

Every night we sneak into Miya's room while she is sleeping to poke her finger for at least the 5<sup>th</sup> time each day. Miya is 2 1/2 years old and has had over 1,190 shots and more than 1,424 finger pokes since our last letter. Diabetes strikes suddenly and lasts a lifetime. It is high maintenance, expensive, and deadly. Our hearts broke when Miya cried because she had to have yet another shot just to have a piece of her own birthday cake.

On July 7<sup>th</sup>, Miya was put on an insulin pump, which delivers insulin 24 hours a day according to a programmed plan unique to Miya's changing needs. When Miya eats, we must tell the pump to deliver a dose of insulin to match the amount of carbohydrates Miya eats. With all of the good changes the pump brings, it has its share of bad. The insulin is delivered through a thin plastic tube. This tube has to be inserted into Miya using a large needle every three days because if it stays in longer an infection could occur.

Inserting the pump catheter is still new for us and this has been the hardest thing we have ever had to do. We do not want Miya to have to endure the pain that is involved in this whole process for the rest of her life. Seeing her cry and crying with her has taken its toll on our family this year. We would walk forever if Miya could be cured.

Being on insulin is only life support. It does not prevent Miya and the 1.3 million others from suffering with complications of blindness, amputation, nerve damage, kidney failure, heart attack, stroke, and 15 years less life expectancy. This is just not acceptable.

There is good news. Every year checking blood sugar and delivering insulin is getting more accurate, less painful, and easier, made possible with research. The JDRF has supported cutting edge research since 1970 with \$600 million raised by volunteers. JDRF is very efficient with 87 cents of every dollar going directly toward research, putting them in the top ten of charities worldwide.



**WALK  TO CURE DIABETES**



*dedicated to finding a cure*

**FOR MIYA'S SAKE**

Believe me, we do not like to send this letter to you, asking for your help, but we do not like the fact that Miya has diabetes even more. We sincerely appreciate your generosity and support in helping us find a cure for our daughter. A cure requires research, which requires money. Dollar by dollar, we will get there. Please consider making JDRF your choice for contributions this year through "For Miya's Sake" team. Your support means a better life for Miya and others with diabetes.

**THANK YOU**

**Love in Christ,**

**Rick, Jennifer, Trey, Cole, and Miya**

P.S. Please call or email us if you have any questions.

(jenn@laven.net / 616.365.3906)

**This is where we need your help. There are many ways to help:**

**Join the "For Miya's Sake" Team.** Walk with Miya on **September 24<sup>th</sup>**. Bring your family and friends, fill out the attached registration form (or sign up online at [www.laven.net/miya](http://www.laven.net/miya)), collect pledges, and get an exclusive "For Miya's Sake" t-shirt ☺ (*to reserve your t-shirt, please let us know by Sept. 7<sup>th</sup> if you are going to walk with our team*).

**Support Our Team.** If you are unable to walk with us, we still need your help and support. You can do this by making a tax-deductible donation online at [www.laven.net/miya](http://www.laven.net/miya) or send us a check made payable to JDRF.

**Make a Corporate Contribution.** For every donation over \$100, "For Miya's Sake" team will proudly add your company's name to the list of sponsors printed on the back of our t-shirts (*to reserve your sponsorship on our t-shirt, please let us know by September 7<sup>th</sup> if you want to sponsor our team*).

**IF PAYING BY CHECK, PLEASE MAKE YOUR DONATION PAYABLE TO "JDRF" AND RETURN BY Sept. 20<sup>th</sup> & MAIL TO:**  
Miya Laven / 5874 Woodbriar Dr NE / Belmont, MI 49306