

Diabetes Spotlight

Winter 2019

Spread the Word

November is National Diabetes Awareness Month

One in 11 Americans has diabetes, with someone diagnosed every 21 seconds. Yet despite its prevalence, many people don't know much about the disease, or how it affects those diagnosed and their loved ones. This can be especially true in the pediatric population. Kids with diabetes may still be learning how to share their experience with their peers, while friends and classmates are gaining a greater understanding of the ins and outs of symptoms, needs, and what it takes to stay healthy.

Although any time is a great time to empower your kiddo to talk about their unique diabetes story, November — National Diabetes Awareness Month — is particularly ideal. Not sure where to start? We've outlined a few fun, simple and engaging ideas below:

- Join JDRF's **#T1DYouDontSee** social media initiative, which encourages sharing "the T1D behind the picture." On their own or with your help, kids can also figure out their **T1D Footprint**, which calculates key metrics based on their age and offers a personalized graphic for social sharing.
- Follow the American Diabetes Association movement and write a social media "letter" or record a message to diabetes using **#DearDiabetes**.
- Check out **www.beyondtype1.org** for **two weeks of prompts** aimed at recognizing National Diabetes Awareness Month, ranging from acknowledging a favorite health care provider to putting a positive spin on a diagnosis.
- See if your child would feel comfortable making a **presentation about diabetes** to their class or school. The Beyond Type 1 website referenced above has helpful tips for both scenarios.



**Save the
Dates**

November 10

JDRF One Walk

Time: 8 a.m.

Location: Balboa Park between 6th Avenue and Laurel Street

Information: www.jdrf.org

December 8

Rady Children's Diabetes Product Fair and Holiday Party

Time: 1 p.m. to 3:30 p.m.

Location: 7960 Birmingham Drive, San Diego, 92123 — Entrance 14

Information: www.rchsd.org/programs-services/endocrinology-diabetes

Diabetes Product Fair and Holiday Party

Join Us for Education, Mixing and Mingling, and Festive Fun

It's the most wonderful time of the year once again, and with that comes the annual Rady Children's Diabetes Product Fair and Holiday Party! On **Sat., Dec. 8**, we'll be gathering together to check out the latest in diabetes products, connect patients and their families, and, of course, enjoy plenty of holiday cheer.

The event will kick off at 1 p.m. with a panel discussion starring athletes living with diabetes, followed by a vendor fair from 2 p.m. until 3:30 p.m. Fun activities for the kiddos will be open the whole time.

Attendance is free — simply visit the **Endocrinology/Diabetes section page** on www.rchsd.org and click on the event link at the top of the page to register. And, if your teen is interested in volunteering, please contact Kimberly McNamara at kmcnamara@rchsd.org. Hope to see you there!



Flu Fighters

For Kids with Diabetes, a Flu Shot is a Critical Part of Winter Wellness

Coming down with the flu isn't fun for anyone. But in someone with diabetes, it can cause problems beyond being down for the count for a few days. The Centers for Disease Control and Prevention (CDC) reports that people with diabetes have an increased risk for severe flu complications, such as bronchitis and pneumonia, that can lead to hospitalization or death. Additionally, because diabetes affects immune function, the flu can make its symptoms worse, and being sick can make blood sugar control more difficult.



That's why it's important to ensure that your loved ones with diabetes get their flu shot every year, unless otherwise advised by their physician. Flu shots have proven effective in reducing risk for getting ill in the first place, as well as for being admitted to the hospital. If your child *does* get sick, take a look at these diabetes-focused sick day suggestions, featuring info from both the CDC and our experts. Tips include the following:

- Continue their medication regimen, and check in with their doctor to see if they might need an adjustment while ill
- Test and track glucose levels every four hours
- Ensure they're drinking plenty of fluids and eating as normally as possible
- Check ketones twice a day and call their doctor if readings are moderate or high

New and Noteworthy

What's Up in the World of Diabetes Research

We're currently recruiting kids 10 to 17 for the GBGC study, a double-blind effort that will test the use of Trulicity® in pediatric patients with type 2 diabetes. Already Food and Drug Administration-approved for adults, Trulicity® is given in a once-weekly, subcutaneous dose and has shown strong outcomes for managing diabetes.

