

# The Diabetes Connection

Cincinnati Children's Hospital Medical Center  
Family Self-Management Newsletter

Spring/Summer 2006

## Spring Break-Out: 2006 by Gordon Maciulewicz

I was determined; this year's spring break was going to be spent differently than the rest. By suggestion of a group of close friends at the University of Dayton, a 2000 mile road trip and week of volunteer work were soon to follow. We drove down after classes were finished, and pulled into our destination on the coast of the Mississippi river in New Orleans about 15 hours later.

Over the next day, we were briefed on what to expect as we cleaned out the houses in St. Bernard Parish. We were put into teams of 10 to work on the houses, which is how we met a group from Northern Illinois University.

When Monday rolled around, we started work on the houses. Breakfast was at 6:30, we had to be on the bus with our lunch and all our gear by 7:30, and work started at about 8:00. For the next 8 hours, we worked side by side with the others to remove everything from the inside of the house that was damaged by hurricane Katrina while saving what personal items we could. The homes would be cleaned

Down to the wooden studs and concrete floors, removing everything from the floor, up to the roof, including drywall, flooring, appliances, insulation, windows, doors and more.

The first house we worked in was the best; we got to meet the granddaughter of the woman who had lived in the house. As we spoke with her, we could tell that this was a hard time for everyone involved. Those 20 minutes talking with her in her grandmother's garage made the entire week-long trip worth it.

My group managed to completely clean out 2 houses in 4 days. The last day of the week, Friday, was spent at the soup kitchen that had been set up for those in the area. The personal interaction was incredible, and made the entire group of 10 realize that the area of New Orleans still needs help. I encourage anyone who is interested in helping in the Katrina relief effort to check it out at Habitat for Humanity's website (<http://www.habitat.org/disaster/>) and spend some time giving

back. I was skeptical at first, but in the end, the trip was amazing.



I am an 18 year old with type 1 diabetes, using Basal/Bolus. I was diagnosed in 1997 (4th grade). I currently attend school at the University of Dayton studying to graduate with a Mechanical Engineering degree, with an Automotive concentration.

### *How I managed my diabetes while I was helping out.*

I managed my diabetes daily by lowering my Bolus a few units, and adjusting the basal ratio in anticipation of heavy activity. I added in a sugared drink with about 35g Carb mid morning and mid afternoon to assure that I had enough sugar on board to make it through the day. Amazingly, I was only low once! and I sat down to drink an additional 2 sugared drinks and part of my lunch to let my blood sugar catch up. The week went very well!

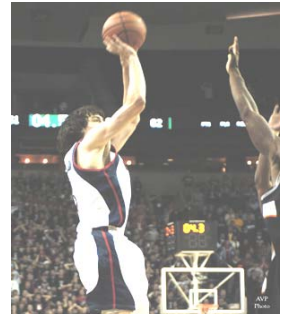
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## SPORTS CORNER

### National Sports News

The college basketball season is over, but who can forget the amazing play of Adam Morrison. The 6'8" junior forward from Gonzaga University in Spokane, Washington averaged 28 points and 5.5 rebounds per game. He was named the 2006 Chevrolet Player of the Year and was a close runner-up for the prestigious John Wooden award. He is currently considered to be a first round draft pick for the NBA.

Diagnosed with type 1 diabetes in eighth grade, Adam applies the same self-discipline to managing his diabetes that he does to playing basketball. Although he wears an insulin pump off the court, he monitors his blood glucose levels and gives himself insulin injections during games as needed. He joins the ranks of other outstanding athletes who demonstrate that diabetes does not limit dreams.



### Local Sports News

Right here at Cincinnati Children's Diabetes Center we also have many athletes that are not only pursuing, but achieving their athletic dreams all in the face of their diabetes. Paige Bowling, now a freshman at Campbell County High School, has been playing basketball since she was in third grade. Paige was diagnosed with diabetes just following her fifth grade year, but she never once thought of giving up on playing basketball. This season she led the Campbell County Camels to Districts as the point guard and leads the varsity team in scoring, assist, and steals. Her coach, Ed Cravens, was quoted in the *Score-Board: Northern Kentucky's Own Sports Magazine* [March, 2006, 1(2)] as saying that, "The thing that makes me admire Paige is she controls her condition, she doesn't let it control her life and what she wants to do." Although, Paige is passionate about basketball, she tells me, her Nurse Practitioner, that she does not want a basketball scholarship to college...she would rather get an academic scholarship and focus on studying. Whatever she decides, I know that she will achieve her goal. Nothing can stop this rising STAR...not even her diabetes.

