Caring for diabetes calls for the unexpected

When it comes to caring for your child’s type 1 diabetes (T1D), it’s never too soon to prepare for an emergency.

As a rule, healthcare professionals and diabetes specialists recommend packing at least two weeks’ supply of the following in case of an emergency.

Checklist of T1D Emergency Supplies

- Printed copy of all prescriptions
- Printed copy of health insurance card
- Emergency contact information
- Record of insulin dosing recommendations such as basal rates, insulin-to-carbohydrate ratios, and insulin sensitivity factor (a calculation of how much one unit of insulin lowers your blood-glucose levels)
- Insulin
- Syringes
- Prescription and over-the-counter medicines
- Extra blood glucose monitor
- Test strips
- Lancets
- Insulin pump and/or CGM supplies (if needed)
- Glucose tablets or fast-acting carbohydrates for treating lows
- Batteries for your devices
- Glucagon kit
- Ketone strips
- Nonperishable foodstuffs (e.g., juice boxes, peanut butter, canned foods, crackers, shelf-stable milk)

Be sure to store supplies in a waterproof container and to periodically replace items that are subject to expiration dates.

continued on next page >
Have you checked-in with your diabetes team lately?

The PacificSource team wants you to be informed—and to stay on top of the latest treatments that can improve your quality of life. If you didn’t know it already, your PacificSource coverage allows three hours of open-ended consulting time with a Certified Diabetes Educator (CDE) or taking part in an annual diabetes education event. For more information, please call (888) 987-5805 or email us at yoursupport@pacificsource.com.

T1D Checklist for Care

What are the basic things you or your child needs to consider to help keep T1D in check?

- Dilated eye exam, 3-5 years after diagnosis provided age 10 or older; annual routine follow up thereafter
- Kidney function/urinary microalbuminuria & GFR Annual screening for albuminuria with a random urine sample for albumin-to-creatinine ratio at age 10, once your child has had diabetes for 5 years
- Blood Pressure at each routine visit
- Cholesterol, LDL, HDL and triglycerides, soon after diagnosis, if not abnormal every 5 years; if abnormal annual testing
- Establish consistency in blood glucose levels through:
  - Meals and snack planning
  - Regular physical activity

For Parents

Caring for your child’s moods and feelings

For those times when you realize your child or teen is anxious or depressed, awareness is an essential component to work toward solutions. Whether your child is angry or apathetic, anxious or afraid, these challenges don’t have to last, and you certainly don’t have to confront them alone. Never hesitate to seek care from a healthcare professional.

Beware of the changes in your child’s emotional wellness

- Feeling sad, anxious, or “empty”
- Feeling hopeless or bleak
- Having a quick temper
- Feeling guilty, worthless, or helpless
- Loss of interest or joy in hobbies
- Low energy or feeling tired
- Moving or talking more slowly
- Feeling restless or having trouble sitting still
- Trouble with focus, memory, or making choices
- Poor sleep, sleeping too much, or sleeping too little
- Loss of hunger, weight changes
- Thoughts of death or suicide

Mental health awareness includes asking for help

If you sense mood and behavior changes that last two weeks or more, speak with your doctor. No one should be afraid to express how he or she feels—and it’s best to get help when you need it. Addressing emotional wellness concerns—even if it’s through talk therapy or medicine—is essential to identifying sustainable, healthy outcomes.

Treating conditions with medication

If the doctor prescribes your child, teen, or young adult with a medication to control his or her mood, remember to adhere to the prescription instructions, which includes allowing time to adjust to the treatment regimen. Like adults, your child may feel worse before they feel better. This happens most often in the first few weeks of a new prescription, or if the doctor adjusts the dosage.

Open up to loved ones

Because ensuring healthy outcomes for your child is what matters most, never hesitate to speak openly about your child’s emotional wellbeing—and let loved ones know about the doctor’s recommendations. By allowing for an open dialogue with people closest to you, it not only helps create a positive environment of support, it can also be the key to detect improvements or digressions with the treatment.
Your guide to healthy eyes

Diabetes affects the entire body and—if it’s not properly managed—can lead to complications, such as damage to your blood vessels, and nerves, including those in your eye.

Diabetic eye disease is actually a group of vision-related problems that can result from various factors, including chronically high blood glucose and blood pressure.

Maybe you’ve experienced a blurry TV screen or streets signs that won’t come into focus. Or maybe you’ve noticed tiny dark spots in your vision. These are signs of retinopathy, a common eye complication due to diabetes. Because diabetic retinopathy often goes unnoticed before your sight takes a dramatic turn to something more severe, it’s even more important to see your eye doctor (ophthalmologist) once a year. An ophthalmologist is able to detect eye problems before they get too serious and treat problems early.

A closer look at diabetic retinopathy

Diabetic retinopathy affects blood vessels in the light-sensitive tissue called the retina that lines the back of the eye. It’s the most common cause of vision loss among people with diabetes. As a younger person with diabetes, it’s important to do your best to keep your T1D in target range to reduce the chances of experiencing long-term vision impairment.

The good news is that you can lower your risk for eye problems by managing your blood glucose—an important part of staying healthy head to toe—as well as getting regular eye exams.

Healthy eye checklist

• Beware of your blood pressure; hypertension can cause damage to the blood vessels in the retina, which is the area at the back of the eye where images focus.

• Keep your cholesterol under control; cholesterol buildup on the wall of a blood vessel can break off and travel to the eye, which can cause damage.

• Avoid using tobacco. Aside from increased risk of heart and lung disease, smoking affects blood vessels in your eyes.

• Make sure your sunglasses offer 100% UV (ultraviolet) protection to protect your eyes from harmful UV damage.

• See your ophthalmologist regularly. Retinal exams and eye pressure checks are key to crucial to preserve eye health.

Eye-Healthy Smoothie Recipe

Blueberry Peach Smoothie with Flaxseeds

Ingredients

• 3/4 cup blueberries
• 1/2 cup almond milk
• 1/2 cup non-fat plain Greek yogurt
• 1 Tbsp. ground flaxseeds
• 2 Tbsp. honey
• 1 cup frozen peaches

Directions

Blend all ingredients in a blender until pureed and smooth, stirring several times. Serve immediately.

Source: health.com/recipes.
Has Spring Sprung?
No matter how long the winter, spring is sure to follow. Yay!