

# Diabetes Spotlight

VOLUME 3

SUMMER 2015

## UPCOMING EVENTS

**July 3rd:** *Clinic closed in observance of July 4th*

**July 14th:** 5:30-7:00  
*Oceanside Diabetes Parent Support Group*

**July 21st:** 5:30-7:00  
*Murrieta Diabetes Parent Support Group*

**July 28th-31:** *Camp Wana Kura*

**August 3rd:** *Advanced Pump Class*

**August 10th:** *Introduction to Pump Therapy Class*

**September 7th:** *Clinic closed in observance of Labor Day*

**September 12th:** *Rady's Diabetes Family Conference*

**September 26th:**  
*TCOYD Conference*

**November 7th:** *JDRF One Walk*

**November 16th:**  
*Advanced Pump Class*

**December 5th:** *Rady Children's Diabetes Product Fair*

## Rady Children's Hospital-San Diego Diabetes Family Conference

**Saturday, September 12, 2015, 1:00 – 4:30 p.m.**

Join experts from Rady Children's Diabetes Clinic and the University of California San Diego for in-depth discussions on advances in diabetes research, new technology, and essential information for families living with diabetes.

**Please register via Eventbrite.** Space is limited. Participation is free.

<https://www.eventbrite.com/e/rady-childrens-diabetes-family-conference-tickets-16951167398>

This event will take place at Rady Children's Hospital San Diego and the Ronald McDonald House at Rady Children's Hospital. Supervised activities will be available for children. We are also looking for teen volunteers to help with the activities.

Please check in at the Acute Care Pavilion front entrance between 12:15 -1:00 p.m.

**Featured Talks: 1:00 - 2:30 p.m.** – Rady Children's Hospital Acute Care Pavillion

- **Islet Cell Encapsulation:** Presented by Jeremy Pettus, M.D.
- **Dealing with the Tough Stuff:** Presented by Liana Adascal, Ph.D.
- **CGMS Interpretation:** Presented by Michael Gottschalk, M.D., Ph.D.

**Break/Refreshments: 2:30 – 3:00 p.m.:** Ronald McDonald House

**Break-Out Sessions: 3:00-4:30pm** – Ronald McDonald House. Select one topic per session.

**Session 1: 3:00-3:25pm:**

504/IEP Planning *or*  
Transition to Adult Care

**Session 2: 3:30-3:55pm:**

- Advanced Pumping *or*
- Nutrition

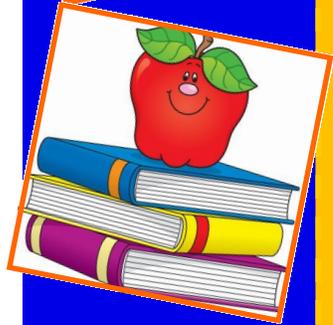
**Session 3: 4:00-4:25pm:**

Diabetes and Exercise featuring a panel of athletes with T1D *or*  
Diabetes Technology

# Are you Ready to Go Back to School?

Back to school season is an exciting time of year. For many parents of children with diabetes, this time of year can be stressful with all the preparation and planning needed. Below are a few tips that will help to make the school year a success. While every child and school is unique, these guidelines should help you get started:

1. Before school starts make sure you have an updated medical form from your physician. If you do not have these forms, the school may not allow your child to attend the first day.
2. Meet with the school nurse or principal to determine the school's policies regarding diabetes management. You may need to complete an individualized health plan to address your child's unique needs.
3. Find out what time recess and lunchtime are so you can plan your child's meals and insulin accordingly.
4. Discuss with the school nurse and your child's teacher what your child's signs and symptoms of low blood sugar and high blood sugar are and how they should be treated.
5. Prepare supplies and equipment needed for school. This may include a blood glucose meter, test strips, insulin, syringes, pens, pump supplies, ketone strips, extra snacks, fast acting sugar products, glucagon, and back-up batteries for meter and/or pump.



## Easy Lunch Ideas:

Try these quick lunch items for a healthy meal. Remember preparing foods the night before is a great way to save yourself time in the morning!

- Whole wheat pita with tuna and carrot sticks
- Whole wheat tortilla with hummus, tomatoes, and mozzarella cheese
- Whole wheat tortilla roll with almond butter and a banana
- Salad with veggies and lean turkey meat
- Romaine lettuce wraps with brown rice and black beans and salsa
- Dinner leftovers with a salad

For more lunch ideas try these books and websites:

Funky Lunch: Happy Food for Happy Children  
[thesneakychef.com](http://thesneakychef.com)  
[chopchopmag.org](http://chopchopmag.org)

Contributed by Adrianna Arredondo, RD



## Green Tips for Lunch Box Packing

Did you know that the average student carrying a packed lunch produces 67 pounds of waste a year? As the kids head back to school, it's a perfect time to consider investing in some re-usable options. Here are some of our favorites:

**Lap Top Lunch:** [theultimategreenstore.com](http://theultimategreenstore.com)

**Stack it! Click it! Pack it!:** [innobaby.com](http://innobaby.com)

**Go Green Lunch Box:** [gogreenlunchbox.com](http://gogreenlunchbox.com)  
**Box with room for 3 snacks, sandwich and drink. Bonus: Erasable white board for love notes and carb count**

**Reusable Lunch Sacks and Snack Bags:**  
[etsy.com/shop/bagitconscious](http://etsy.com/shop/bagitconscious) or [snacktaxi.com](http://snacktaxi.com)

