



Diabetes Spotlight

Winter 2018

SAVE *the* DATES!

Jan. 22:
Clinic Moves to
MOB, 4th Floor

Feb. 5
Advanced Pump
Class

March 11:
Daylight Savings
Time

April 14:
ADA Tour de Cure

April 21:
JDRF One-Walk in
Temecula

New Year, New Diabetes Technology

Smart pens, pumps and more set to hit U.S. market

Diabetes technology continues to evolve and improve for the benefit of patients and caregivers. This year is poised to offer an even wider selection of SmartPens, automated insulin delivery systems, pumps and more— some of which have only been available in Europe.

The diaTribe Foundation rounded up a list of some of the latest offerings with expected launch dates in 2018. Here are a few that made the list below:

- Companion Medical InPen (smart pen + app)
- Medtronic MiniMed 670G Hybrid Closed Loop
- Tandem t:slim X2 with Predictive Low Glucose Suspend (PLGS)

- Insulet Omnipod Dash touchscreen personal diabetes manager
- Medtronic MiniMed Pro Infusion Set with BD FlowSmart technology

CGM Products

- Abbott FreeStyle Libre (real time)
- Medtronic's Guardian Connect mobile CGM (standalone) and Sugar IQ app
- Dexcom's G6 sensor with push-button applicator and 30% thinner transmitter

With all these options, and the more to come, selecting one that best fits your child may be overwhelming. Speak to your physician about this new technology and how best to match it with your child's lifestyle and current diabetes management skills. •

THE POWER OF BUBBLES TO STOP THE FLU

Illnesses like the flu can be especially hard on children with diabetes. Teach your child proper hand washing with soap and water and how it helps fight the invisible germs that cause the flu.

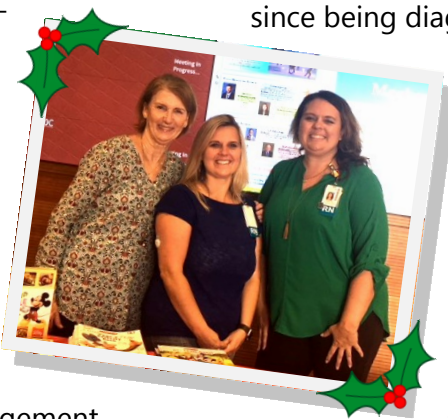


Diabetes Product Fair a Holiday Hit

Annual event connects patients and families for information and fun

The Diabetes Holiday Fair attracted more than 80 families this past December., providing attendees the opportunity to learn about new diabetes products, connect with other families in the San Diego area and celebrate the holidays. The Fair also featured a panel discussion with professional athletes Stephen England, an international elite runner, and Kyle Cochran, the first diabetic to compete live on the televised American Ninja Warrior.

As a long-distance runner, Stephen talked about balancing his diabetes management with the physical demands of his daily routine, which includes adequate nutrition and supplements to fuel



the many miles of pavement he hits every day.

Kyle, who has been living with Type 1 diabetes since being diagnosed at five years old,

appeared in four seasons of American Ninja Warrior. He was the first athlete to compete on the show wearing an insulin pump during the grueling multi-stage obstacle course. Both Stephen and Kyle spoke about how their diabetes has enabled them to succeed, and not impede, their careers in

competitive sports.

Make plans now for the next Fair in December! •

DO YOU KNOW?

DR. MARY PATTERSON

Dr. Patterson's first encounter with a child with diabetes was while attending a diabetes camp in Pennsylvania as a medical resident. That positive experience prompted Mary to include more Endocrinology electives into her studies and eventually pursuing a health care career in that specialty.

Originally from Telford, Pa., near Philadelphia, Mary attended Notre Dame as an undergraduate. As a big fan of the Fightin' Irish, she tries to return to campus at least once each football season to cheer on her favorite team. Prior to her arrival at RCHSD, Mary worked at Miller Children's Hospital in Long Beach, Calif.