By Shannon Haury, Diabetes Nurse Practitioner

## PARENT REPRESENTATIVES NEEDED

I have been part of the Pursuing Perfection Self-Management group as a parent advisor for several years now. The group meets once a month for 90 minutes. Why have I committed to this for so long you ask? For it is certainly a committed choice, I, LIKE ALL PARENTS WANT THE BEST POSSIBLE CARE FOR MY CHILD. I also want to be able to take care of my child on my own. By attending meetings, I can be a voice for this. We all say at times that unless you truly live diabetes everyday something can get left out of the thought process sometimes. So, as these fine professionals from Children's work so diligently day in and day out to take care of the whole child, physically, emotionally, socially, academically and even their families they always are willing to listen to any comments or suggestions I may have to make in regard to one living the life with diabetes in it. We have all benefited from many things that have come from these group meetings, sick day guidelines, halloween party, picnic, newsletter, etc.

So if you want to be a voice and have some time to share, being a parent advisor is self rewarding. However, if at anytime you ever have suggestions about anything, be sure to email them in to children's or give a call. We're all in this together wanting the same goal.....a cure first and foremost, but in the meantime, the best care which is what we have in CCHMC and ourselves.

By Robin Kelly, Parent Representative

**\*\*If interested in becoming a parent representative to the Self-Management Committee, please contact Shannon Haury or Marcia Wonderly at (513) 636-2444 Option 9.**

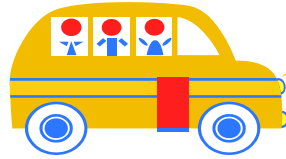
### ***PURSUIING PERFECTION SELF-MANAGEMENT COMMITTEE***

#### **Parent Representatives:**

Robin Kelly  
Mary Schutzman  
Jim Westendorf

#### **Diabetes Staff:**

Rosanne Cahill  
Allison Deisinger  
Tammy DiMuzio  
Sherry Elmore  
Linda Gray  
Shannon Haury  
Ann Malinowski  
Alesia Mattar  
Kelly Porter  
Marcia Wonderly



# SCHOOL CORNER

## School Packets

School packets for the 2006 -2007 school year will be available in early May. Please pick up your packet at the clinic registration desk when you are here for a clinic visit this spring or summer. It is important for you to sign and complete the form “Authorization for Use and/or Disclosure of Protected Health Information to Schools” before you leave clinic. This form allows us to communicate with school nurses and other school personnel about your child when they cannot reach a parent or have questions.

There are a few additions to the new packet. Straightforward emergency plans for the treatment of hypoglycemia and hyperglycemia are included for use by non-medical school personnel. An exercise section is included that reflects the new section in the World of Diabetes binder.

Please set up a meeting with key school personnel prior to the start of the new school year to review the packet and discuss issues specific to your child.

## School Nurse Programs

As the end of the school year approaches, we are busy preparing for summer and fall school programs. The Jump Start Back to School program for school nurses will be held on Wednesday, August 2<sup>nd</sup>. This all-day program includes diabetes care updates, sick day management, and hands-on workshops related to pumps, pens, bolus calculations, blood glucose monitoring and administering glucagon. A mini program with hands-on opportunities will be held after school on Tuesday, September 19<sup>th</sup>. Brochures for both programs will be mailed to over 800 Tristate nurses in early May. Encourage your nurse to attend!

## School Program for Families

Join us for the Jump Start Back to School program for families on Tuesday evening, July 18<sup>th</sup>. This is an informal and informative program that allows parents to share with one another and learn how to promote optimal care at school. Start the new school year on a positive note! A separate mailing will be sent to our families at a later date regarding registration.

# Jump Start Back to School Program for FAMILIES

**Tuesday, July 18, 2005**

6:00-7:00 p.m. Diabetes Product Exhibits

7:00-8:30 p.m. Family Program

Cincinnati Children’s Hospital Medical Center

Sabin Education Center Fifth Third Auditorium (location D)

-More information to follow-



## IS YOUR CHILD SCHEDULED FOR ANESTHESIA FOR A SURGICAL OR RADIOLOGICAL PROCEDURE?

If your child is having any type of surgery with anesthesia, please notify your diabetes care provider at least two weeks before the surgery. In order to provide the best care to your child, the surgical team needs to have information from your diabetes care provider about your child’s diabetes plan.



## PRODUCT UPDATES

### OneTouch® Ultra2 Blood Glucose Monitoring System



In addition to the OneTouch® Ultra, there is the new OneTouch® Ultra2. This new meter provides the ability for the user to flag the results stored in memory as either before or after meals. Displays three types of test averages:

- Average of all test results
- Average of all before-meal results
- Average of all after-meal results



Uses the same test strips, same amount of blood and still 5 second test. For more information visit, [www.lifescan.com](http://www.lifescan.com).