**BPA-Free Water Bottles:** [mysigg.com](http://mysigg.com)

Contributed by Lisa Ameer, MSNH, RD, CDE

## Off to College? : Summer Checklist

1. Visit the student Health Center: Find out where the health center is located and how to make appointments.
2. Meet with student services: Student services will be able to assist you in requesting modifications needed to care for your diabetes. Some modifications could include:
  - Permission to check blood sugars in the classroom
  - Permission to have a personal refrigerator for diabetes supplies in your dorm room
  - Rescheduling tests if blood sugars are high or low
  - Allowing food to be eaten in class
  - Being excused for diabetes-related absences and have the ability to make-up work.
3. Figure out how you will get your diabetes supplies while you are at school: Decide whether you will get supplies at a pharmacy near your school or if you would like to continue to get them at your parents home. If you use a mail order pharmacy, find out if they will ship to your school address.
4. Make a "sick-day kit": Include a thermometer, Advil and/or Tylenol, ketone test strips, and bland foods such as crackers and soup broth and liquids such as Gatorade and juice.
5. Plan how you will tell your roommate and new friends at college: These are the people who will be there in case of late-night low blood sugar. Show them where your extra supplies are, how to use glucagon, and where your glucose tablets and juice are. Explain why these are important. The JDRF has a sample letter to your roommate that you can personalize



<http://jdrf.org/life-with-t1d/college/preparing-for-college/letter-to-a-college-roommate/>

Resources: <http://jdrf.org/life-with-t1d/college/>



MyChart is a powerful tool that provides online access to your child's medical record.

### Features:

- ⇒ Appointment Management: you can request, confirm or cancel your child's doctor appointments.
- ⇒ Communication: you can send a secure message to your doctor's office and receive a timely response.
- ⇒ Review Clinical Information: view selected clinical information such as allergies, immunizations, medications and lab results.
- ⇒ Request Prescription Refills: request refills online.
- ⇒ View Account Statements: review your child's doctor and hospital bills online.

Sign up for MyChart at your next doctor's appointment. Initial sign up must be done in person.

Visit [MyChartatRadyChildrens.org](http://MyChartatRadyChildrens.org) to learn more. MyChart is available for the iPhone, iPad and Android devices.

## INTRODUCING:

### RADY CHILDREN'S DIABETES PARENT SUPPORT GROUPS

Come join other parents in your area who also have children with diabetes! This is an opportunity to share information and stories, and get support from those who understand. This group will take place as part of the Rady Children's Diabetes Clinic and will be facilitated by psychologist Liana Abascal, Ph.D., M.P.H.

For more information and registration, please visit:

<http://www.rchsd.org/programs-services/endocrinology-diabetes/support-groups/>

Space is limited. Participation is free.

#### North County

Tuesday, July 14, 2015

5:30-7 p.m.

Oceanside Satellite Office

#### Murrieta Area

Tuesday, July 21, 2015

5:30-7 p.m.

Murrieta Satellite Office



*Did you know that our clinic offers Diabetes Self-Management Appointments with our nutritionists and nurse educators? These appointments can be used to increase your knowledge of diabetes, to explore alternative types of insulin management such as pens or pumps, to provide education to teens who are going off to college or taking more responsibility in their diabetes care, or as refresher education for families who have been living with diabetes for years. These appointments can be scheduled directly through the scheduling department.*

## Sharps Disposal

California State Law prohibits the disposal of home-generated sharps into any container used for the trash, recycling, or green waste. Disposal options include bringing sharps to clinic in an appropriate container for disposal or using a mail-back program (fees may apply). For a list of mail-back service companies, visit California Department of Public Health. Another alternative, City of San Diego residents can dispose of home-generated sharps at designated drop box locations throughout the county. For information see:

<http://www.sandiego.gov/environmental-services/ep/hazardous/medsharpsdisposal.shtml>

To make your own sharps container:

A laundry detergent bottle is the best product to use because it is made of hard plastic and has a screw-on lid. Clearly label the container "Sharps." Add sharps to the container until 2/3 full, then screw lid on tightly and seal with heavy duty tape.



## Are You Ready for an Insulin Pump?

More and more young people are using insulin pumps. Rady Children's Diabetes Clinic has a comprehensive program that helps patients and their families transition to insulin pump therapy.

- \* Are you already using an intensive insulin regimen (using Lantus along with carbohydrate counting)?
- \* Are you carbohydrate counting and using an insulin to carbohydrate ratio?
- \* Are you willing and able to perform blood glucose tests at least 8-10 times a day for the first month, then at least 6 times a day?
- \* Do you have a parent or family member who will be willing and able to assist you with your diabetes care and insulin pump?
- \* Are you willing and able to perform blood glucose tests every 2 hours overnight for the first several weeks of using your pump?

If you can answer yes to the above questions, you may be ready for an insulin pump. Talk to your diabetes team to receive a referral.

If you can't answer yes to all of the questions above, your Rady Children's Hospital San Diego Diabetes Team can help you get ready to switch to a pump. Talk to your doctors, nurses, and dietitian to make an individualized plan.

Changing to a pump is a process that will involve some time and effort. After your doctor refers you for the pump, there are several steps to take before starting pump therapy. Our team will help you schedule visits and classes. The process of changing to a pump usually takes 1-2 months.