The diagnosis of diabetes stirs up a bundle of emotions: shock, fear, sadness, anger, confusion, and uncertainty. It can be an extremely stressful time for a family. You have a great deal to learn right away and are likely to have many questions. Yet, you also have to try to stay calm and focused for the sake of your child.

Learning that your child has diabetes is difficult. Figuring out how to explain diabetes to your child may seem even more so. Here are some tips from Debbie Butler, L.I.C.S.W., C.D.E., Clinical Social Worker, Pediatrics and Behavioral and Mental Health, Joslin Clinic, to help you when talking with your child about their diabetes diagnosis.

• **Be honest and open** — Always tell the truth, even when it is difficult. Encourage your child to ask questions and keep an open dialogue.

• **Keep it age appropriate** — A young child doesn’t need the same kind of detail that you would tell a teenager. Make sure you use language that best fits your child’s age and readiness.

• **It’s not your fault** — Younger children especially need to hear that they did not do anything that caused them to have diabetes. It is not because they are “bad” or did something wrong.

• **Explain the disease** — Tell your child that diabetes will not go away, like a cold. Also, some children think they will die from diabetes, because the first part of the word sounds like “die.” Assure them that this is not the case!

• **It’s okay to be upset** — Let your child know that it’s normal to be upset about having diabetes. Encourage your child to talk about their feelings.

• **Be positive** — Make sure your child knows that she/he can do the same things as a child without diabetes. You can get diabetes under control and live a normal, healthy life.

When to Use Meter Control Solution

Have you wondered about using the “control solution” that comes with your blood glucose meter? Here is some information on how to use this tool for more accurate blood glucose readings.

The control solution is a liquid that comes in a small vial and contains a known amount of glucose. The glucose solution is used in place of a drop of blood, and the results on the meter should match the control range listed on the vial of test strips used with the meter. If the result is outside of the range listed on the test strip vial, this indicates a problem with either the meter or the test strips.

The Food and Drug Administration recommends using the control solution:

• When you open a new container of test strips
• Periodically, as you use the container of test strips
• Whenever you get unusual results
• If you drop or damage the meter

Be sure to shake the bottle of glucose solution before using,
always ensure the cap is tight, and write the discard date on the vial when you first open it.

What should you do if a control test is out of range?

- **Check the expiration date on your test strips.** If they’ve expired, this could result in false high or low blood glucose readings. Replace the test strips immediately.

- **Check the expiration date on the blood glucose control solution.** Each meter company has a different replacement time for the control solution, whether that’s after 3, 6, or 12 months.

- **Consider storage conditions.** If the test strips haven’t expired, consider whether they might have been exposed to extreme heat, cold, light, or moisture. Did you leave the cap off the test strips, exposing them to light or moisture? For example, a steamy bathroom is probably not the best place to keep your meter and test strip supplies.

- **Did you recently drop the meter?** Contact the meter company if there doesn’t seem to be any explanation for the control test to be out of range. It could be a meter problem, and you may need to replace your meter.

**Note:** If you have a meter that you have been using for quite some time and would like a new one, you can call our PacificSource Health Management Team toll-free at (888) 987-5805 and ask for Sheila, Diabetes RN, or email yoursupport@pacificsource.com.

Using control solution can be a useful tool to add to your diabetes toolkit. The pros and cons may help you decide what’s right for you:

- **Pros:** You can verify the accuracy of your test strips or meter using the control solution. In turn, this can help you avoid false readings and insure your results are accurate.

- **Cons:** New meter kits contain the control solution, but it usually expires within 6-12 months. Pharmacies frequently don’t carry control solution or only carry the control solution for one meter brand.

You may obtain new solution for your meter by calling the manufacturer of the meter or by ordering online at the manufacturer’s website. Most meters have the contact information on the back of the meter.

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**Nectarine Blueberry Crisp**

**Ingredients**
- 4 cups sliced, fresh nectarines
- 5 tablespoons packed brown sugar*
- 1/4 cup whole-wheat flour or all-purpose flour
- 1/2 teaspoon ground cinnamon
- 1 cup fresh blueberries
- 1/4 cup water
- 2/3 cup rolled oats
- 2 tablespoons butter, cut up
- 1/3 chopped pistachios or walnuts (optional)

**Directions**
1. Preheat oven to 375. For filling, slice nectarines into a large bowl and combine with 3 tablespoon of the brown sugar, 2 tablespoons of the flour, and the cinnamon. Add blueberries and the water and toss together lightly to combine. Spoon mixture into a 2-quart baking pan.
2. For the topping, in a medium bowl combine the oats and remaining brown sugar and flour. With a pastry blender or two butter knives, cut in butter until the topping is crumbly. Sprinkle topping over fruit mixture in pan. Evenly sprinkle nuts over the topping.
3. Bake for 30-45 minutes until the fruit mixture is bubbly and the topping is lightly browned. Cool for several minutes, then serve warm.

*Sugar substitutes: Choose Splenda® Baking Blend. Follow the package directions to use the equivalent of 5 tablespoons of brown sugar.

**Nutrition Facts Per Serving**
- Servings per recipe: 8
- Serving size: 2/3 cup
- Per serving: calories 166, 6 g total fat (2 g sat. fat) 8 mg cholesterol, 24 mg sodium, 27 g carbohydrate (3 g fiber, 16 sugars), 3 g protein.
- Per serving with sugar substitute: same as above except 152 calories, 22 g carbohydrate.

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**Adapted from: Diabeticlivingonline.com**
Driving Safety

A Reminder from Sheila

Recently, there have been a lot of television and radio ads about texting and driving, and the danger it poses. The other night as we were driving back from the airport, my daughter was testing her blood sugar while driving. Thinking about the ads and being the back seat driver that I sometimes am, I said “You know, that is the same as texting while driving.”

I generally don’t give out unsolicited advice, but testing your blood glucose while driving is a safety issue. The National Highway Traffic Safety Administration reported that, in 2012:

- Driver distraction was the cause of 18 percent of all fatal crashes and crashes resulting in an injury—with 3,328 people killed and 421,000 people hurt.
- Eleven percent of drivers aged 18–20 who were involved in an automobile accident and survived admitted they were sending or receiving texts when they crashed.

Just as with texting, if you’re testing your blood sugar while driving you’re distracted and your eyes aren’t on the road.

Drive safely and have a great summer!

Sheila is an RN with more than 40 years of experience, who works for PacificSource Health Plans. She also has diabetes and likes to hear from you with questions about diabetes. Feel free to email her at yoursupport@pacificsource.com.

Rules of the Road

1. Before you get in the driver’s seat, check your blood sugar. Don’t drive until your blood sugar is in your target range.

2. If you feel like your blood glucose is low, pull off the road, check it, and treat as necessary. Wait 15 minutes. Make sure your blood glucose is back in your goal range before driving.

3. Have hypoglycemia treatment nearby at all times. Carry plenty of a quick-acting source of glucose with you, such as glucose tablets, soda (not diet), fruit snacks, crackers, and so on.

4. Never leave diabetes testing supplies in the car because of the temperature variations, especially heat.

5. Always wear a diabetes medical I.D.
Riddle Answers
1. A towel. 2. Your feet off the floor. 3. He wanted to see a butterfly. 4. Because 789. 5. A garbage truck.