### Accu-Chek® Compact Plus



In addition to the Accu-Chek® Compact, there is the new Accu-Chek® Compact Plus. The Accu-Chek® Softclix Plus is a detachable lancet device that snaps into the side of the meter. The user has the choice of leaving the lancet device attached to the meter when testing. As with the Accu-Chek® Compact, the new meter uses the same amount of blood, tests in 8 seconds, same test strips (preloaded drum of 17 strips) and no coding is needed. For more information visit, [www.accu-chek.com](http://www.accu-chek.com).

### Groovy Patches™ are a unique way to accessorize the sterile pad that surrounds the injection site of an insulin pump.



**Groovy Patches™** is a stylish way to show your personality while wearing an insulin pump. Don't hide your injection site— show it off and show everyone your sense of style! Use Groovy Patches for the beach, while exercising, splashing by the pool, playing sports, and to just feel good about yourself! Currently the patches are designed for the Quick-set Infusion sets for the Medtronic Minimed pumps. The website is [www.groovypatches.com](http://www.groovypatches.com)



# STAY INFORMED WITH THE DIABETES CENTER PORTAL

## Where Will the Portal Take You?

The Diabetes Center Portal is a safe and convenient electronic tool designed to support you in the management of your child's condition. From your home computer, popular features enjoyed by families already using the portal include the Q&A section and the easy access to their children's accurate, up-to-date medical information.

**Q&A:** The Questions & Answers section of the portal enhances the personal relationship you've developed with your caregivers. It is intended for **non-urgent** questions that will be answered within one business day.

## Medical Information:

- Lab Reports
- HgbA1c Graph
- Clinic Visit Data
- Weight & Height Graph
- Hospital Admissions
- View Signed Medical Release Forms

**Is the Portal Safe?** Yes! Your child's privacy is of the utmost importance to Cincinnati Children's Hospital Medical Center. The Diabetes Center Portal is accessed through a secure, password-protected web site. Vulnerability assessments are completed nightly as part of the CCHMC privacy standards applied to all electronic clinical records.

## To Obtain Portal Access:

Please fill out the **Diabetes Authorization Form** that was included with your newsletter and return to the attention of:

Attention: Chad Loudermilk    Fax: 513-636-3331    or    Mail: CCHMC, Diabetes Center MLC 5006  
3333 Burnet Avenue  
Cincinnati, OH 45229

## Log on Today!

<http://diabetescenter.chmc.org>— select "Request Access to Diabetes Portal" for authorization form



## MEDICATION RECORD REMINDER

Don't forget your updated [Cincinnati Children's Hospital Medication Record](#) card when coming in for all clinic appointments or hospitalizations.



## HAVE YOU CHECKED OUT OUR WEBSITE LATELY?

- Upcoming Diabetes Programs and Events
- Diabetes Portal
- Faculty and Staff
- Diabetes Health Information
- Sick Day & Ketone Management Flowcharts

[www.cincinnatichildrens.org/diabetes-center](http://www.cincinnatichildrens.org/diabetes-center)

## MORE PROGRAMS AND EVENTS

**NEW**

### GRANDPARENTS AND CAREGIVERS DIABETES TRAINING

As requested by our families, the Juvenile Diabetes Research Foundation and Cincinnati Children's Hospital Medical Center are pleased to sponsor this exciting new program.

The purpose is to provide basic diabetes education to grandparents and other caregivers of the Diabetes Center patients. This first program scheduled for June 24 is targeted to extended caregivers (babysitters 18 and older and relatives such as grandparents). A program flyer and consent form will be mailed to families with children 12 and under.



### Tour de Cure Run Walk Ride—Fundraising Event of ADA

Saturday, June 3, 2006 Lebanon, Ohio at Countryside YMCA  
(Call 1-888-DIABETES or visit website at [www.diabetes.org/tour](http://www.diabetes.org/tour))

**JDRF Walk to Cure:** Saturday, September 30, 2006 at Paramount's Kings Island in Cincinnati and the World Peace Bell in Newport. Go to [www.JDRF.org](http://www.JDRF.org) for more information and other locations.

**ADA Walk for Diabetes:** Saturday, October 28, 2006 at Sawyer Point in Cincinnati. Go to [www.Diabetes.org](http://www.Diabetes.org) or call 1-888-Diabetes, for more information and other locations.

