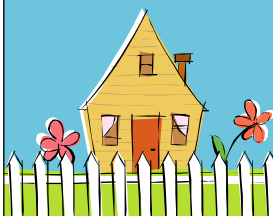


# NEWS FROM PRIMARY CHILDREN'S DIABETES CLINIC

Newsletter Date 12/07 | Volume 2, Issue 1



## WELCOME TO THE SECOND 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 February 1st, 2008.** Include the names of everyone who helped.
  - 3) Wait for the March newsletter to see if your idea has been chosen as the newsletter's name
- Prizes will be awarded to the winners.**

## CALENDAR OF EVENTS

**All classes are held at UDC/PCMC, 615 Arapeen Drive, #100**

- Pump Prep Class: Monday 4:00pm-6:00pm  
Dec. 10, 2007; Jan. 14, 2008; Feb. 11, 2008; March 10, 2008; April 14, 2008; May 12, 2008; June 9, 2008.  
Please call to register at 587.3922
- Basic Carbohydrate Counting Class: 3:30 -5:00pm  
Call Amy Nielsen at 587-3946.
- Advanced Carb Counting Class: Thursday 3:00-5:00pm.  
Dec. 13, 2007; Jan. 3 & 31, 2008; Feb. 14 & 28, 2008;  
March 3 & 17, 2008. Call to register at 587-3922
- Advanced Pump Classes: Monday 4:00pm - 6:00pm.  
MinMed: Jan 28, 2008; April 21, 2008.  
Cozmo: March 17, 2008; June 6, 2008.  
Animas: Feb. 25, 2008; May 19, 2008.
- Celiac Classes will be announced- contact Sherrie Hardy.

The Diabetes Clinic will be closed on Dec. 24, 25, & 31, 2007  
Jan 1, 2008; Feb. 18, 2008; March 21, 2008.; May 26, 2008.

## CALENDAR CONTEST

The new calendar for 2008 has been mailed to all families who have been seen in the PCMC Diabetes Clinic in the Last year. **Get started now!** Take pictures of your child participating in activities including holidays and seasonal pictures. The Utah Diabetes Center is seeking Pediatric Diabetes Patients to show off all their many activities/ sports. We are publishing our 6<sup>th</sup> 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, 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 signed release form. We will spotlight our active patients with a short biography. **We will need to receive all pictures by September 1<sup>st</sup>, 2008 to be considered for the 2009 calendar.**

## WINTER CAMP SCHEDULE

January 19-21: Winter Camp Session 1 (Grades 9-12)  
February 1-3: Winter Camp Session 2 (Grades 5-9)  
February 16-18: Winter Camp Session 3 (Grades 4-7)  
February 29-March 2: Winter Camp Session 4 (Grades 3-6)  
March 14-16: Winter Camp Session 5 (Grades 2-5)  
For more information about Camp call Dave Okubo at 566-6913  
or online at [www.fcyd-inc.org](http://www.fcyd-inc.org)

(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.)

p.s. - Don't forget about Clubhouse-Summer 2008!

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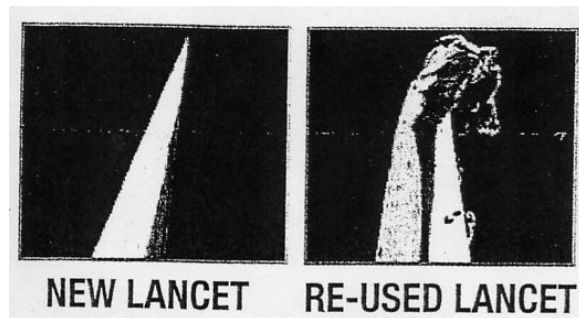
- CALENDAR OF EVENTS
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- WINTER CAMP SCHEDULE
- LETTING YOU KNOW  
LUCIE JARRETT, ARPN, CDE
- TIPS FOR EMERGENCY PREPAREDNESS  
ALANA LEWIS, RN, CDE

### SHOULD YOU CHANGE YOUR LANCETS?

The answer is YES! There are many reasons why you should change your lancet after each use!

Using a fresh lancet is important for your comfort and health. Even if you re-use a lancet just a few times, the tip can become dull and bent, resulting in a more painful test. Also, a re-used lancet can become dirty and lead to infection.

Pictured here are a new lancet and a lancet that has been used 10 times. Both are magnified 1500x. The re-used lancet may cause more skin tearing leading to more painful lancing.



Never reuse a lancet that is intended to be used once. Try a fresh lancet and a deeper setting on your lancing device. Your skin will tear less with a fresh lancet, which may lead to faster lancing site healing and less tender fingertips.

Accu-Chek PumpWorld Newsletter. June 2007





## TIPS FOR EMERGENCY PREPAREDNESS AND DIABETES

Wherever you live, there is the chance of something happening to disrupt your daily life, whether it's a hurricane, an earthquake, a tornado, a blizzard or a terrorist attack. Any of these serve as a reminder that we need to be prepared if a disaster strikes. These disasters make life difficult for everyone and it can particularly complicate managing one's diabetes. Don't get caught unprepared and empty handed if life is suddenly disrupted.