The medication works by encouraging the body to naturally release insulin and respond to blood sugar fluctuations. In conjunction with a diabetes-friendly diet and physical activity, it can also help to lower blood sugar and A1C levels. For kids who aren't fans of needles, the Trulicity® pen keeps its administration method hidden.

For more information on the study and its participation requirements, visit www.clinicaltrials.gov.



Do You Know?

Introducing Christy Byer-Mendoza, MSN, CNS

Christy Byer-Mendoza, MSN, CNS, has been a member of the Rady Children's family since 2005, but we're thrilled to welcome her to the Endocrinology/Diabetes team as our new nurse educator! "I am excited about this new adventure and chapter in my nursing career," she says.



Caring for others and the world around her has always been a part of who Christy is — she majored in environmental science and botany, and worked as a veterinary technician when she relocated to California from Cincinnati in 1995. However, her pathway to nursing didn't begin until she had her son, who's now a teenager. Funneling her compassionate nature into a new career trajectory, Christy her MSN in nursing education and clinical nurse specialist, or CNS, degrees from Point Loma Nazarene University. In addition to her roles at Rady Children's, Christy has been an adjunct faculty member at California State University San Marcos.

Outside of work, the Carlsbad resident enjoys teaching standup paddleboard yoga, hanging out at the beach, playing softball, attending college and professional football games, and traveling with her family. She counts sushi, Italian and Indian among her top cuisines, but is "definitely not a picky eater." A huge music lover — although she's not a fan of country — one of Christy's favorite pastimes is checking out San Diego's live music scene with her son.

Holiday Feasts with a Side of Health

Lisa Ameer, MSNH, RD, CDE's Advice Will Help Keep Kids on Track Through Every Celebration

Holiday Carb Counting

With diligent carb and calorie counting, your kiddo with diabetes can enjoy all of their favorite recipes and treats over the holiday season — and there are many cool tools out there to help.

First, invest in a food scale. This will show you what exact ounces look like when carb counting. A particularly high-tech version is the **Perfect Portions Digital Nutrition Food Scale**, which uses specific food codes to calculate weight *and* carbs. Then, you can try measuring out in your hand so you can accurately count while on the go — apps like **CalorieKing** and websites like **www.recipe nutrition.com** are great sidekicks.

Nutriportion Measuring Cups with carb info on the side are another kitchen addition that can teach both you and your kids to recognize sensible, carb-conscious portions in beloved foods.

To give you a jumpstart on a healthy holiday season, the average calorie and carb details of some all-time favorite holiday dishes are outlined below. Happy counting!

- **Homemade cookies** (1 ounce/palm-sized): **18 to 20 carbs; 135 to 150 calories**
- **Pumpkin pie** (1/6th of an 8-ounce pie): **41 carbs; 315 calories**
- **Hot cocoa with skim milk** (8 ounces): **27 carbs; 140 calories**
- **Turkey with skin** (3 to 4 ounces/palm-sized): **No carbs; 250 calories**
- **Stuffing** (1/2 cup): **15 carbs; 60 calories**
- **Mashed potatoes or sweet potatoes** (1/2 cup): **15 carbs; 60 calories**
- **Gravy** (2 tablespoons/2 thumbs): **3 carbs; 20 calories**



Eggnog Cranberry Steel-Cut Oatmeal (Total carbs: 18.6 grams per 3/4 cup serving, excluding toppings)

This healthy, make-ahead dish is a wonderful way to bring holiday flavors into busy mornings. Recipe credit to Monica at **www.theyummylife.com**.

Ingredients

- 2 cups eggnog
- 2 cups water
- 1 cup uncooked, steel-cut oats
- 1/2 cup dried cranberries
- 1/4 teaspoon salt
- 1 tablespoon chia seeds or ground flax seeds



Coat a slow cooker with cooking spray. Add all ingredients, stir, cover and cook on low for about five hours, or until the oats have softened and the edges have turned brown. Serve immediately, or store in the fridge or freezer. Delicious with toppings like chopped nuts and cinnamon!