



Diabetes Dish

Sutter Children's Services PENS Team Newsletter

Volume 1, Issue 3

Lets Get F.I.T.T For Summer! By Erin Giordano, Exercise Physiologist

The most beneficial way to keep our kids healthy and happy is to think F.I.T.T.

F: Frequency- How often a child is active is very important. 5 to 7 days per week is recommended.

I: Intensity- How hard the activity is allows the child to gradually improve their physical fitness through increasing the difficulty of the activity.

T: Time- How long a child should be active daily. No less then 60 minutes daily should be the goal.

T: Type- At a young age the most beneficial types of activity are the types that strengthen the child's heart

and lungs. These are things like swimming, walking and biking.

Some ways of helping your family to establish the F.I.T.T. principal at home are:

1. Help your child participate in a variety of activities that are right for his or her age.
2. Establish a regular schedule for physical activity.
3. Incorporate activity into daily routines, such as taking the stairs instead of the elevator.
4. Embrace a healthier lifestyle yourself, so

you'll be a positive role model for your family.

5. Keep it fun, so you can count on your child to come back for more.

These are the movements that keep kids fit, start with yours today! (Health and Human Services 5/07)



A Warm Welcome!

Some of you may have noticed a new face in the office working alongside Drs. Prakasam, Nadgir and Gareis. The PENS Team would like to extend a warm welcome to Dr. Floyd Culler, who joined the practice in January 2008. Dr. Culler will be seeing patients on Mondays and Wednesdays. We look forward to getting to know him better and hope to profile him in an upcoming newsletter.

Don't Leave Home Without It! By: Lisa Metzger, RN, CDE

Medical identification can ensure proper treatment of an insulin reaction, unconsciousness, or mental confusion when your child is away from home. In these kinds of situations everyone needs to know about the diabetes. This list includes coaches, teachers, and the emergency medical technician/EMT. Emergency Medical Technicians are trained to look for medical identification when called to an emer-

gency. This practice can help save valuable time in knowing how to best treat the patient. Many people, who are not trained professionals also recognize medical bracelets or necklaces and may be the first person on the scene of an emergency. Bystanders may contact emergency services, communicating the information that you have diabetes resulting in getting treatment that much quicker.

Medical identification comes in a variety of styles; bracelets—which are least likely to be removed, necklaces, shoe tags, nylon sports bands, and even waterproof adjustable bracelets. Prices vary to accommodate everyone's needs. Resources are available if financial assistance is necessary. The MedicAlert Foundation provides MedicAlert tags which includes a phone number that can be called 24 hours a

day for information concerning both the person, doctor, and may even list current insulin pump rates. Further information can be found at www.childrenwithdiabetes.com



Q & A with Dr. Prakasam



Dr. Prakasam recently took over as President of Leadership Council, American Diabetes Association - Northern California Region. We asked him a few questions about this new position.

What does the ADA's Leadership Council do?

Dr. P: "The Leadership council plays a role in the region to support fundraising efforts, local awareness activities and designs programs specifically to meet the needs of the northern California regions children and adults with diabetes."

How do you feel your new position with the ADA will positively impact children living with diabetes in northern California?

Dr. P: "This position will allow me

to create a bigger awareness of the needs of the children in this region. An example of this would be bringing up issues such as the ADA's role in working with families and schools to give children with diabetes the best care during the school day."

What is the most important thing you want for our kids and families?

Dr. P: "I want them to look at their life as bigger than diabetes, to have fun and happiness. And to understand that good health care is just a part of that process."

Insulin delivery methods By: Rosanna Hannum, RN, CDE

How to give insulin.. Let me count the ways:

We are very lucky in this day and age to have a choice in how to deliver the insulin that the child with diabetes needs. The three main choices are via syringes, insulin pens, and/or insulin pump. This article will describe and compare the two injectable methods of syringes and insulin pens.

Insulin Syringes "The good old-fashioned way" Syringes come in three sizes 1/3cc, 1/2 cc and 1cc. They hold 30 units, 50 units and 100 units respectively. This allows one to get a bigger syringe as they need more insulin. The 1/3cc size is great for those needing smaller doses as it is available with half unit markings (May need to ask your pharmacist to order for you). They also come in different needle sizes either a short/8mm needle or long/13mm. Check your syringes as most can use the short needle.

ADVANTAGES- 1. You can mix some insulins together and reduce number of shots, i.e. Humalog with NPH. Ask your health care provider before mixing. 2. One can also give a smaller than 1/2 unit dose or give a smidge over 1 unit (don't laugh, that's the only way

to describe it!).

DISADVANTAGES- 1. Dosing errors, 2. Having to get rid of bubbles, 3. May take more time to draw up.

Insulin Pens- Insulin pens are now available for Humalog, Novolog, Levemir, Lantus and mixed insulin preparations (not typically used). Some pens are available as disposable devices while others require replacing the cartridge of insulin only and reusing the pen. The pen does not have a needle attached so a separate prescription for pen needles, which come as small as 5mm, is needed. Lastly a prescription for insulin cartridges is need if pen is not disposable. These typically come in 300 unit cartridges. Both Humalog and Novolog now have pens that you can dose in 1/2 unit increments. These pens are called the Luxura (Humalog) and the Novopen Jr.(Novolog) and are not disposable. Lantus has a new pen, the Solostar and Levemir comes in a Flexpen. Neither of these pens come in 1/2 unit increments.