Favorites:

Ice Cream

Purple

Football



Volunteer Opportunity for Young Adults

Are you over 16 and interested in helping patients recently diagnosed with diabetes in the hospital? UC San Diego Health Centers is seeking volunteers to stop by inpatient rooms in Hillcrest or La Jolla and help diabetes patients watch educational videos that are on handheld devices and computer screens. UCSD will provide orientation. This is a great opportunity for a young person with diabetes to reach out to others while gaining valuable volunteer hours.

Visit <http://bit.ly/2CWeU5T> to apply and mention "Emmi education for Diabetes & Endocrinology" in your application.

Diabetes Awareness Month Inaugural Cookbook *Call for Recipes!*

Submit your favorite recipe to the inaugural Diabetes Awareness Month Cookbook. Patients, parents and families are invited to participate. All recipes must include a carb count. Photos or drawings of recipes are welcome too.

Send your recipe to diabetesspotlight@rchsd.org or drop it off at the Clinic during your visit.



RECIPE CORNER

Smore Treat

*This recipe from Diabetes Self Management
will have your child asking for s-more!*

Ingredients:

6 low-fat honey graham crackers, broken into 1/4-inch pieces

2 1/2 cups coca-flavored sweetened rice cereal

3 tablespoons butter

1 square (1 ounce) semisweet or milk chocolate, melted (optional)

3 1/2 cups mini marshmallows, divided

Directions:

- Spray 9-inch square baking pan with nonstick cooking spray. Combine cereal and graham cracker pieces in large bowl.
- Add butter to a large microwavable bowl; microwave on HIGH 25 to 30 seconds or until margarine is melted. Add 2 1/2 cups marshmallows; microwave on HIGH 1 1/2 to 2 minutes, stirring after 1 minute, or until marshmallows are melted and smooth.
- Add marshmallow mixture to cereal mixture; stir to coat. Add remaining 1 cup marshmallows; stir until blended. Press evenly into prepared pan using waxed paper. Cool completely. Drizzle with chocolate, if desired. Cut into squares to serve.

Nutrition Facts Per Serving: Calories: 89,
Carbohydrates: 16 g, Protein: 1 g, Fat: 2 g,
Saturated Fat: 1 g, Cholesterol: 0 mg,
Sodium: 79 mg,
Fiber: 0 g

Yield: 16 bars
Serving size: 1 square



Outreach Program Educates Area School Nurses

Workshop held to enhance knowledge, skills in pediatric endocrinology

The Division of Endocrinology/Diabetes recently held a workshop for San Diego-area school nurses at Rady Children's to provide continuing education and training on various pediatric endocrinology conditions. The Division's education and nursing staff presented topics on diabetes management, diabetes technology, obesity and nutrition and gender identity.

Clinical nurses and the Division's

dietitians provided hands-on training on insulin devices and emergency medications during a breakout session.



The feedback at the workshop was positive, with school nurses saying it expanded their knowledge and skills in these areas. Pre- and post-surveys are being used to assess learning outcomes. •

Clinical TRIALS — Visit www.rchsd.org/diabetes to learn more.

Pathway to Prevention (Type 1)

Purpose: Identify relatives of type 1 diabetics that have positive antibodies. Participants with positive antibodies will be offered preventative studies and/or be closely monitored for the onset of diabetes. Recruiting: Individuals 1 to 45 years old who have an immediate family member with type 1 diabetes (such as a child, parent, or sibling) Individuals 1-20 years old who have an extended

family member with type 1 diabetes (such as a cousin, niece, nephew, aunt, uncle, grandparent, or half-sibling).

Today Genetics Study (Type 2)

Purpose: This national study involves collecting biological specimens and family medical history from participants with adolescent onset of type 2 diabetes to explore relationships between possible genetic causes

of type 2 diabetes (T2D), as well as obesity, insulin resistance, and cardiovascular complications of insulin resistance.

Recruiting: Individuals of any age who developed type 2 diabetes mellitus before 18 years of age.

For more information on these and other studies, contact Marla Hashiguchi, R.N., by phone at (858) 966-8940.

WE'RE
Moving!



Beginning January 22, we will have moved into our new clinic space on the 4th floor of the Medical Office Building or MOB. The MOB is conveniently located next to the Rose Pavilion at 3030 Children's Way and is across from a visitor parking garage.