

# FEATURE



**Steven E. Kahn, MB, ChB**

**S**teven E. Kahn, MB, ChB, is a Staff Physician at the VA Puget Sound Health Care System and Professor of Medicine in the Division of Metabolism, Endocrinology and Nutrition, University of Washington. He established and still heads the Diabetes Research Group at the medical center and currently also directs the Diabetes Research Center at the University of Washington.

Dr. Kahn started his research career examining the relationship between insulin sensitivity of the tissues and the ability of the pancreas to release insulin. In this work he demonstrated that the interaction of these organs is governed, like most endocrine systems, by a feedback loop that is tasked with maintaining the exquisite regulation of the body's glucose levels. His work, along with that of his colleagues, helped create a paradigm shift in the understanding of the abnormalities that lead to the development of type 2 diabetes and the high-risk condition called prediabetes. Based on their studies, it is now well accepted that the basis for the development of type 2 diabetes and for the progression of the disease is the inability of the pancreatic islet  $\beta$ -cell to secrete the requisite amounts of insulin. This recognition has also resulted in approaches to the prevention and treatment of type 2 diabetes including attempts to maintain  $\beta$ -cell health.

Dr. Kahn currently leads two large clinical trials sponsored by NIDDK and administered by SIBCR: the Diabetes Prevention Program (DPP) and Look AHEAD. He chairs the "Restoring Insulin Secretion (RISE) Study", a seven center NIDDK study that will launch in 2013 and will address how best to slow or prevent the relentless loss of islet  $\beta$ -cell function in prediabetes or recently diagnosed type 2 diabetes.

He has trained more than twenty post-doctoral fellows and it is this aspect of his work that makes him most proud. Three of them, Drs. Hull, Utzschneider and Zraika do their research at VA Puget Sound, and all have independent NIH funding. He has been elected to the American Society for Clinical Investigation and American Association of Physicians, and has received a number of prestigious awards including this year The Endocrine Society Clinical Investigator Award.

## MARK YOUR CALENDAR

### ANNUAL MEMBERS MEETING

Tuesday, April 2  
Building 1, Room 240  
4 PM

### EMPLOYEE APPRECIATION

Tuesday, April 30  
Building 1, Room 240/236b  
10 AM

### NEXT R&D RESEARCH SEMINAR

Monday, April 1, Noon  
Building 1, Room 240/236b  
David Flum, MD, MPH Professor, Department of Surgery and Health Services Director, Surgical Outcomes Research Center, University of Washington

*Check out our website for more upcoming events at [www.sibcr.org](http://www.sibcr.org)!*

## WELCOME!

Karen Atkinson, Danae Hollinger, Hollie Holmes, Jirawan Wade, and Mayumi Yagi