## DIABETES CAMP INFORMATION

### Camp Tokumto: Day Camp

Ages : 5 – 9  
Date: June 26-30, 2006  
Location: Sharon Woods Park in Cincinnati  
Cost: \$155 for ADA members  
\$180 for non-ADA members  
Registration Deadline: May 21, 2006

### Camp Korelitz: Residential Camp

Ages : 8 – 15  
Date: August 6-12, 2006  
Location: YMCA Camp Campbell Gard, Hamilton, OH  
Cost: \$400 for ADA members  
\$450 for non-ADA members  
Registration Deadline: June 7, 2006  
More information about camp site, call 1-877-224-9622 or visit [www.CCGYMCA.org](http://www.CCGYMCA.org)

### Camp Hendon at Crooked Creek: Residential Camp

Ages : 8 – 17  
Date: July 23-29, 2006  
Location: Camp Crooked Creek, Shepherdsville, KY  
Cost: \$300 for ADA members  
\$325 for non-ADA members  
Registration Deadline: June 1, 2006  
For more information about camp Hendon, visit [www.camphendon.com](http://www.camphendon.com)



For more information, financial assistance or to obtain a registration packet for any diabetes camps, contact the **American Diabetes Association** at 1-888-DIABETES or 513-759-9330 (Ohio) or 888-342-2383 ext 3324 (KY & Southern IN) [www.diabetes.org/communityprograms-and-localevents.jsp](http://www.diabetes.org/communityprograms-and-localevents.jsp)

**\*\*COMPLETE CAMP FORMS EARLY\*\***

## DIABETES STUDY: SEARCH for Diabetes in Youth

The primary purpose of the SEARCH study is to estimate the number of young people who have diabetes in the United States, and to identify the type of diabetes by age and race/ethnicity. Other goals are to learn more about the type of medical care and treatment provided to young people with diabetes, to investigate complications, and to learn more about how diabetes affects their everyday lives.

SEARCH is a 10-year study sponsored by the Centers for Disease Control and Prevention (CDC), and the National Institutes of Health (NIH). There are six SEARCH centers across the United States. The Cincinnati Center is located at Children's Hospital; and Lawrence Dolan, MD is the principal investigator for the Cincinnati area.



We are currently enrolling children, teens, and young adults who meet the following criteria:

- Diagnosed with diabetes anytime in 2005 or 2006
- Less than 20 years of age at the time of diagnosis
- Home residence in one of the following counties:  
**Ohio** – Butler, Clermont, Hamilton, and Warren  
**Kentucky** – Boone, Campbell, and Kenton  
**Indiana** – Dearborn

Everyone will be asked to participate in a visit. Some of these participants will be asked to return for follow-up visits at 1 year, 2 years, and 5 years after the first visit. Visits include:

- Measurement of height, weight, waist circumference, and blood pressure

- Brief interview and questionnaires about your diabetes and general health
- Fasting blood sample to measure blood sugar, hemoglobin A1c, insulin, cholesterol, and antibodies
- Urine sample
- Breakfast will be provided after the blood sample has been drawn.

Participants who are 8 years of age or older may also be asked to have an insulin production test performed to measure how much insulin their pancreas is still producing.

We will send participants, their parents, and their doctors (if requested) results from study medical tests that might be valuable health information. Understanding more about the types of diabetes, characteristics, complications and medical care will lead to better overall quality of health care. This information will contribute to advancing medical knowledge of diabetes.

Participants and their parents will be compensated. The level of compensation is based on the study requirements for each type of visit. Participants will receive \$30 - \$40; and a parent who accompanies their child to a visit will receive \$10 - \$25. If you complete the insulin production test, you will receive an additional \$40.

Thank you to everyone who has already participated in SEARCH! This research would not be possible without you.

For more information, call Debbie Standiford, CNP or any member of the SEARCH Study Team at **513-636-0400**, send an e-mail to [Debbie.Standiford@cchmc.org](mailto:Debbie.Standiford@cchmc.org), or visit our website at [www.SearchForDiabetes.org](http://www.SearchForDiabetes.org).

### Family Spotlight



Send in your questions for our Diabetes Panel of experts or any comments you may have for the newsletter.

Your information may appear in the next Self-Management Parent Newsletter.

Send questions and comments to: Alesia Mattar, Cincinnati Children's Hospital

ML 5006, 3333 Burnet Avenue, Cincinnati, OH 45229

Our "Experts" are Families and adolescents living with Diabetes and Diabetes Health Care Providers (nurse practitioners, endocrinologists, social workers, dietitians and nurse educators).

*Sponsorship or information for this newsletter does not signify any endorsement of any particular company or diabetes product.*

CINCINNATI CHILDREN'S  
HOSPITAL MEDICAL CENTER

ML 5006  
3333 Burnet Ave  
Cincinnati, OH 45229-3039

# **FAMILY NEWSLETTER**