

NEWS FROM PRIMARY CHILDREN'S DIABETES CLINIC?

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WELCOME TO THE FIRST ISSUE OF PRIMARY CHILDREN'S DIABETES CLINIC'S NEWSLETTER!

As an effort to further serve our patients and families, Primary Children's Diabetes Clinic has decided to start a quarterly newsletter. We're still looking for the perfect name, however, which is where we need your help.

Here's what you can do:

- 1) Gather the whole family, and come up with your favorite ideas for our newsletter's name
- 2) Send or tell Diabetes Clinic staff your ideas before Oct. 1, 2007, Include the names of everyone who helped
- 3) Wait for the November newsletter to see if your idea has been chosen as the newsletter's name

Prizes will be awarded to the winners, so start brainstorming!

CALENDAR CONTEST

Who says diabetes has to change the way you live?

The Utah Diabetes Center is seeking pediatric diabetes Patients to show off all their many activities. We would also like to have pictures of holidays and pictures of different seasons of the year. We are publishing our 5th pediatric calendar and would love to showcase our talented, active diabetes patients.

If you do any sport or activity, have someone take your picture doing that sport/activity/holiday or seasons and turn it in to any of our staff. If your picture is chosen for the calendar, we will ask for an electronic copy and a short biography that will be used to spotlight each calendar winner. A release form will need to be signed by the parents before the picture can be displayed. **We will need to receive all pictures by September 1stst to be considered for the 2008 calendar.**

WISHING YOU'D GONE TO CAMP THIS SUMMER? YOU STILL CAN!

August 24-26: Family Camp B (ages 0-2 grade & families)
September 7-9: Family Camp C (ages 0-2nd grade & families)
Don't forget winter camp. Information in next newsletter

(Remember - camp forms must be signed by your child's doctor, and CANNOT be faxed! Please allow time for mailing forms, or bring them in for us to sign.)

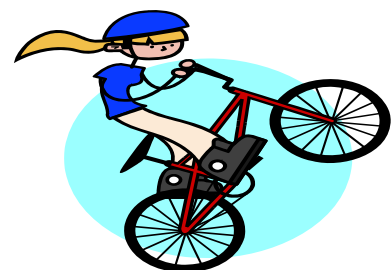
RECHARGE YOUR DIABETES BATTERY CLASS

This class is being offered to children and their parent who feel they need a basic review of diabetes. The class will provide an overview of diabetes, current management approaches, and review of self - management skills. The class is presented in a way to provide a fun educational evening. The next class is Nov. 2 for ages 14-16yrs. Additional Information will be coming soon.

CALENDAR OF EVENTS

- Basic Pump Class: Monday 4:00pm-6:00pm
Sept. 10, 2007,
Oct. 8, 2007, Nov. 12, 2007
- Basic Carbohydrate Counting Class: 3:30 -5:00pm
Sept. 25, 2007
- Advanced Carb Counting Class: Thursday 3:00-5:00pm.
August 23 or 30, 2007,
September 13 or 27, 2007
- Advanced Pump Classes: Monday 4:00pm - 6:00pm.
MinMed: Sept. 17, 2007, Jan. 28, 2008, April 21, 2008
Cozmo: Nov. 19, 2007, March 17, 2008; June 6, 2008
Animas: Oct. 15, 2007, Feb. 25, 2008, May 19, 2008
- Celiac Classes will be announced- contact Sherrie Hardy

To register for classes call: 801-587-3922



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GLEN'S CORNER: THE PSYCHOSOCIAL ZONE

Many and great are the challenges in helping children do well with diabetes management. At the time of diagnosis there are critical issues including:

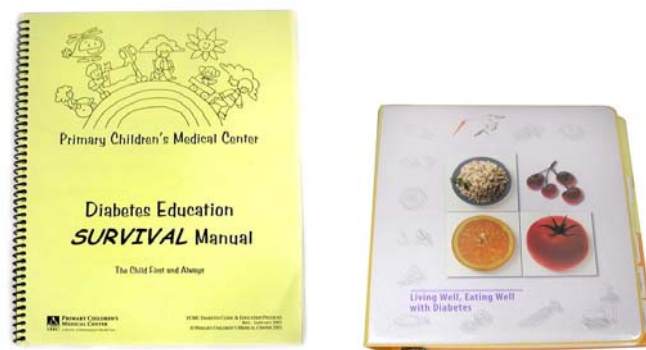
- Acceptance of the new diagnosis and all its implications.
- Managing emotional responses of worry, fear, sadness, frustration, guilt, denial, depression and anger. Along with the feeling of just being overwhelmed.
- Not allowing diabetes to interfere with normal development tasks and life events.

