

5K FOR DIABETES SPEECH

Date: March 2, 2025

Speaker: Shreya Madan

Good morning, everyone, and welcome to this 5K walk! My name is Shreya Madan, and I'm a sophomore at Basis High School. I'd like to extend a warm welcome to all of you who took the time to join us today.

When we first started this walk last year, I mainly gathered my fellow students and teachers from BASIS, but look at us now! We have **ambassadors from eight different schools** helping us out — we're practically building a health empire at this point!

As you all know, this year's walk is dedicated to raising awareness about **diabetes**. Diabetes is one of those conditions that doesn't just affect one part of the body — it's everywhere. Almost every organ, every system And it's especially common in our community. In fact, I'm pretty sure almost everyone here knows **someone** living with diabetes — whether it's a family member, a friend, or maybe even yourself.

Today, we're lucky to have some **incredible experts** here to help us learn more about diabetes — what it actually does, and more importantly, what we can do to **keep it away**.

Our first speaker is **Dr. Ralph DeFronzo**, who is a superstar in the world of endocrinology. He's a professor at **UT Health**, a world-renowned expert, and — fun fact — he actually **invented** an entire class of diabetes drugs called **SGLT2 inhibitors**. These drugs are now some of the most effective treatments for **diabetes, kidney disease, and heart disease**. Thank you, Dr. DeFronzo, for taking time out of your busy schedule to be here with us today!

Our next speaker is **Dr. Sonika Gupta**. Dr. Gupta also trained at **UT Health** and now runs her own endocrinology practice, **Alamo Diabetes & Endocrinology**, in the San Antonio Medical Center. She treats all kinds of endocrine conditions but has a special passion for **diabetes and obesity care**.

Now, I want to take a minute to thank some very important people who made this event possible:

- **Dr. Hunnicut**, my biology and HOSA teacher at BASIS. Thank you for being so supportive and for helping me pull this all together. Honestly, I'm pretty sure you've answered at least a thousand of my texts at this point.
- **Dr. Hitchman**, who has been my personal superhero. She lets me work in her lab, teaches me cool science stuff, and somehow manages to answer all my (sometimes very dumb) questions with a smile.

Big thanks also to **UT Health, UHS, and the City of Shavano Park** for sponsoring this event. We couldn't do this without you. And of course, a big shout out to the **University faculty and staff** for your support.

Now, this event would absolutely **not** be possible without our awesome **ambassadors** — Presha, Keira, Suhavi, Mehar, Shalini, Aanvi, Isabella, Saanvi, Seren, and Ava! These amazing students represent schools like Health Careers, Reagan, Brandeis, Keystone, Alamo Heights, Stevens, and Saint Mary's Hall.

Special thanks to **Presha**, who pretty much went above and beyond and then some to help make today happen.

And yes, this year's volunteering vests are definitely uglier than last years, so our fashion sense seems to be on the decline, so thanks to all the **BASIS HOSA volunteers** who showed up and worked hard to make today a success. You all rock!

And with that, I'd like to officially welcome **Dr. DeFronzo** to kick things off with a few words.