

UPCOMING EVENTS

July 19-22:

*Camp Wana
Kura at Santee
Lakes*

August 1:

*Advanced Pump
Class. Please con-
tact your pump
nurse to schedule.*

November 6:

*Daylight Saving
Time. Change the
time on your
meter and pump.*

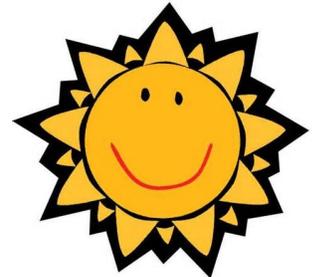
November 12:

JDRF One Walk

December 3:

*Rady Children's
Diabetes Product
Fair*

Tips for Summer!



Stay on schedule with your blood sugar check and medication:

- Eating at different times and being more active can cause changes to blood glucose levels. Be sure to check your blood sugars regularly.
- If you are traveling to a different time zone, contact your doctor to discuss adjusting the times of your injections.

Beat the heat:

- Never leave your insulin in a hot car.
- Keep insulin in a cool pack when going to the beach or the park. Do not leave insulin in direct sunlight.
- Stay hydrated! Dehydration can happen on hot days. Ensure you have lots of water, low-carb or sugar-free drinks on hand.

Wear sunscreen:

- Sunburn stresses the body and can cause blood sugars to rise. Use a broad spectrum sunscreen and reapply often.

If you are traveling:

- Pack your diabetes supplies first! Make sure you bring enough supplies and extra for longer trips.
- If you are flying, pack your supplies and medications in your carry-on bag. Let the screeners know you have these items. Visit the TSA website for more information.
- If you are on an insulin pump, remember to change the time on the pump to local time when you arrive.



Rady Children's: Honored for Excellence ... Again!

U.S. News & World Report just announced the results of its annual survey to identify the top children's hospitals in the country, and we're proud to tell you that our Endocrinology & Diabetes program ranked #16 in the nation.

Crunchy Turnip, Apple & Brussel Sprout

Do you want an awesome side for your BBQ? By Lisa Ameer, MSNH, RD, CDE

Ingredients:

- 3 tbsp. fresh lemon juice
- 2 tbsp. olive oil
- 1 tsp. finely grated peeled garlic
- Kosher salt and fresh black pepper
- 2 small white turnips, peeled and cut into matchsticks
- 1 med sweet-tart apple, such as pink lady, cut into matchsticks
- 4oz. brussel sprouts, leaves separated
- 1 tsp. poppy seeds, plus more to top. (You can also try chia seeds for an omega 3 boost.)

Whisk lemon juice, oil and ginger in a large bowl; season with salt and pepper. Add turnips, apple, brussel sprouts and 1 tsp. poppy seeds and toss to coat. Serve slaw topped with more poppy seeds.

Serves: 5,
Per serving:
Carbs: 5g, Calories: 110,
Dietary Fiber: 3g



Grilling Fruits and Veggies

Grilling deepens the natural sweetness and flavor of most veggies and fruits. Here are some tips to make them extra tasty.