ADVANTAGES- 1. Easy for children and caregivers to draw up, because they just need to dial the dose in, 2. May be less intimidating than a syringe, 3. If child is using small doses of insulin,

there is less waste at the end of the month compared to the 1000 units in a vial of insulin. 4. Compatible with the smallest needle available,

DISADVANTAGES- 1. There can be leaking from needle therefore needle needs to be kept in skin for 10 seconds after pushing plunger, which may be challenging with the squirmers, 2. Some pens do not come in 1/2 unit increments, 3. The pens are heavier/bulkier than syringes which may be difficult for little hands.



What are all of these tests for????? A primer on Celiac Disease Testing

By Geneva Foncannon, RD, CDE

One of the annual lab tests requested by your endocrinologist includes a screening for celiac disease. Celiac disease is a digestive disease that damages the small intestine and interferes with the absorption of nutrients from food. A protein called gluten is the offender found mainly in foods, but occasionally in products that you wouldn't consider, such as stamp adhesive, medicines, and even gum! Celiac is a genetic disease and is also an autoimmune disorder, because the body's own immune system causes the damage. People with celiac disease tend to have other autoimmune diseases, such as type 1 diabetes.

A variety of blood tests have

been developed over the years to help determine the likelihood of celiac disease. These blood tests measure the level of antibodies against gluten protein itself (*anti-gliadin antibodies*), as well as against the intestinal tissue (*anti-reticulin antibodies and anti-endomysial antibodies*). It is important to know that before being tested, you should continue to eat a regular diet containing foods with gluten. If you stop eating those foods before being tested, the results may be negative for celiac disease even if it is actually present.

A positive blood result DOES NOT diagnose celiac disease. If you have a positive result, your doctor may

recommend a small intestinal biopsy. This will verify if there is damage to the intestinal villi, which is characteristic of celiac disease. If the intestinal biopsy is positive for celiac disease, the only solution is starting a gluten-free diet for life. For more information visit: www.celiac.nih.gov

Look for the next issue of Diabetes Dish to learn more information on the celiac diet.



Pump Accessories: By Lisa K Prahl, LCSW

Olympia Dukakis' character in *Steel Magnolia's* said, "The only thing that separates us from the animals is our ability to accessorize". I must say, I totally agree and, this becomes an even more important quote when you consider insulin pump therapy. If you ask me one of the hardest parts to being on an insulin pump is figuring out how I will wear it. I feel like it is all about the accessories. I remember I was in China climbing the Great Wall of all things and I broke my clip on one of the stairs. For the entire trip thereafter I was struggling with how to keep the pump in a safe place without a clip. What a pain! It really should not be that big of deal but remarkably it is. My best buddy Rosanna Hannum says that accessories can "make or break pump therapy."

Wearing an insulin pump should not take the fun out of being a kid or being an adult. Whether it be your favorite sports team skin, a water safe pouch, or, my personal favorite, the low profile clip for the Minimed Paradigm it should be fun and above all use-

ful. Pump accessories should help the pump wearer with added flexibility or style. The accessories are designed to give kids and adults the freedom, comfort, flexibility and fun they thrive on. Accessories are available for all ages. Most little children use some kind of a fanny pack, most older kids use low profile clips. As you might guess there are tons of internet sites that sell pump accessories. Here are some of them, it is by no means an exhaustive list. Check it out and hopefully you will be able to find some cool new gear.

Angelbearpumpsstuff.com

diabetesnet.com/pump

cozmore.com

animascorp.com

minimed.com

pump-wearinc.com

pumpppak.com

pumpmates.com



Update on Continuous Glucose Monitoring Systems

• Freestyle Navigator

Recently FDA approved for 18 years and older

www.continuousmonitor.com

• Medtronic Paradigm

FDA approved for ages 7 years and up

www.minimed.com

• Dexcom

FDA approved for ages 18 years and up

www.dexcom.com

Sutter Children's Services PENS Team

Sutter Memorial Outpatient Services
5271 F Street, Building C
Sacramento, CA 95819

Phone: 916-733-7014
E-mail: www.sutterhealth.org

**Thanks to all who
contributed to this
newsletter!**

Erin Giordano, EP
Rosanna Hannum, RN, CDE
Lisa Metzger, RN, CDE
Stephanie Carter, RN, CDE
**Geneva Foncannon, RD,
CDE**
Camy Butler, RD, CDE
Lisa K Prah, LCSW



School Nurses Conference By: Stephanie Carter, RN, CDE

The PENS team is excited to announce that we hosted our 5th Annual Pediatric Diabetes and Obesity Seminar on April 4th.

This annual conference is designed to educate nurses, dietitians, and other health care professionals working in the community about the management of type 1 diabetes and pediatric obesity.

In the past, this conference has been well attended by over 100 participants, primarily nurses who are working with our children in the school setting. For more information or to receive a brochure for future conferences: call (916) 733-7029 or

cartersl@sutterhealth.org

The PENS Team Menu of Services

How do you like your PENS team appointment?

We want you to know that you have options when it comes to what type of appointment you prefer.

The Traditional: 3 hours, (up to 1 hour each with a nurse, dietitian and social worker, each appointment starts on the hour)

The Modified Traditional: 1 ½ hours (45 minutes each with a nurse and dietitian or social worker)

Ala cart: up to 1 hour (nurse, dietitian, or social worker)

Advanced pump group appointments: designed for those who have been pumping at least 3 months and are grouped by age

Continuous Glucose Monitoring: Requires a prescription from your doctor

Insulin Pump Services: Pump evaluations and Pump classes

Newly diagnosed Celiac Disease Appointments

Endocrine disorders appointments

Points to remember:

Some insurance plans require a minimum number of visits with the PENS team per year.

Drs. Prakasam, Nadgir, Gareis, Culler and the PENS team recommend you see the PENS team every 3-6 months, with a full traditional appointment at least once a year.

All appointments require prior authorization from insurance