

PCMC Diabetes Clinic Newsletter

March 2008

HELP! OUR NEWSLETTER NEEDS A NAME!!

This is the second issue and it's still the poor newsletter without a name. We need your help! Get with your kids and give us some ideas.

- Send your suggestions to the Pediatric Diabetes Clinic at 615 Arapeen Drive #100, Salt Lake City, Utah 84108.
- Or, leave a message with the diabetes educators at 801-587-3999
- Or, the next time you're here tell the Diabetes Clinic Staff your idea.

We need the name before the next newsletter in July so our deadline is **June 30, 2008**. The winning suggestion will become the official title of the PCMC Diabetes Clinic's newsletter.

There are prizes involved. . .



2009 UDC / PCMC CALENDAR

Get started now! The Utah Diabetes Center and PCMC Diabetes Clinic want pictures of patients showing off their many talents, favorite activities or sports. We know you take pictures of your kid(s) participating in activities so. . . .

Send your favorites to the Utah Diabetes Center or bring them to clinic. If your picture is chosen for the calendar, we will ask for an electronic copy and a signed release form. Please have all pictures in by September 1st, 2008 to be considered for the 2009 calendar.



EVENTS

- **UDC Fun Run**
April 12, 2008,
8:00 a.m.
Utah Diabetes
Center
- **Camp UTADA 2008**
Family Camp A July 3 - 5
Session #1 July 6 - 12
Session #2 July 13 - 19
Session #3 July 20 - 26
Family Camp B July 26 - 29
- **ADA Diabetes Clubhouse**
July 10-11, 2008
Discovery Gateway
- **JDRF Tri-County Walk**
August 23, 2008
Wheeler Farm
- **ADA Walk**
September 27, 2008
This is The Place Heritage State
Park



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EDUCATION & CLASSES

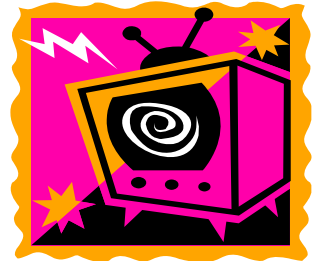
Classes are held at the Utah Diabetes Center, PCMC Diabetes Clinic, 615 Arapeen Drive #100, Salt Lake City, Utah 84108.

Pre-Registration is required, call 587-3922

- **Pump Prep Class:**
 Monday 4:00 - 6:00 p.m.
 April 16, 2008
 May 12, 2008
 June 9, 2008
 July 14, 2008
- **Basic Carbohydrate Classes:**
 Tuesday 3:30 - 5:00 p.m.
 May 13, 2008
 Additional classes announced at a later date
- **Advanced Carbohydrate Classes:**
 Thursday 3:00 - 5:00 p.m.
 April 10 or 17, 2008
 May 15 or 29, 2008
 June and July announced at a later date
- **Advanced Pump Classes:**
 Monday 4:00 - 6:00 p.m.
 Animas: May 19, 2008
 Deltec Cozmo: June 6, 2008
 MiniMed: April 21, 2008
- **Recharge Your Diabetes Battery Class:**
 Friday, April 4, 2008
 (offered twice a year)
- **Celiac Classes:** Contact Sherrie Hardy 587-3956



A Simple Way to Keep Your Child Healthy: Take the TV Out of the Bedroom



Research is showing that television in the bedroom is associated with both health and school problems. A March 4, 2008 story in the New York Times, by Tara Parker-Pope, called TV the "One-eyed Invader in the Bedroom." The story explains that "children with bedroom TVs score lower on school tests and are more likely to have sleep problems. Having a television in the bedroom is strongly associated with being overweight and a higher risk for smoking."

Although some TV watching is okay for children, the total of video game playing, computer surfing, and TV watching should be limited to no more than 2 hours a day. Children under 2 years of age should not be by themselves in front of the TV by themselves at all. TV watching keeps children from playing and developing their imagination. Cutting TV time in half decreases snacking and reduces a child's risk of becoming fat.

Why take TV out of Your Child's Bedroom?
 Studies show that a TV in the bedroom:

- Increases a child's TV watching by more than 1 hour a day.
- Increases the risk of becoming overweight
- Decreases the amount of time spent reading.
- Decreases math and reading test scores.
- Increases sleep problems.
- Doubles the risk of smoking.

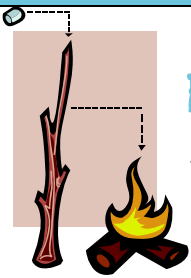


Children are likely to snack while watching TV. They sit still on the sofa and don't burn calories while watching TV. If the TV is in the bedroom, parents don't know what their children are watching. They also may not know what their kids are eating.



Our advice at the Utah Diabetes Center

Limit TV watching to no more than 2 hours a day and take the TV out of the bedroom. Better still, never let the TV into the bedroom in the first place. It's a One-Eyed Menace.



FCYD Camp UTADA

The Foundation for Children and Youth with Diabetes will be holding camp this summer at Camp Red Cliff in July. Camp Red Cliff is located near Huntsville in Weber County.

