

# Diabetes Spotlight

Fall 2017

## September 9:

Diabetes and Endocrinology School Nurse Workshop

## October 2:

Advanced Pump Class

## November:

Diabetes Awareness Month

## November 11:

JDRF One-Walk, San Diego

## November 18:

ADA Step-Out Walk, Inland Empire

## December 2:

Diabetes Holiday Product Fair

We're Moving for Winter!



The Endocrine and Diabetes Clinic will be moving to a building on the main hospital campus in the winter months! We will keep our families and patients updated closer to the move.

## Halloween Treats and Diabetes

*Keep the scream in Halloween with these sweet tips*

Children with diabetes can eat candy on Halloween just like any other child., however, parents should plan ahead with some creativity to help their children enjoy the holiday while still keeping their diabetes on track. Children with diabetes will best be able to handle post trick-or-treating if they know in advance how much candy they can eat and when.

Here are some tips for an



exciting Halloween for your child with diabetes:

**Plan ahead.** Discuss Halloween plans with your child ahead of time so they know what to expect. Talk about options for what to do with the extra candy. Involve your child in the decision making as children are more likely to be on board with a plan they have created.

### Save the extra

**candy.** Save candy and allow your child to have 1-2 pieces a day, making sure to cover

the extra carbs with insulin or working it into their meal plan. You can also save some of the extra pieces to treat low blood sugars spikes Skittles, Smarties, Sweet Tarts or gummies are permitted. Do not treat blood-sugar lows with chocolate bars or other candy with fat and/or protein in it as these can take longer to digest.

**Invite the Switch Witch to visit.** Like Santa or the Tooth Fairy, the Switch Witch visits children while they sleep and leaves a prize that she swaps for Halloween candy.

## Flu Season Ahead

Having the flu can be dangerous for anyone, but it is especially risky for children with diabetes. The flu, like any illness, can make managing blood sugars and medications more difficult. The American Academy of Pediatrics recommends that all children with diabetes receive a flu shot every year, and we agree. Talk to your doctor about the immunization protocol that is right for your child today. While flu shots do not give 100 percent protection, they do make it much harder for your child to catch the flu for up six months.



## Product Spotlight: Lauren's Hope Medical ID

Lauren's Hope Medical ID Jewelry offers a line of attractive, durable and stylish options that you can change to suit your mood, outfit or activity. The original, interchangeable, medical-ID bracelet was made for Lauren Philips, a 13 year old with diabetes who refused to wear medical-ID jewelry

because, as she said, 'It's ugly and draws attention to my illness.' So Lauren and her mother set out to design a medical-alert bracelet that Lauren, and the millions of people like her who avoided medical IDs when they really needed them, would actually enjoy wearing.

Medical identification alerts first responders to your vital medical information as well as

your name and emergency contact details. With proper medical identification, a first responder may be made aware of your condition, providing the information that may assist them in treating you properly.

Visit [www.laurenshope.com](http://www.laurenshope.com) to view their entire line. Enter coupon code: HC8878AP for 15 percent off.



*Breakthrough in glucose monitoring and insulin pump.*

## New and Noteworthy: MiniMed 670G Hybrid Closed Loop Insulin Pump

Medtronic recently released their MiniMed 670G system. This product is a combination of an insulin pump and a continuous glucose monitor that work together to give insulin. When the system is operating in "Auto Mode," the pump automatically adjusts the basal rate, depending on the sensor readings, to a target of 120mg/dl. The User must enter any carbs they plan to consume, calibrate the system at least twice a day with a blood glucose reading from a finger stick, and respond to any alerts or alarms.

The system then uses the grams of

carbohydrate users have entered and their insulin-to-carb ratio to estimate an initial bolus to cover the meal. In the hours that follow, the system makes tiny tweaks to basal rates in order to get blood sugar levels as close as possible to 120 mg/dL.

This means that you don't need to enter correction boluses and that there's no longer such thing as dual wave or square boluses—the pump is taking care of it for you. To use this product you must be seven years or older and using a minimum of eight units of insulin per day.

# DO YOU KNOW?

Sarah Laurenzano, M.D.,  
new Fellow and addition to  
the Endocrinology team!

- I picked Endocrinology because I think it is really intellectually interesting and because I like all the people I've met on the team.
- I am from western Mass. (Longmeadow, MA) and have never lived more than an hour away from home until now!
- My favorite food is pizza and favorite color is hot pink.
- I love most Disney movies, but one of my favorites is the Hunchback of Notre Dame.
- One of my other few fun facts that I used to be a bus driver in college!

