

Diabetes Spotlight

Fall/Winter 2019

Rocking Diabetes Management

New Program Supports Teens in Living Their Healthiest Possible Lives



The diabetes care team at Rady Children's Hospital-San Diego is excited to announce the all-new **Teens Rock — Living Your Best Life** program for high school students living with type 1 diabetes! With a focus on possibilities, not problems, Teens Rock provides participants with a community of peers and expert facilitators, as well as new tools and strategies, to turn to as they create healthy lifestyle changes.

Program meetings will be held at both Rady Children's main San Diego campus and our Murrieta campus, with the next start date scheduled for early 2020. For more information or to sign up, please contact Christy Byer-Mendoza or Kim McNamara at **858-576-1700 extension 226126**. Teens Rock is made possible by funding from the Beatson-ABHOW Type 1 Diabetes Fund and the HumanGood Foundation.

Mindful Minute: "Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." — Dr. Seuss

Do You Know?

Get Acquainted with a Duo of Diabetes Care Team Members

Clinical Medical Assistant **Melissa Magadan, MA**, and RN Care Coordinator **Jodi Peterson, RN**, both help to make our team the patient-focused, efficient and compassionate group we're proud to be! Keep reading to learn more about these hardworking women.

About Melissa

Hailing from San Diego, Melissa followed her sister's footsteps into a health care career. "She is a certified nursing assistant ... and she would tell me how she loved her job and the rewarding feeling she received when patients' families would thank her for ... get[ting] their family members up and moving. She has a great heart and is always trying to ... help and make the patient feel at home," Melissa gushes. After spending two years in internal medicine, women's health and pediatrics at a community clinic, Melissa pursued a focus in pediatrics and found her role at Rady Children's. She loves helping kids overcome their fears of being at the doctor and end up "smiling and loving their experience," she says. Melissa emphasizes that during her free time, she's game for just about any adventure as long as she's spending time and making memories with her family. Bonus points if that includes doing so over her favorite food, sushi!



About Jodi

Minnesota native Jodi heard her calling to nursing at a young age. "I saw how nurses impacted the care for my family member that was in the hospital, and I knew that's what I was meant to do," she says. After graduating from University of Wisconsin — Madison with a nursing degree, she headed west and has been in San Diego — and at Rady Children's — ever since. Around the clinic, she's known for her expertise at injections, and remarks that the best part of her job is when patients tell her she's made a potentially stressful experience quite the opposite. "I love when kids tell me, 'I didn't even feel the shot!'" she exclaims. Outside of work, she enjoys spending time outdoors, particularly while backpacking, camping and hiking. She also likes to dance and has mastered three instruments — piano, guitar and ukulele.



New and Noteworthy

The Latest in Diabetes Products and Research

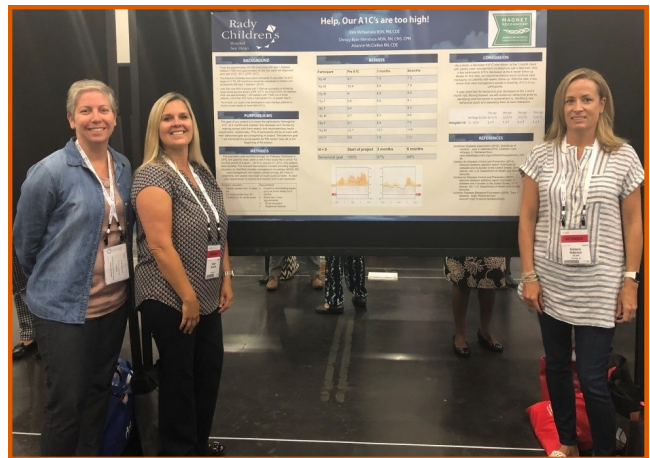
The Food and Drug Administration recently approved Baqsimi, a first-of-its-kind treatment for severe hypoglycemia designed for individuals with diabetes ages 4 and older. The nasal spray requires only three easy steps to use, and because it doesn't require a user to inhale, it can work in unconscious recipients. Because other similar products often call for specialized training or complex mixing, this simplified, user-friendly formula is an exciting innovation.



Out and About

How We're Staying Involved in the Diabetes Community

Recently, three of our Diabetes Educators — **Christy Byer-Mendoza, Ariane McClellan** and **Kim McNamara** (pictured left to right) — presented their clinical research poster, “Help, Our A1Cs Are Too High!” at the American Academy of Diabetes Educators Conference in Houston.



Rady Children's Medical Practice Foundation also recently hosted the third annual Keys to Supporting Students in the School Setting conference, which drew approximately 150 school nurse attendees from all over the San Diego region. **Dr. Bethany Gottesman**, a diabetes team fellow, presented an update on diabetes management practices; while a number of our nurses discussed managing hypoglycemia, using continuous glucose sensors and insulin pumps and pens, and understanding kids' unique insulin plans.

Save the Dates

Rady Children's Events

- **Advanced Pumping Seminars:** Nov. 4 (Tandem) and Dec. 2 (Medtronic). All classes 4-5 p.m. in San Diego.
- **Introduction to Pump Therapy:** Oct. 22, Nov. 13 and 16, and Dec. 11. All classes 3:30-4:30 p.m. in San Diego.
- **Diabetes Holiday Party and Product Fair:** Dec. 14; 1-3:30 p.m. in San Diego.
- **Off to College with Type 1 Diabetes:** Jan. 7, 2020; 6-8:30 p.m. in San Diego.

Find info on classes, locations and registration at www.rchsd.org/programs-services/endocrinology-diabetes/classes/.

Community Events

- **JDRF One Walk:** Walk or run for a cure with your San Diego community on Nov. 9 at Balboa Park. For more information, visit www.jdrf.org or contact Deanna Kasper at dkasper@jdrf.org or **858-597-0240**.
- **Riding on Insulin California Ski/Snowboard Shred Camp:** On Feb. 8, 2020, kids and teens ages 7 to 17 with type 1 diabetes, as well as their siblings, are invited to hit the slopes at Diamond Peak Ski Resort in Lake Tahoe! For details, visit www.ridingoninsulin.org.

Recipe Roundup

Everyone Will Want S'More of This Dessert Adaptation From Lisa Ameer, MSNH, RD, CDE

With cooler weather heading our way, now is the perfect time to craft a batch of chewy, cozy, campfire-inspired marshmallow-cereal treats. This take on s'mores is sugar- and carb-conscious, not to mention incredibly easy to make. Lisa suggests splitting the rice cereal 50/50 — part chocolate-flavored, part whole wheat — for even more fiber. "Just be sure to check the label for accurate carb counts," she says.

(16 grams of carbs per serving; 16 servings per batch)

Ingredients

- 2 1/2 cups chocolate-flavored rice cereal
- 6 low fat honey graham crackers, broken into 1/4-inch pieces
- 3 tablespoons butter
- 3 1/2 cups mini marshmallows
- 1 ounce semisweet or milk chocolate, melted (optional)

Directions

- Mix cereal and graham crackers in a bowl.
- Add butter to a microwavable bowl and microwave on high for 25-30 seconds, or until butter is melted.
- Add 2 1/2 cups of marshmallows and microwave on high for 1 minute. Stir and microwave for an additional 30 seconds-1 minute.
- Add melted marshmallows to cereal and cracker mixture and stir.
- Add the remaining marshmallows and stir together.
- Use wax paper to press into a 9-inch square baking pan, coated with nonstick cooking spray.
- Let cool completely, drizzle with chocolate and cut into squares to serve.



Recipe adapted from www.diabetesselfmanagement.com/recipes/desserts-sweets/smore-treats/



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