

Newsletter Name



Highlight of Clinic or Family

The Story of a New Diagnosis

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What About a Continuous Glucose Monitor?



CGM stands for Continuous Glucose Monitor. It is a small device worn on the arm or abdomen that monitors glucose activity via a small cannula under the skin in real-time every 5 minutes. The devices require 2 finger pokes per day to calibrate in order to remain accurate. There are a few companies that manufacture CGMs: Dexcom (models are the G4 and G5), and Freestyle (Libre). The device usually includes a small sensor, transmitter and a receiver/reader device. Dexcom has the ability to send readings to compatible smart devices using the Share app. Because a CGM does not deliver medication, it does not require a prescription in order to obtain. Once a family receives a CGM, there are very helpful videos included that guide the insertion process.

- **To Start:** Call your insurance company and ask their coverage for Initial Start Up costs, and Monthly Expenses
- **If Desiring to Move Forward:** Call HDVCH to request office staff sending the proper CMN paperwork to the company.

Classes and Events

Upcoming Classes:

Class #1: every Monday	Tandem Class
Class #2: every Tuesday	Omnipod Class
Class #3: Thursdays	Medtronic 630
Intro to Pump: Thurs	Medtronic 670
Advanced Pumping	

Events:



Enjoying a Holiday Meal

Turkey Meat serving	
Mashed Potatoes	1/2 cup 15 gms
Gravy	1/4 cup 4 gms
Sweet Potatoes (casserole)	1/2 cup 15 gms
Green Bean casserole	2/3 cup 15 gms
Jellied Cranberry	1 cup 15 gm
Cranberry Orange Salad	1/4 cup 30 gms
	1/2 cup 15 gms



Policy Changes in Care:

Within this past year our physicians have made some patient care policy changes, of which we'd like to make you aware.

First- the blood sugar value at which to start checking for ketones is now 300 mg/dL. (We previously instructed to check at 240)

Second – Ketone policy: If ketones are present; Give rapid – acting insulin every 2 hours

If ketones are moderate or large, you can be instructed on the dose to give your child (from your diabetes educator at your next clinic appointment.) Drink carb-free liquids between insulin doses.

For Pumpers: Always change the site and give corrections for ketones via syringe until ketones clear.

If ketones don't improve in 4 hours call emergency pager: **1.866.391.7073**



When Should I Send In Logs?

If you notice your child's blood sugars are trending high, or low. Give 24-48 hours for return replies.

Email to:

HDVCHdiabeteseducators@spectrumhealth.org

Fax: **616.391.5085**

If you notice two unexplained low blood sugars (below 70) within 24 hours, or overnight — call the emergency pager at **616.940.7073**.

Updates

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What Is Trial Net?

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Age-Related Items of Interest

Toddlers

7 to 12 years **Camp Midicha**
 June 16-22
 June 23-29

12 to 16 years **Classes**

14 to 18 years **Scholarships**
Transition videos online

18+ years **Connections In Motion**
Young Adults Adventure Group
Contact:
(rafting, skiing, climbing, hiking)
Starting a West Michigan Chapter

Meet the Team



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Reminders

Don't forget to allow 24 to 48 hours for prescription refills!

Spectrum Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. [81 FR 31465, May 16, 2016; 81 FR 46613, July 18, 2016]

ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

إذا كنت تتحدث اللغة العربية، فيمكنك الحصول على المساعدة اللغوية المتاحة مجاناً. اتصل على الرقم 1.844.359.1607 (TTY: 711).