## SPAGHETTI SQUASH *Marinara*



with   
Turkey Sausage  
or   
"Boca" Crumbles

### Ingredients

- 1 medium spaghetti squash (2.5 - 3 pounds)
- 1/4 cup chopped onion
- 1/2 pound turkey sausage or meat alternative like Boca Crumbles
- 2 cloves garlic, minced
- 1 Tbsp. olive oil
- 1-(16 ounce) can of tomatoes, cut up
- 1 tsp. dried Italian seasoning
- 1/4 tsp. of salt
- 1/4 tsp. of pepper
- 1/8 tsp. fennel seed, crushed (optional)
- Grated parmesan cheese

### Directions

1. Preheat oven to 350 degrees (F).
2. Halve the squash lengthwise and scoop out the seeds.
3. Place the squash cut side down in baking dish. Prick the skin all over with a fork.
4. Bake in oven for 30 to 40 minutes or until tender.
5. Meanwhile, add oil to a hot skillet and brown turkey sausage.
6. Add onion and garlic and continue to cook until tender.
7. Stir in un-drained tomatoes.
8. Add Italian seasoning, salt, pepper and if desired, fennel seed.
9. Bring to boil then simmer over medium heat for 10 -15 minutes stirring often.
10. Using a fork, shred and separate the squash pump into strands.
11. Spoon the tomato mixture over squash.
12. If desired, sprinkle with grated parmesan cheese.

**Note:** "BOCA CRUMBLES" can be found in the frozen section of any grocery store such as Von's, Sprouts, etc. If soy products such as Boca/veggie crumbles are new to your family, consider trying to mix half soy crumbles with half turkey. Nutrition Facts: One cup cooked spaghetti squash = 22 grams of carbs with lots of fiber and phytochemicals. All other ingredients are low enough in carbs that carb counting is not needed. Double check the carbs of the veggie crumbles. Makes 6 servings.

# Rady Children's Diabetes Specialty Ranked Among Top Children's Hospitals in the Nation by U.S. News



We are proud to announce that U.S. News & World Report has once again ranked Rady Children's among the best children's hospitals in the country in all 10 pediatric specialties surveyed.

## Endocrine Diabetes Specialty Ranked 15th in the Country!

The 11<sup>th</sup>-annual survey recognizes only the top 50 pediatric facilities in the nation and considers multiple factors including clinical outcomes, efficiency, coordination of care delivery and compliance with "best practices."

While every day we work to provide the highest level of care to our patients across all of our programs and specialties, this recognition is truly an acknowledgment of the entire Rady Children's family whose commitment to excellence transforms even the smallest of lives.



## Upcoming Events



### Rady Children's Diabetes Product Fair and Holiday Party

Saturday, Dec. 2  
1 to 3:30 p.m.

Bring the family and learn about new diabetes products, meet other families and celebrate the holidays!



### T1D Summerfest, Saturday, Sept. 9, Carmel Valley Rec. Ctr.

Join us from 4:30—6:30 p.m. at the Carmel Valley Recreation Center for a fun-filled afternoon with food, live music, T1D research updates, diabetes vendors and more! Make connections with other T1D families from the San Diego area and learn more about the San Diego JDRF One Walk. RSVP to [zmirsky@jdrf.org](mailto:zmirsky@jdrf.org).

### JDRF One Walk, Saturday, Nov. 11, Balboa Park (6th/Laurel)

The San Diego JDRF One Walk is the flagship fundraising event and communicates the JDRF focus on a single goal: creating a world without T1D. Event check-in begins at 6:30 a.m. and the Walk starts at 8 a.m. Register at [walk.jdrf.org](http://walk.jdrf.org) today!

### Ride to Cure Diabetes, Nationwide

Join San Diego's team of 30+ riders as they fundraise throughout the summer and train for cycling events across the nation. Many locations to choose from include Amelia Island, Fla., Tucson, Ariz. and Loveland, Colo. To learn more about Ride to Cure Diabetes, visit [ride.jdrf.org](http://ride.jdrf.org)

### Just for Parent Coffees, San Diego

Coffee groups held throughout San Diego for parents of children with T1D who are looking to connect, ask questions, share and learn. For more information, email [dkasper@jdrf.org](mailto:dkasper@jdrf.org)