Dr. Allen Delamater, PhD., has reported that in research studies, the intense reactions often felt at the time of diagnosis, subside in the first year. Most parents and children require a tremendous amount of new knowledge about diabetes management, mastering new skills, and figuring out how to integrate diabetes into daily life.

We are part of your support team. Just know your can be successful!

"Don't deny you have a disease. Deny the disease's ability to define who you are"

LETTING YOU KNOW ...



PATIENT EDUCATION MANUALS WIN NATIONAL AWARD!!

The Living Well, Eating Well with Diabetes and the Diabetes Education Survival Manuals used to educate newly diagnosed children with diabetes and their families won the Alene Van Son Diabetes Educator Award for printed educational tools from the American Association of Diabetes Educators. Sherrie Hardy, RD, CDE and Lucie Jarrett, APRN, CDE, received the award on behalf of the PCMC Diabetes Clinic at the annual meeting in St. Louis, Missouri on August 3, 2007.

JDRF walk will be held August 25, 2007 at Wheeler Farm

ADA Walk will be held Sept. 29, at Heritage State Park



SCHOOL IS JUST AROUND THE CORNER... IS YOUR FAMILY READY?

Is your family ready for another school year? Here are a few reminders and suggestions to get you started on a smooth transition:

- **Meet with the School Nurse to review your School Care Plan.** Care plans are available at the Diabetes Clinic, and need to be signed by your child's doctor every year. Remember that you and your school's staff are a team. Even if you've had a less than ideal experience in the past, approach this meeting with a positive attitude and realistic expectations.
- **Decide if you want a Glucagon Kit at your child's school.** New forms need to be signed by your child's doctor every year, and are available at the Diabetes Clinic.
- **Setup an appointment to meet with your child's principal and teacher.** If your child will be attending a new school, stop in and introduce yourselves to the secretary and office staff. This is a great time to educate the school's staff on blood glucose monitoring, recognizing and treating hypoglycemia, insulin

administration, and arrange for a food box at school. Let them know what a great resource you are and that you are happy to answer any questions or concerns they have.

- Above all, have a safe and fun remainder of the summer! Don't hesitate to call us with any questions or hurdles you encounter.



CHEW ON THIS: TOPIC...BY THE DIETITIANS

Physical activity is important in maintaining a healthy lifestyle. Everyone should aim to exercise for a minimum of 30 minutes per day. During the summer it is common for children to be more active. Those with diabetes need to take special precautions when they are more active. Physical activity increases the cell's sensitivity to insulin, and cells can remain sensitive for up to 24 hours. Because of the increase in sensitivity, you may need to decrease insulin and/or increase carbohydrate rates during or immediately following exercise. It is also important if you are giving pre-exercise insulin, to make sure that you do not inject it directly into a working muscle, because it can get absorbed much more quickly. The key to knowing how to manage diabetes with exercise is to monitor blood glucose rates frequently. Always keep some carbohydrate snacks on hand to treat lows, and make sure your child drinks plenty of water while exercising. If your child gets dehydrated and/or develops ketones, it is important to take a break until glucose rates return to a normal level. Have a great rest of the summer! And remember to practice safe exercise habits while you are enjoying the sunshine! Here are some ideas of ways to be active during the summertime:

Dance, dance revolution	basketball	taking dance classes
Skateboarding	jumping on the trampoline	yard work
Hiking	dancing to music	going to water parks
Taking walks	participating in sports teams	playing at the playground/park
Swimming	neighborhood games	tennis



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