

Diabetes Spotlight

Summer 2018

Summertime Smarts

Diabetes Management Tips to Keep the Most Sizzling Season Laidback, Safe and Fun

When the mercury rises, so does the risk for dehydration, spikes in blood sugar and other complications that can be challenging for someone with diabetes. However, simple measures such as the following can help your kids keep these summer bummers at bay:

- Stay on schedule with checking blood sugar and taking medication. Heat, as well as eating at different times and being more active — common for children on summer vacation — can cause changes in blood glucose levels.
- Avoid leaving insulin in a hot car or in direct sunlight. If your child needs to bring a dose with them to an outdoor activity, keep it in a cool pack.
- Use a broad spectrum sunscreen every day, and reapply often. Sunburns stress the body and can affect blood sugar.
- Check in with your child's doctor before heading on out vacation so they can remain on track with injections and medications in different time zones. And, if they use an insulin pump, remember to change its timing to local time when you arrive.
- Make diabetes supplies the first things you pack, and bring extras for longer trips.
- Pack supplies and medications in your carry-on so they are easily accessible at any time. Be sure to let TSA screeners know what items you have — they provide specific guidelines on their website, tsa.gov.



**Save the
Dates**

August 6

Advanced Pump Class

September 8

Supporting Children in the School Setting: Workshop for School Nurses

November 10

JDRF One Walk — San Diego

December 8

Diabetes Holiday Party and Product Fair

College Prep

Second Annual "Off to College with T1D" Workshop Readies High School Seniors for a Healthy Transition

From navigating dorms and dining halls to integrating into a new social world, starting college can be daunting for any student. Add managing T1D away from home and familiar health care providers to the mix, and freshmen with the disease can face an additional level of complexity when settling in.

To support an easy, stress-free transition into college, we are hosted our second annual **Off to College with T1D** workshop on April 24. 30 high school seniors and their families gathered to learn more about topics such as establishing a care program, managing sick days, making healthy eating choices, juggling social events and hectic schedules, dealing with alcohol, and maintaining emotional well-being. Participants also had the opportunity to hear from current college students with T1D about their experiences and tips for staying healthy.



If you're preparing to send a senior of your own off to school next year, stay tuned for information on our 2019 workshop!

New and Noteworthy

Forward-Thinking Technology for Modern Diabetes Management

Continuous Glucose Monitoring Systems

Dexcom's latest continuous glucose monitoring (CGM) system, **the G6[®]**, is now available for use in patients two and older. Designed to work without fingersticks, the G6's subcutaneous sensor measures levels and sends data to users' smart devices in real time. The system also supports custom alerts and alarms, monitors trends, and can share data with up to five "followers" — ideal for parents and physicians. As an added benefit, Dexcom states that its CGM systems have proven effective in lowering A1C levels and reducing the incidence of hypoglycemic episodes.



For patients 14 and older, the **Guardian[™] Connect CGM** from **Medtronic** helps predict high and low insulin levels between 10 minutes and an hour in advance and sends alerts straight to your smart device of choice. Caregivers can also be kept in the loop of these alerts, as well as trends and glucose readings, which are taken every five minutes. To assess how day-to-day life affects levels and set healthy benchmarks, users can track factors such as exercise, meals and dosing. The Guardian also connects with the Sugar.IQ[™] Diabetes Assistant app, which uses IBM Watson[™] to offer additional insights into glucose levels.

New and Noteworthy

Companion Medical InPen®

The Bluetooth®-compatible **InPen** is not your average insulin injection pen. Its “smart insulin delivery” system works in tandem with a sleek app that calculates, tracks and times insulin doses; sends reminders; monitors temperature; and builds reports that can be easily shared with your child’s physician. The pen is suitable for patients 12 and older who rely on multiple insulin injections each day, and is available in multiple colors — gray, pink and blue — to please style-conscious kids.



Insulin Pumps

Debuting in August, **Tandem® Diabetes Care’s t:slim X2™ Insulin Pump** (pictured) will be the smallest pump on the market, and is built to sync with the G6 CGM. Its Basal-IQ™ Technology, which can be switched on and off, predicts glucose levels 30 minutes in advance, suspends insulin to avoid low glucose events and resumes pumping once glucose levels out. In addition, patients can download in-depth analytics to share with their physicians and caregivers with the t:connect Diabetes Management Application.



The **MiniMed™ 670G** system from **Medtronic** has SmartGuard™ technology, a unique system that replicates certain pancreatic functions through two insulin delivery levels. Patients seven and up can benefit from SmartGuard’s ability to adjust basal insulin levels on five-minute rotations and to suspend insulin up to half an hour before glucose reaches a custom, preset low. And, for easy mealtime management, patients can simply check levels and enter carbs for a personalized insulin adjustment.

Do You Know?

All About Lisa Ameer, MSNH, RD, CDE

Born in Hawaii to a military family, Lisa grew up all over, but she has called Rady Children’s home for the past 17 years. As a clinical dietitian, Lisa loves supporting children’s physical and emotional development through nutrition. “Many of the kids I work with were babies or toddlers when I first provided education, and now they are graduated and heading to college. To be able to support them as they grow makes me feel very blessed,” she says.

Lisa’s passion for the science of food and nutrition began during her summers on her family’s farm. She funneled her excitement into her studies, first at Montana State University, then at an internship at Massachusetts General Hospital through a Harvard University program. She then completed her master’s and her certified diabetes educator title.

In her spare time, Lisa enjoys cooking with local farmers market discoveries, as well as yoga, hiking and camping. And, because healthy eating is all about balance, she is “very, very happy” with a slice of coconut cream pie.



Recipe Roundup

Lisa Ameer Recommends Treats Perfect for a Summer Refuel

Spa Water (Total carbs: Less than 1 gram per 8-ounce cup)

We all know we should drink more water, but let's face it ... it can get a bit boring, especially for kids. Adding fruit and herbs to your child's H₂O can provide some enticing flavor, as well a rainbow of **phytochemicals**, compounds found in fruits and vegetables that have shown promise in fighting conditions ranging from eye disease to cancer. Every type of fruit and veggie has its own unique set of phytochemicals, so the more diverse and colorful your selection, the more beneficial your drink will be. Although the below ingredients are a tasty suggestion, you can use anything you like. Strawberry and cucumber, raspberry and basil, and peach and mint are some other great options.

Ingredients

- 1 gallon of water or sparkling water
- 1.5 cups of fresh, whole mint leaves
- 2 oranges, sliced and with skin
- 2 lemons or limes, sliced and with skin



Simply fill your favorite pitcher or dispenser with fruit, herbs and water; let sit for a minimum of two hours; and enjoy! Or, for a healthy refreshment without the wait, premade options such as La Croix sparkling water are excellent alternatives.

Tropical Sunrise Smoothie (Total carbs: 24 grams per serving; recipe includes two servings)

Whether your child needs a quick and easy breakfast or a pick-me-up before their favorite activity, this smoothie offers a delicious way for them to get the balanced carbs and protein they need.

Ingredients

- 1/2 banana
- 1 tablespoon of nut butter
- 1/2 cup fresh or frozen pineapple
- 1 whole orange, peeled
- 1/2 cup fat free or light plain Greek yogurt
- 1 ounce shredded coconut
- 1 teaspoon vanilla bean paste or vanilla extract



Put all ingredients in the blender with two to three ice cubes, then add as needed to reach your desired consistency. You can also get creative with ingredients such as chia seeds, which are carb-free and high in protein and fiber. To save time in the morning, fill the blender the night before, refrigerate and just add ice when you're ready for breakfast.