A Type 1 Diabetes diagnosis doesn't mean giving up on your dreams, just look at World Series champion Garrett Mitchell (BROADCAST)

INTRO

MILWAUKEE BREWERS CENTER FIELDER GARRETT MITCHELL JOINED AN EXCLUSIVE GROUP LAST WEEK AS HE HELPED LEAD THE BREWERS TO A WORLD SERIES CHAMPIONSHIP… WHAT IS MUCH MORE COMMON… THOUGH… IS THE CONDITION HE MANAGED THROUGHOUT THE TEAM'S POSTSEASON RUN

TAKE VO

MITCHELL IS ONE OF MORE THAN TWO MILLION AMERICANS LIVING WITH TYPE ONE DIABETES… AN AUTOIMMUNE DISEASE IN WHICH THE BODY STOPS PRODUCING INSULIN

LIKE MOST PEOLE WITH TYPE ONE DIABETES… MITCHELL WAS DIAGNOSED AS A KID AFTER HIS MOM NOTICED HE WAS PEEING EXTREMELY FREQUENTLY – A TELL-TALE SIGN OF TYPE ONE DIABETES

THAT EARLY DIAGNOSIS AND A STRONG SUPPORT TEAM AROUND HIM HAVE ALLOWED MITCHELL TO SUCCESSFULLY MANAGE HIS CONDITION AND EXCEL IN HIS ATHLETIC CAREER

DOCTOR PAT RIZZUTO IS A PEDIATRIC ENDOCRINOLOGIST AT THE PEDIATRIC DIABETES RESOURCE CENTER AT OSF HEALTHCARE CHILDREN'S HOSPITAL OF ILLINOIS - AND AN ASSISTANT PROFESSOR AT UNIVERSITY OF ILLINOIS COLLEGE OF MEDICINE PEORIA

HE ALSO HAS TYPE ONE DIABETES AND SAYS THAT WHILE DIABETES MANAGEMENT ULTIMATELY BOILS DOWN TO TAKING INSULIN AND MONITORING BLOOD SUGAR… THAT CAN BE EASIER SAID THAN DONE

HAVING A TEAM BEHIND YOU LIKE THE ONE AT THE PEDIATRIC DIABETES RESOURCE CENTER… CAN MAKE ALL THE DIFFERENCE

TAKE SOT | DR. PAT RIZZUTO | PEDIATRIC ENDOCRINOLOGIST | OSF CHILDREN'S HOSPITAL

"What you need is a specialized team of people who are experts at different dimensions of life with diabetes. At our Diabetes Resource Center, we have a big team of people who are dedicated to help kids live completely ordinary lives, the same as they would without diabetes."

VO TAG

THE PEDIATRIC DIABETES RESOURCE CENTER TEAM INCLUDES NURSES… EDUCATORS… DIETITIANS… SOCIAL WORKERS AND OTHER SUPPORT STAFF THAT ASSIST WITH EVERY ASPECT OF PEDIATRIC DIABETES

DOCTOR RIZZUTO SAYS IF YOU NOTICE YOUR CHILD URINATING AND DRINKING FAR MORE THAN USUAL… IT'S A GOOD IDEA TO TALK WITH THEIR PRIMARY CARE PROVIDER

HE ALSO RECOMMENDS PRE-SYMPTOMATIC SCREENING FOR THOSE WITH OTHER AUTOIMMUNE CONDITIONS OR A FAMILY HISTORY OF TYPE ONE DIABETES

ADDITIONAL INFO/SOUNDBITES

"When you look at Garrett, you wouldn't know he has diabetes just looking at him," Dr. Rizzuto said "He lives an ordinary life. Extraordinary in the sense of baseball, but you can see that diabetes hasn't kept him from exceptionality. That's something we want for all our patients, to be exceptional in what they are passionate about."

Importance of Early Detection and Intervention

“We can actually see evidence of Type 1 diabetes brewing months or years before symptoms develop,” Dr. Rizzuto says. “It’s actually very important to me and the community that we do more screening for Type 1 diabetes because there’s actually support that we can give even before the blood sugars have gotten to the point where those symptoms are developing.”

This screening is done through a simple blood test that looks for certain antibodies. Preemptive screening can have lifesaving impact.

“When Type 1 diabetes goes unrecognized in children long enough for their insulin to drop to an extremely low level, they’re at risk of developing what’s called diabetic ketoacidosis,” Dr. Rizzuto says. “This is an extremely dangerous, life-threatening state. In settings where there’s screening of the population, we actually see a decrease of over 90% in the risk for diabetic ketoacidosis or DKA. That’s extremely exciting to me as an endocrinologist to be able to almost eliminate that risk.”

All Dreams are Possible with Type 1 Diabetes

Dr. Rizzuto further points to singer Nick Jonas and ultramarathoner Ben Eakin as inspirational touchstones for kids navigating a Type 1 diabetes diagnosis. You can also put Dr. Rizzuto himself in that same category.

“I have had Type 1 diabetes for almost 40 years now, and I have a completely ordinary, normal life,” he said. “It hasn’t kept me from doing the things I want to do in life. Children prosper and thrive and go on to achieve their dreams the same as their peers, the same as their friends. Diabetes doesn’t hold you back.”