Each session of Diabetes Camp is completely staff by volunteers. Many of these volunteers are physicians, dietitians, nurses, Certified Diabetes Educators, pharmacists and infirmary staff.



Cabins are staffed with volunteer counselors with an average of 6 to 8 campers and 2 to 3 counselors per cabin. Counselors-In-Training (CIT's) also help to staff the cabin at our youngest sessions.



Summer Camp includes daily education, daily diabetes management rounds with unit physicians and dietitians, in camp activities as well as special activities off-site. Activities include dances, swimming, archery, field sports, campfire skits and songs, talent shows, water

fight (aquatic festival), hiking, arts and crafts, karaoke, guest speakers and much more.

The goal for camp is to provide a fun, safe and educational experience for children with diabetes. But most of all, it is a chance to be with other kids with diabetes and to make some everlasting friendships.

Tentative schedule for July 2008: (Stayed tuned for other possible dates and age groups)

Family Camp A	July 3 - 5
Session #1	July 6 - 12
Session #2	July 13 - 19
Session #3	July 20 - 26
Family Camp B	July 26 - 29



If you need more information or would like a registration packet for camp, please contact Dave Okubo at (801) 566-6913 or log on to www.fcyd-inc.org



Note: The following surgery guidelines are based on information from Understanding Diabetes by H. Peter Chase, MD, American Diabetes Association, and PCMC Diabetes Educators and Physicians. Please note that the Diabetes Team, Sedation Services, Radiology Team, and Surgery Team are all working together to write a policy regarding patients with Type I Diabetes requiring , surgery or sedation.

Guidelines for Surgery or Procedures



Sometimes surgery is unavoidable. Having diabetes can increase risks with surgery or sedation and we would like to help the day be smoother - avoiding hypoglycemia or hyperglycemia and ketosis. If your child is scheduled for surgery or a procedure in which they will be sedated (such as a dental procedure, MRI or echocardiogram), please contact your diabetes doctor or our office at least **3 or 4 business days** before the procedure.

- ❖ Schedule the procedure as early in the day as possible or, better yet, be the first one of the day.



- ❖ Don't disconnect an insulin pump unless your child is having an MRI. Ask your diabetes doctor for a "temporary basal rate" to use during and following the procedure.
- ❖ If your child receives NPH insulin regularly, do not give it the morning of the procedure.
- ❖ If your child is fasting (not eating or drinking), do not give any fast-acting insulin (Novolog or Humalog) prior to the procedure. Raise your child's target blood glucose to 200 mg/dl or above prior to the procedure. Give a correction dose if it is appropriate based on their blood glucose levels and the new target of 200 mg/dl.



- ❖ Always keep a Glucagon Emergency Kit close by.
- ❖ Check blood or urine for ketones before and after the procedure then every 3 hours for the rest of the day. Check blood glucose just as often. Many times, your child's food intake may be restricted as a result of the procedure or sedation, it is important to monitor for ketones and take action if needed. Low blood glucose readings and ketosis can be prevented with frequent monitoring after a procedure.

Continued on page 4. . . .

Guidelines for Surgery or Procedures, continued...

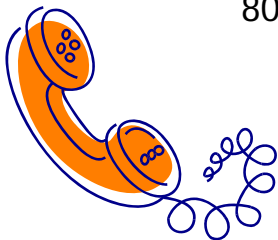
- ❖ After the procedure or sedation, your child's food and liquid intake could be compromised. Slowly advanced their diet to "clear liquids" to avoid vomiting. Use sugar containing liquids if blood glucose is less than 200 mg/dl, use sugar-free liquids if blood glucose is over 200 mg/dl. Once they are tolerating foods, resume their normal insulin to carbohydrate ratio for any food or liquid intake.



- ❖ Take a copy of the sick day guidelines with you; follow them the rest of the day. It is important to have both sugar-free as well as sugar-containing fluids available throughout the day.

Monitoring can prevent problems.

If you have any questions,
contact the
Diabetes Educators
801-587-3999.



Diabetes Clubhouse July 10-11, 2008

Sponsored by the American Diabetes Association

The Diabetes Clubhouse is a day camp for children with diabetes between the ages of 4 and 7. The program combines recreational activities with informal groups sessions related to diabetes in a fun and playful atmosphere.

GOALS: Helping children...

- ✓ develop self-esteem
- ✓ take responsibility for their own diabetes management
- ✓ learn new social skills in a setting away from home.

ACTIVITIES include:

- ✓ Crafts
- ✓ Diabetes education sessions including diabetes nutrition
- ✓ Hands-on interactive exhibits
- ✓ And more...

Brochures will be mailed in late April. Watch your Mail.



Name the Newsletter Contest
&
UDC 2009 Calendar Pictures Contest

PCMC Diabetes Clinic
Utah Diabetes Center
615 Arapeen Drive, Suite 100
Salt Lake City, Utah 84108
Front Office (801) 587-3922
Diabetes Educators (801) 587-3999

Visit our Website at:

<http://healthcare.utah.edu/utahdiabetescenter>