- A. Emergency Preparedness begins with a Plan.
  - 1. Preparedness includes yourself, your family, your neighbors and your community.
- B. Get A Kit (for every person).
  - 1. Personal 72- hour grab bag.
  - 2. Vehicle bag.
  - 3. Work/school kit, and an emergency kit for the person with diabetes to carry with them at all times.
- C. Stick to your plan.
- D. Practice your plan, where to meet, where the kits are kept, fire drills, etc.
- E. Remember to rotate your supplies ( try using daylight saving time to rotate your supplies, then you will remember).

### **I. For Home: When it is safe to remain in your home** (power outage, severe storms, etc.)

- A. One gallon of water per household member per day. Keep at least a three to seven day supply. Do not store all your water in one place. Use different sizes of lightweight containers.
- B. Extra blankets and sleeping bags.
- C. Keep at least three to seven days of nonperishable food and a manual can opener. Foods should included protein like canned fish, peanut butter, fruit juices, beans, powdered milk, energy bars, nuts and dried fruits. Keep glucose tabs and candy to treat low blood glucoses. Remember to rotate your stock.
- D. Flashlights, whistle, batteries, battery operated radio, matches, candles, and extra batteries for your monitor.
- E. Use refrigerated and frozen foods first. Keep refrigerator door shut and foods should last at least 4-6 hours and some things like fruits and vegetable several days. If in doubt, think safety first.
- F. You may need money, have small bills and change.
- G. First-aid kit.
- H. Tool to turn off the gas (if necessary).
- I. Fire extinguishers.
- J. Whistle for each member of the household.
- K. Diabetes supplies:



1. Insulins (keep extra supplies, and rotate your supplies). Insurance often won't pay for extra insulins, but you can purchase extra insulins. **Check with your insurance to see if they have a disaster plan or vacation policy.** Keep insulin in the refrigerator as long a possible. Insulin's that are not refrigerated are good for 30 days as long as temperature is not greater than 86oF or below 36oF.
2. Have prescriptions for all your diabetes supplies. Keep your prescriptions refilled, (don't run low).
3. Extra monitor and extra strips.
4. Extra pump supplies, batteries, reservoirs, infusion sets and basal and bolus rates written down.
5. Extra syringes, especially for pump patients who may need to use syringes during this time. We do not recommend reuse of syringes, however in this situation this policy may have to change.
6. Glucagon kit.
7. Keep an insulated bag that you can store supplies and insulin if needed.
8. Cooking with a gas grill, charcoal or steno stove. Cook outdoors to prevent fumes and fire.

## II. Taking it with you and for your car (when evacuation is necessary)

A. A backpack for each member of the household with the following supplies (small, light and easy to carry):

1. Flashlight, batteries, whistle, and money in small bills and change.
2. Make sure you have shoes that you can walk in. Keep an extra pair in your kit or car.
3. A small first aid kit.
4. Change of clothes (sweat suit).
5. Nonperishable food (light weight, high protein).
6. Water (packets, bottles).
7. Blanket (space blanket, light weight)
8. Hand sanitizer
9. Money ( small bills)
10. Some toiletries such as soap, toothbrush, tissue or toilet paper. ( make up not necessary)
11. Always have a whistle

B. **Supplies for the diabetes patient** Add to backpack or have individual carrier. Remember your stock should be rotated; try doing this when you change to daylight savings time.

1. Glucagon (restock as needed)
2. Syringes
3. Blood glucose meter, lancet and strips
4. Pump infusion supplies
5. Alcohol wipes
6. Insulin (restock often) Remember if on a pump Lantus insulin is needed. This includes cartridges for insulin pens if needed.
7. Glucose gel, glucose tablets, suckers, etc.
8. Extra prescriptions
9. List of all medications and doses
10. Contact numbers of Doctor, pharmacist, etc.
11. Medical identification (should be wearing)
12. Batteries for meter and pump.

## III. School emergency kit

A. Use some of the same supplies listed above, except make the pack small and easy to carry.

1. Always rotate your supplies.



2. Have the child know where the pack is going to be kept.
3. Work with the school, they may want all the children to have emergency packs.

These are just a few tips to help families be more prepared in a time when emergencies strike. Attached are many references that are for your use in furthering your disaster and emergency planning. Practice your plan, have a mock disaster and see if your plan works.

#### FOR MORE INFORMATION

American Red Cross

[www.redcross.org](http://www.redcross.org)

Emergency preparedness and response

[www.bt.cdc.gov](http://www.bt.cdc.gov)

Federal Emergency Management Agency

[www.fema.gov](http://www.fema.gov)

Prepare.org

[www.prepare.org](http://www.prepare.org)

American Diabetes Association

[www.diabetes.org](http://www.diabetes.org)

Utah Department of Public Safety

[www.emergencymanagement.utah.gov](http://www.emergencymanagement.utah.gov)

DB Consumer Healthcare

[www.bddiabetes.com](http://www.bddiabetes.com)

Tualatin Valley Fire and Rescue

[www.tvfr.com](http://www.tvfr.com)

EPA

[www.epa.gov](http://www.epa.gov)

Diabetes Forecast, February 2006

Questar Gas



Primary Children's Diabetes Clinic  
615 Arapeen Drive, #100  
Phone (801) 587-3999  
Fax (801) 587-3930

