

## It's Flu Season Again

Receiving the **flu vaccine** is the best way to prevent getting the flu. It is especially important for children and adults with diabetes. For early protection from the flu, the best time to receive the vaccine is within 8 weeks of its availability. The vaccine is now available.

Please read below to learn about the process for obtaining the flu vaccine for your child.

- If you have a diabetes appointment scheduled in October or November, we will be able to vaccinate your child during their clinic visit.
- If your child's next Diabetes Center appointment is after November, please contact us at (513) 636-6907 today to schedule an appointment Monday through Friday for your child to be vaccinated.
- An appointment is required to get the flu vaccination. **You may schedule an appointment for a FLU SHOT ONLY in order to get the vaccine.**

Our goal is to ensure that everyone who wants the flu vaccine is able to be vaccinated. If your child has already received the vaccine, please let us know so we don't follow-up unnecessarily. Please call (513) 636-5936 and leave a message stating your child's name, date of birth, date the flu vaccine was received, where, and your phone number in case we have any questions.

Thank you for your help!  
Cincinnati Children's Diabetes Center Team



**To schedule your flu vaccine appointment, please call [\(513\) 636-6907](tel:5136366907).  
Don't Delay!!**

## Diabetes Annual Assessment Appointments

Annual Assessments by a nurse educator, social worker, and dietitian are recommended by the American Diabetes Association (ADA) and are now part of our standard of care at the Diabetes Center.

Annual assessments address a variety of age appropriate topics such as diabetes self-management skills, managing diabetes at school, peer relationships, ongoing adjustment to diabetes, transitioning stages (pre-school to elementary, middle school to high school, high school to college, etc), new insulin therapies, and cutting edge technology in diabetes management. If your diabetes provider is a nurse practitioner, you will need to see a diabetes physician one time per year.

These appointments allow more focused time to ask questions about topics that are important to you and your child. In addition, we are working on improving our overall clinic flow and the length of time you have to wait. Your time is important to us!

Schedule a follow-up with your diabetes provider and an annual assessment appointment today, by calling (513) 636-2444 (option 1).



# Families Making a Difference!

*The Diabetes Center greatly appreciates the generosity of our families*

## Bowl-a-Thon

The day your child is diagnosed with diabetes is a day that you will never forget. This sentiment is shared by Rick Huber and Tammy and Tony Mentzel, both families who have children who are treated at The Diabetes Center. It has been a long journey for both of our families, states Mrs. Mentzel.



The Huber and Mentzel families share an interest in bowling and met at their local Bowling Alley. A special friendship developed upon learning that their

children both have type 1 diabetes. Both families feel that they have greatly benefited from the use of a pump. It was this appreciation that sparked the idea to help another family who may benefit from a pump, but are unable to start a pump due to financial barriers. With their shared interest in bowling, the Mentzel/Huber Juvenile Diabetes Fundraiser was born. A bowling event was held for the second year in July of 2008.

Together we can make a difference. If you are active patient of our Diabetes Center and have insurance barriers regarding starting an insulin pump or staying on the pump contact via email : [diabetescenter@cchmc.org](mailto:diabetescenter@cchmc.org) or call (513) 636-2444.

## Diabetes ID Bracelets

Story by Anne Marie Lillis Schroeder (parent)

My twenty-year-old daughter, Katie, was diagnosed with Type I diabetes when she was in sixth grade - the same year she started going places with her friends without an adult chaperone. I bought many cute and expensive medical alert bracelets and necklaces that she resisted wearing, and eventually found trendy-looking silicone medical alert bracelets that she actually liked and wore.

Today Katie is a junior at Ohio University and works as a counselor at the area diabetes camps during the summer. She now fully understands the importance of wearing medical alert identification.

We thought that maybe other children who resist wearing medical alert bracelets would be willing to wear a silicone one, so we bought 500 of them to share with the campers and the Diabetes Center. We also sent a few to the school nurses in our district. It is our hope that the children who received these bracelets will think they are "cool", and that they will actually wear them! Their safety is the sole reason behind our donation.

