Exercise makes insulin work more effectively because it takes less insulin to balance the carbohydrates consumed. Therefore, children who begin to exercise more may find that taking their typical doses of insulin before eating a typical amount of food may result in lower blood sugar levels. (Note: Every child is unique and many factors affect blood sugar levels, so exercise will not always result in lower blood sugar levels.)

At school, this situation can occur in physical education classes, where activities and intensity levels vary daily. Sometimes students are learning how to play a game, and the physical intensity level is low. Other days, students spend more time playing games, running, or doing other strenuous activities. On days like this, children with diabetes should be more aware of how they are feeling, and have extra snacks and insulin on hand. Physical education teachers should monitor the student more closely before and during a more intense activity.

Growth

Sometimes a child will achieve (at least for a short time) the “perfect balance” of insulin and food intake. Life can be rewarding and even close to normal for several months or longer. Then something as simple as a growth spurt could suddenly throw everything off.

Illness and Stress

Illness and stress, on the other hand, often cause blood sugar levels to rise. A child who doesn’t feel well may have difficulty concentrating in class, for example. In such cases, the teacher may need to be more patient as the type-1 student works to grasp new ideas and concepts. And the teacher can help by providing extra time for the student to complete tests or other work.
What’s New In Diabetes Care
Update on Exciting New Product Approved in Europe, Coming Soon to the United States

Abbott Receives European Approval to Launch the FreeStyle Libre System – Glucose Monitoring Without Fingersticks
On September 3, Abbott (AbbottDiabetesCare.com) announced that it received approval to market and distribute its Freestyle Libre Flash Glucose Monitoring System in Europe. Abbott intends to bring FreeStyle Libre to the United States in the future, and a major trial is expected to start in this year. The system brings a novel and unique technology to the diabetes landscape, and is intended to be a replacement for traditional blood glucose meters and the need for fingersticks. The system is also designed to overcome some of the limitations of cost.

The FreeStyle Libre system includes a tiny glucose sensor (0.2 inches in length and about the thickness of a hair) worn under the skin connected to a water-resistant, on-body patch, a little bigger than a silver dollar. The sensor remains inserted for 14 days and does not require fingerstick calibrations. After putting it on the upper arm and waiting one hour, it begins reading glucose and trend information.

A touchscreen device is used to read the sensor, even through clothing. In less than a second, a person can see their glucose value, trend, and a trend graph showing the past eight hours. The reader device also has a number of helpful reports, including a graph that shows time-in-target range. The system is approved for people with both type 1 and type 2 diabetes.

FreeStyle Libre is approved for dosing insulin except in three cases: when hypoglycemic, when glucose is changing rapidly, or when symptoms don’t match the system’s readings. In these cases, Abbott recommends confirming the value with a fingerstick. Note that FreeStyle Libre does not have alarms or alerts such as current Continuous Glucose Monitor (CGM) devices, since the sensor data is not sent continuously to the reader device.

For more details, visit DiaTribe.org/abbott-freestyle-libre-transforming-glucose-monitoring-through-utter-simplicity-fingersticks.

Good Skin Care
In winter, we often spend more time indoors in a heated environment, which can dry out skin. Outdoors, areas of skin can become dry when exposed to harsh winter weather. People living with diabetes are prone to dry skin, particularly when blood glucose levels run high. Dry skin can crack and itch, which can lead to infections. Here are some ways to prevent skin problems:

- Keep blood glucose levels as close to normal as possible.
- Make sure your child drinks plenty of fluids, but avoids caffeinated and sugary drinks.
- Eat foods rich in omega-3 fatty acids, including salmon, sardines, albacore tuna, and mackerel, as well as tofu and other forms of soybeans, walnuts, flaxseed, and their oils.
- Wash with a mild soap, and then rinse and dry off completely. Use a moisturizer, but not between the toes.
- Treat cuts right away. Wash minor cuts with soap and water.
- Look for any bumps or changes on your child’s feet. Make sure your doctor checks their feet during check-ups.
- Watch for red spots, blisters, and sores. If you notice any problems, let your healthcare provider know right away.

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Getting the Most Accurate Results When You Test

Do you ever wonder whether your glucose results are accurate or your meter is working properly? When testing your blood glucose, you may want to consider these tips to obtain the most accurate results:

1. **Check the expiration date** on your test strips. If the test strips have expired, results could be inaccurate. Throw expired strips away, including unopened containers that have expired. Store test strips in their original packaging at room temperature. Avoid storing in areas of high humidity, such as the bathroom.

2. **Wash, rinse, and dry** your hands before testing. Alcohol, lotion, food, or other substances on the testing site could alter the results.

3. **Check your meter**: Follow the manufacturer’s guidelines to perform an accuracy test using the control solution for your meter. It can be helpful to perform a control test when you open a new container of test strips or when your monitoring results are higher or lower than expected.

4. **Check your results against lab or doctor’s office results**: Check your blood glucose within 10 minutes of the time it is drawn by the laboratory technician. There should be no more than 15 percent difference between the laboratory result and your meter.

5. **Use warm water**, rather than cold, when washing your hands. Hold your hand below your heart, and “milk” your finger starting at the palm before you do the finger stick. If using an alternative site, massage the site to increase circulation in that area.

6. If you have trouble getting enough blood for testing, try the following ways to prepare the site before using the lancet. Use warm water, rather than cold, when washing your hands. Hold your hand below your heart, and “milk” your finger starting at the palm before you do the finger stick. If using an alternative site, massage the site to increase circulation in that area.

7. **It is more comfortable to prick the side** rather than the tip of the finger, because there are fewer nerve endings.

8. The most accurate results can be obtained by using blood drawn from the finger. If you are experiencing hypoglycemia, be sure to test from your finger rather than an alternative site.

9. Using accurate blood glucose monitoring results, you and your healthcare team can decide how to adjust your treatment to better control your diabetes.
African Peanut Soup

Great textures and flavors combine in this comforting traditional soup from western Africa. Enjoy it as a starter or as a light meal.

Ingredients
1 tablespoon extra-virgin olive oil
2 medium sized onions, diced
2 large red or green peppers, finely chopped
6 garlic cloves, minced
1 (28 oz.) can crushed tomatoes
4 cups low-sodium vegetable broth
1/2 teaspoon black pepper
1/2 teaspoon chili powder
2/3 cup extra crunchy natural peanut butter
1 tablespoon fresh cilantro, chopped

Instructions
1. Heat olive oil in a large pot over medium heat. Cook onions and bell peppers until lightly browned and tender, adding in garlic at the end to keep from burning.
2. Stir in tomatoes and their liquid, the vegetable broth, pepper, and chili powder. Reduce heat to low, uncover, and simmer for 15 minutes.
3. Stir in peanut butter and cilantro until well blended, and serve.

Nutritional Facts
Yield: 6 servings
Calories per serving: 280
Fat: 17g
Saturated Fat: 3g
Sodium: 280mg
Carbohydrate: 27g
Fiber: 4g
Protein: 11g

Adapted from Oldways: Oldwayspt.org/recipes/african-peanut-soup

Oldways is parent organization to the Mediterranean Foods Alliance which promotes healthy foods and great taste.

How many African animals and birds can you find in the picture?

Study the lines in the picture. How many animal and bird shapes can you find. Some are in the trees and some are on the ground. Color the animals and birds when you find them.

The answers are below.

Answers: 3 Monkeys, 2 lions, 4 antelope, 4 meerkats, 3 mice, 2 lions, 4 antelope, 4 meerkats, 3 mice, 2 lions.

PacificSource Diabetes Newsletter for Kids and Teens