

Rady Children's Hospital

Diabetes Spotlight

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Fall 2022



Out & About

Rady Staff at Camp Wana Kura

After being shut-down for Covid for 2 long years, we are happy to announce that Camp WanaKura came back in 2022! Camp WanaKura is sponsored by the ADA and has been held yearly since 1990. This camp is for kids ages 5-12 with diabetes.

Teens from 13-17 are also able to attend as aides, and can receive volunteer credit for their participation. Medical staff are on hand (many from Rady's!) to help the kids and teens manage their diabetes throughout each day.

This year, we rode pedal boats, played water games, a magic show, and spent an afternoon swimming at the Santee YMCA pool. Kids, teens, and adults all had a blast.

Camp WanaKura is 4 days of fun (no overnights). Look for info for next year's session in mid-July.



Upcoming Events

Rady Classes/ Events

- Teens Rock Weekly Wellness Group: Wednesdays from 6-7pm via Zoom.
- Teens Rock Virtual Paint Nights: Sept 21, Oct 19, Nov 16, Dec 14.
- Teens Rock Virtual Bingo by the Beat September 28th
- Teens Rock Virtual Game Show October 12th
- Teens Rock Virtual Are You Smarter Than a 5th Grader November 30th

All teens with diabetes are welcome, and events are free of charge!

RSVP to Christy at

cbyer-mendoza@rchsd.org.

- Rady's School Nurse Health Fair September 10th

Community Events

- JDRF One Walk: November 12th www2.jdrf.org
- JDRF Just for Parents Coffee Meets Ups: In person events in Chula Vista, East County and Temecula. Virtual event in Southern California. Contact Deanna Kasper at dkasper@jdrf.org

In the Know

Family Advisory Council- Diabetes



Did you know that there is a Family Advisory Council for Diabetes at RCHSD? The Family Advisory Council (FAC) is composed of family members of patients as well as hospital staff. The purpose of the group is to provide feedback and guidance to Rady Children's staff, helping to ensure that families have a voice in decisions that can affect them. The main hospital group has been in place since 2010, and we are happy to announce our recently added sub-group for diabetes.

If you are interested in making positive change and are able to meet monthly, please contact Andrea Huber, RN, CDCES at ahuber@rchsd.org.

The mission of the Family Advisory Council is to promote family-centered care and advise and advocate on behalf of children and their families – using experiences, wisdom and diverse points of view – so that positive changes are made at Rady Children's Hospital-San Diego and in the community.

Kudos

Awards

- US News and World Report ranked #10 Best Children's Hospital for Diabetes & Endocrinology
- American Board of Pediatrics 2021 Exemplar for Quality Improvement: "Improved HbA1c levels in Pediatric Medicaid Patients with Type 1 Diabetes " Dr. Demeterco-Berggren, Dr. Klein, Dr. Newfield, Dr. Patterson, Dr Kim
- Rady Employee of Excellence: Natosha Rodriguez, Endocrinology Pharmacy Technician

Publications

- Journal of Diabetes November 2021: "A whole child model of care for pediatric Medicaid patients with type 1 diabetes to address health disparities and close care gaps" Carla Demeterco-Berggren; Giana Reuter; Kim McNamara; Christy Byer-Mendoza; Andrea Huber; Michael Gottschalk
- ADA Clinical Diabetes August 2022 "Factors Associated with Achieving Target A1C in Children and Adolescents With Type 1 Diabetes: Findings From the T1D Exchange Quality Improvement Collaborative" Carla Demetero-Berggren, Osagie Ebekozien, Nudrat Noor, Saketh Rompicherla, Shideh Majidi, Nana-Hawah Yayah Jones, Ryan McDonough, Ori Odugbesan, Ahlee Kim, Roberto Izquierdo, Manmohan K Kamboj, Laura Jacobsen

Presentations & Posters

- American Diabetes Association 82nd Scientific Sessions: " Improving Continuous Glucose Monitor Use: Success Strategies from the T1D Collaborative"



New & Noteworthy



With so many new insulins on the market, we thought it would be a good idea to review them with you. Often, your insurance will pay for certain brands over others. This is usually due to cost. Many new insulins have come onto the market as the FDA approves biosimilar insulins. 'Biosimilar' insulins are biological products that are highly similar to and have no clinically meaningful differences from an existing FDA-approved reference product. The first biosimilar insulin Semglee was approved in the US in July 2021. Semglee is interchangeable with Lantus.

Insulin Name	Type of Insulin	Onset (when it starts to work in the body)	Peak (when it is most effective)	Duration (how long it's effects last in the body)
Fiasp (aspart) Lyumjev (lispro-aabc)	Ultra-rapid acting	12-20 minutes	30-120 minutes	2-7 hours
Novolog (aspart) Humalog (lispro) Ademlog (identical to lispro)	Rapid acting	30 minutes	1-2 hours	3-5 hours
Apidra (glulisine)	Rapid acting	30 minutes	1-2 hours	2-4 hours
Affreza (inhaled)	Inhaled Rapid-acting	12 minutes	35-45 minutes	1.5-3 hours
Lantus (glargine) Semglee (biosimilar to glargine) Basaglar (biosimilar to glargine) Rezvoglar (biosimilar to glargine)	Long acting	1-2 hours	Relatively peakless	20-24 hours
Levemir (detemir)	Long acting	1-2 hours	12-24 hours	19-20 hours
Tresiba (degludec)	Ultra-long acting	1-2 hours	none	42 hours
Toujeo (glargine; more concentrated than Lantus for those on larger doses)	Ultra-long acting	~6 hours	Relatively peakless	24+ hours
Regular	Short acting	30-60 minutes	2-4 hours	6-9 hours
NPH	Intermediate acting	1-2 hours	4-8 hours	12-15 hours

Let's get to know....

Anna Cymbaluk, M.D.



We are happy to welcome Dr. Anna Cymbaluk to our team. Anna joined team Rady's this summer.

How did you decide to work in Endocrinology? *My first inpatient rotation as a resident in Cincinnati was the diabetes/endocrine team. I was super interested in how well endocrinologists got to know their patients. Then, I was able to be a doctor at diabetes camp and I was floored by the resilience of those patients and their families. Sealed the deal for me!*

What do you enjoy most about working at Rady's? *Getting to know the system and our great team; Thanks to everyone for being so welcoming and patient as I learn.*

What is your favorite food/ TV show/ movie? *Favorite food is chips + queso. Favorite TV shows include Friends, Madam Secretary. Currently watching "Loot" on Apple TV; Highly recommend.*

What are your favorite things to do outside of work? *I love to run, and am hoping to train for my second marathon this fall/winter! I'm also pro at spoiling my two nephews and my niece, in addition to all my friends' kids.*

Rebekah Correll, RN

I worked inpatient for ~4 years and started looking into switching to the clinics last summer. I chose Endocrinology because I liked the idea of frequent patient interactions and the ongoing education. I like that we can build relationships with our patients and empower them to make a difference in their health.

I love spinning, traveling with my husband, iced coffees, and walking to the beach!

