Big News in Diabetes Technology

Medicare announced in March 2017 that it will now reimburse for therapeutic continuous glucose monitoring (CGM) devices. This paves the way for parents of children with diabetes—who have Medicaid or regular insurance coverage—as they now have more options for making decisions about CGM devices.

This is big news as it establishes reimbursement opportunities for Dexcom G5 CGM, which is the only Food and Drug Administration-approved therapeutic CGM device for making decisions without a confirmatory fingerstick.

Learn More about CGM Technology

• American Diabetes Association: Diabetes.org
• CGM Approved for Use Without Finger Sticks: Diabetesforecast.org/2017/mar-apr/cgm-calculates-insulin-dose.html
• Making Sense of Diabetes: DiaTribe.org
• New Diabetes Tech on the Horizon: Diatribe.org/new-diabetes-tech-whats-coming-2017

Summer Camp

If you haven’t already, now is the time to plan and register your child for diabetes summer camp. Kids gain confidence (and have a lot of fun!) when they get to spend quality time with other kids who also have diabetes. Most programs have scholarship and camp availability for kids with diabetes who may otherwise be unable to afford to attend.

Here are some resources to help you find the right diabetes camp for your child:

• ChildrenWithDiabetes.com/camps
• ChrisDudley.org/?q=camps-for-diabetes (Oregon)
• GalesCreekCamp.org (Oregon)
• Hodia.org (Idaho)
• Campstix.org (Washington)
• Camp Montana: engage.active.com/landing_page/camp_montana_2017

Find Our Newsletter Online

Find this and past issues of our Counterbalance newsletter, as well as links to resources, at PacificSource.com/juvenile-diabetes.
One of the hardest things about living with diabetes is taking care of all the things you have to do every single day. As a nurse and a person with type 1 diabetes, I talk with a lot of people about controlling diabetes. I often hear, “I know what needs to be done, I just don’t know how to do it.” Or, “I won’t be able to do it.” The “it” is behavior change—a major component of controlling diabetes.

The Centers for Disease Control and Prevention lists seven behaviors:

- Eating healthy
- Being physically active
- Monitoring blood sugar
- Taking medications as prescribed
- Using good problem-solving skills
- Developing healthy coping skills
- Reducing high-risk behaviors

That’s a lot to accomplish on a daily basis, especially for kids, teens, and young adults. But there are lots of ways to cope with diabetes, such as always being open to learning new things about your health and diabetes. And, having the right help when you need it.

Set the right goals

Decide what you want to accomplish. Make goals as specific as possible and something you know you can achieve. For example, a goal of better blood sugar control should include specific steps to get you there—such as meeting with a dietitian to learn more or refresh your memory about carbohydrates. When you accomplish a goal, reward yourself (with something other than food).

Make sure your diabetes care team has all the right players

Diabetes management and sports share similarities. In sports, each player has a unique role—a specialty—that contributes to the team’s success. With everyone playing to their strengths, the team then works together to accomplish goals and overcome obstacles. A strong diabetes team includes the person with diabetes, primary care doctor, dietitian, nurse educator, ophthalmologist, and endocrinologist. You and your primary care doctor or endocrinologist are the core of the team. A team approach improves diabetes management because each provider works with you on areas in which they have extensive training.

Keep learning

Diabetes self-management is a continuous learning process. Your body’s needs change, as do insulin needs and technologies (blood glucose meters, insulin pumps, continuous glucose monitors). Follow these steps:

- Learn
- Apply what you learned
- Evaluate effectiveness
- Make changes as needed
- Repeat

This is a lot of work every day, I know. I also know that as a teenager, someone telling you to “avoid long-term complications” is not a real life motivator. A better motivator may be that when you have a really good day with diabetes, you just feel better! Having more of those good glucose days can then prevent those truly awful complications. It’s definitely worth the time and effort.

Have a game plan

Once you have your goals in mind, it’s time to figure out a plan to achieve those goals. Consider: Is it the right plan for your needs? Does it include things you like? Write down your plan, and put it somewhere visible as a reminder.
Strawberry Fun Facts!

Eat the Rainbow
Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — yellow; orange; red; purple; blue; green. Strawberries are in the red color group.

Red fruits and vegetables help maintain a healthy heart and memory function. Examples include strawberries, cherries, red grapes, tomatoes, red bell peppers, beets, radishes and red potatoes.

Test Your Strawberry IQ

1. On average, there are about _____ tiny seeds on every strawberry.
   A) 25  B) 100  C) 200  D) 500

2. Strawberries are the highest in which vitamin?
   A) Vitamin A  B) Vitamin B6  C) Vitamin C

3. Which state produces the most strawberries in the United States?
   A) Ohio  B) Florida  C) Colorado  D) California

Answers: 1) C  2) C  3) D

What is a Serving?
A serving of strawberries is one cup of halved berries. This is about eight large berries.

This material was adapted from the California Nutrition Network for Healthy Active Families.