- Put a kabob of color onto the grill with marinated vegetables including red or yellow bell peppers, button mushrooms, eggplant, cherry tomatoes and onions. Simply brush the vegetables with olive oil and your favorite spices and grill over medium heat, turning until marked and tender (about 12 to 15 minutes and 8 to 10 minutes for cherry tomatoes and pre-boiled potatoes).
- Veggies like eggplant, fennel, onions, mushrooms, peppers, sweet potatoes, summer squash and tomatoes should be placed raw on grill.
- Some veggies (including artichokes, beets, broccoli, carrots, parsnips, potatoes and winter squash) can be pre-cooked to shorten grilling time and ensure that the inside and outside cook evenly. To pre-cook: Steam or blanch until just barely tender. Pat dry, brush lightly with oil and then grill until completely tender and lightly browned.
- Whether you're a vegetarian or an avid meat lover, a grilled, marinated Portobello burger is a tasty alternative. Marinate and grill mushrooms, gill sides up, over medium-low heat with the grill covered until they are marked and softened (about 15 minutes). Flip and grill until cooked through, being careful not to char the gills (1 to 2 minutes).
- For a flavorful dessert, try fruit kabobs with pineapple slices or peach halves. Grill on low heat until the fruit is hot and slightly golden. Serve them on top of low-fat frozen yogurt.
- Another tasty option — grilled watermelon! Since watermelon is primarily made up of water, when you put it on the grill, some of the water evaporates, leaving an intense watermelon flavor. Grilling watermelon slices only takes about 30 seconds on each side.
- Don't peel vegetables before grilling — you'll get more nutrients and enjoy a smokier flavor. Leave the husk on corn to act as a natural insulator, keeping the steam in and preventing the corn from drying out.
- Cook all fruits and vegetables directly over moderately hot coals or use the indirect heat method. Rotate or move them to a cooler part of the grill during cooking as necessary to ensure that the outside isn't cooking too quickly.
- For more information visit: eatright.org & wholefoodsmarket.com

Contributed by Aarti Sachdeva, MS, RD

Preparing for the Start of School

Back-to-school season is an exciting time of year, but with all the preparation and planning needed, this can be a stressful time for parents of children with diabetes. 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 begins, make sure you have updated medical forms 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 the time of recess and lunch so you can plan your child's meals and insulin accordingly.
4. Discuss your child's symptoms of low and high blood sugar with the school nurse and your child's teacher and how they should be treated.



Prepare supplies and equipment needed for school. These 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.

Stay Hydrated: Carb-Free Drinks

Contributed by Lisa Ameer, MSNH, RD, CDE

- Water: Remember, water is best!
- Fruit-Infused Water: Cut up lemon, cucumbers, strawberries and oranges and throw into a pitcher. Let it sit overnight. You will get the flavor of the fruit with no carbs. If you want to eat a few slices, it's okay!
- Herbal Tea: Ice it or drink hot. Try passion fruit, berry, citrus. You will taste the amazing natural flavors with no carbs.
- Metromint Water: made with real mint and fruit extracts; no artificial sweeteners or dyes
- Hansen's Stix: made with Stevia
- Diet Hansen's: made with Splenda
- Ocean Spray Pact (VON's)-stevia and monk fruit. Try making slushies out of it.
- Propel Zero (instead of Gatorade): made with Splenda
- Emergen-C: All flavors are around 5-6 grams of carb per packet.
- Sobe Lifewater Zero: made with PureVia/Stevia
- Aquafina Flavor Splash

There are more options out there. Remember to read labels closely; anything below 5g of carbs per serving is considered carb-free.

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



- * 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 eight to 10 times a day for the first month, then at least six 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?



If you **can't** answer yes to all of the questions, your diabetes team can help you prepare to switch to a pump. Talk to your doctor, nurse and dietitian to create 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 one to two months.



Four pumps we currently recommend:

Medtronic Revel or 530G

Omnipod

Animas One Touch Ping or Vibe

Tandem t:Slim, t:Flex or G4



Staff Spotlight

Sandra Martinez, MA

Sandra was recently recognized during Nursing Week as a Friend of Nursing. She works in the Endocrinology nursing office answering phones, assisting patients and families in clinic and performing numerous other tasks. Sandra is bilingual, speaking both English and Spanish, which makes her an invaluable resource for both our patients and staff. She is always happy and goes out of her way to help patients and their families get what they need.

Emalie Sherrell, RN, CDE

We congratulate Emalie on becoming a certified diabetes educator (CDE). CDEs are an integral part of our diabetes program and possess a comprehensive knowledge of diabetes management. They educate and support our patients and help them to understand and manage their diabetes. Our Diabetes Clinic currently has nine CDEs available to work with patients. If you would like to meet one-on-one with a CDE, you can call the scheduling department to make an appointment with one of our nurses or dietitians.

This newsletter is available electronically on our department website at <http://www.rchsd.org/programs-services/endocrinology-diabetes>.