## Birthday Gifts

In lieu of birthday presents, Taylor who has type 1 diabetes, generously donated her birthday gifts from her girlfriends to the Diabetes Center. The games, videos, and toys are for our new diabetes patients to play with while they are hospitalized. The girls got a tour of the Diabetes Center when they dropped off their gifts.



Story by Kimberly Kuncl (parent):

Trevor was diagnosed with Type 1 diabetes on 2/15/04, 2 weeks before his 5th birthday. Trevor loves playing baseball, football, basketball and swims year round. He also gives his time to do education in the community about Type 1 diabetes by sharing his story at schools and businesses.

Taylor was diagnosed on July 12th, 2007 at the age of 6. She had already been living with Type 1 diabetes for 3 years, but suddenly had to deal with the reality of shots, finger sticks and counting carbs in her own body. It was not an easy transition for a shy, young girl on her way to 1st grade.

Taylor is just as athletic as her brother and plays tennis and soccer year round. She also loves to read, play with her American girl dolls, and draw. Just recently, she has started to join her brother in sharing her story about living with Type 1 diabetes in the community.

Both kids share their diabetes with their friends and with other people because they have learned that giving of themselves has a great return. We, as a family, have met wonderful loving people that want to share our experience with us and honor each child for who they are. Not as children with diabetes, but with two kids with big hearts that are not limited, but who live their lives full and give as they have been given.

Not to say that we don't have down days. We do. But, that is why we do what we do, because then our down days turn to great days. Visiting Children's Hospital with Taylor's friends to drop off the gifts was an amazing day for each girl. One of Taylor's friends said, "Mrs. Kuncl, This was the best birthday party I have ever been too!" Now that says it all!

Thank you Children's Hospital for not only helping Taylor share part of her life with her friends, but for making each of Taylor's friends have an amazing day that they will never forget!

## UPCOMING DIABETES FAMILY PROGRAMS

We are frightfully excited about the upcoming

### BooFest!

**Friday, October 24, 2008**

**6:30—8:30 p.m.**

**For ages 3-13 year olds**

**Please RSVP to (513) 636-2444 option 9**

Sponsored by Cincinnati Children's Hospital Diabetes Center  
and the Juvenile Diabetes Research Foundation



Mark your calendars!  
**Diabetes Family PICNIC**

is scheduled for

**Sunday, May 17, 2009**

Sharon Woods Lakeside Lodge



### Cincinnati Children's Liberty Township Campus Now Open

We now have Diabetes and Endocrine appointments at our Liberty location! The Diabetes Center will have appointments available at the Liberty Campus Monday—Thursday, in addition to the Main Campus.

You may schedule appointments at the Liberty Campus by contacting the Call Center at (513) 636-2444, option 1 and stating your location preference.

**Cincinnati Children's Liberty Campus**  
**7777 Yankee Road**  
**Liberty Township, OH 45044**  
**513-803-9600**



### ADA Step Out to Fight Diabetes Walk Saturday, October 25, 2008

Local walk location: Lunken Airport Playfield, Cincinnati, Ohio. For more information, call ADA at 1-888-Diabetes or visit their website at [www.Diabetes.org/walk](http://www.Diabetes.org/walk).

### CCHMC Joins TrialNet

We are excited to announce that Cincinnati Children's Hospital has joined Type 1 Diabetes TrialNet. TrialNet is a research group that is exploring ways to prevent, delay, and reverse the progression of type 1 diabetes.

TrialNet includes research studies being conducted in more than 150 medical centers and physician offices in the US and internationally. We will be conducting TrialNet studies in the future for people with newly diagnosed diabetes to attempt to prolong the honeymoon. We currently have a study for relatives of people with type 1 diabetes that evaluates the risk of developing diabetes over the coming five years, with a goal of studying the development of diabetes and potentially performing a study to try to prevent development of diabetes. Dr. David Repaske and Rachel Baker, PhD, RN are the investigators at CCHMC.

For more information, visit TrialNet's website at [www.diabetestrialnet.org](http://www.diabetestrialnet.org).