family man and great American hero.

Charles Kilo, M.D.  
Chairman

# Kicking the Salt Habit

Jackie Dudley, RN, CCRC

Summer is the ideal time to cut back on salt because fruits and vegetables are in season and are naturally low in sodium (salt). How do you begin? By cutting back on salt in cooking. Stop cooking with salt. Instead, wait until you have tasted the cooked food before deciding whether it needs spicing up. Keep on hand lite salt such as Morton's Lite Salt. When you add salt at the table after tasting, you will use much less salt. Try pepper instead of salt. Pepper alone sometimes satisfies you taste buds. Choose no-sodium seasonings, such as Mrs. Dash. Try using herb vinegar, a squeeze of lemon, lime or orange. Buy Garlic Powder or Onion Powder and Celery Powder instead of garlic or onion salt. Also, try Paprika, dried Dill Weed or minced Italian seasonings such as dried Basil and dried Oregano, even Ginger Powder and Curry Powder. When you are dining out, ask for sauces and dressings "on the side" and ask that no salt be added to prepared dishes. Dishes such as veggie wraps, tossed salads with fresh vegetables and fruit and a "lite" dressing or vinegar and oil on the side are always good choices and by eating more fresh fruits and vegetables at every meal

and cutting back on adding salt to foods, you can easily reduce your salt intake substantially.

Consuming high levels of sodium (salt) can also cause you to retain too much water. If your ankles swell in the summer, you are making your kidneys and your heart work harder to recirculate the extra water volume. Water retention can also add extra pressure resulting in sinus headaches and raising blood pressure. So, start now and shake the salt habit.

## INGREDIENTS:

- 1 teaspoon garlic powder
- 2 teaspoons onion powder
- 1 tablespoon mild paprika
- 2 teaspoons of celery powder
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon dry mustard powder
- 1 teaspoon ground black pepper
- 1 tablespoon ground lemon peel (optional)

## DIRECTIONS:

Mix all the ingredients in a small bowl. Store in a glass jar with a tight lid.

Makes about 1/3 cup

Source: *Diabetic Cooking*,  
May/June 2004

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**Please consider a generous tax deductible donation to support our research and education programs.**

**Contributions included are through July 1st, 2006. If a correction needs to be made, please contact Angela at 314-434-6500 and it will be corrected in the next issue of The Monitor.**

## Continued from page 1...

In 1972 this dynamic duo, with the help of some wonderful friends in the community, formed what is now the Kilo Diabetes & Vascular Research Foundation. This Foundation, whose mission is to preserve life, promote health and safeguard the lives of people with diabetes and vascular disease through research, education, proper care and treatment, has contributed over \$16 million dollars to diabetes and vascular disease research at Washington University.

This year will mark the 34th Annual Kilo Diabetes Symposium.

The symposium is the largest in the Midwest and considered one of the finest in the Country. In 2005 over 500 medical professionals attended the symposium led by Dr. Kilo and a faculty of 16 national and global leaders in diabetes treatment, education and research.

The Kilo Foundation currently contributes financial support for diabetes research to Dr. Emil Unanue, Chairman and Professor of Pathology and an expert in immunology, to Dr. Sam Klein, Professor of Medicine and Director of the Center for Human Nutrition, both at Washington University and to Dr. Yasuo Ido who has been collaborating with Dr. Williamson for the past several years.

Our honorees have not stopped in their quest to find a cure for diabetes and vascular disease. Their research and work has reduced vascular complications by aggressively treating blood sugars and cardiovascular risk factors. Dr. Kilo is now teaching at Washington University, still leads the Symposium and chairs the Foundation while Dr. Williamson continues to write and publish the results of his research work with the Kilo Laboratory at Washington University.

It has been said that diabetes never takes a vacation and when I think of these two extraordinary physicians who work so tirelessly, I am reminded that, like diabetes, a vacation from research has no place in their vocabulary.

Doctors, you have given us a wonderful evening and we thank you for all you have done, continue to do and for sharing so unselfishly with the medical community and with diabetics around the world.

The Monitor is a Publication  
of the Kilo Diabetes & Vascular  
Research Foundation

Please send all correspondence and  
address changes to:

**THE MONITOR**

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*Chairman & Professor of Medicine*

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## Mark Your Calendars

# 34th Annual Kilo Diabetes Symposium

## November 17th & 18th

“Current Topics in Diabetes, Endocrinology and Vascular Disease” Mark your calendar for this outstanding continuing education program for physicians and health care professionals. This five star program annually draws over 500 participants from all over the Midwest.

Each year the faculty is composed of nationally and internationally recognized experts who provide

vital updates on the latest therapies and technologies for the management of diabetes, endocrine and cardiovascular disease and their complications. If you would like more information, please contact Angela or Beverly at the Kilo Foundation at 314-434-6500.

**Online registration is available at [www.kilorf.com](http://www.kilorf.com)**