

UPCOMING EVENTS

April 1st: *Camp
Wana Kura regis-
tration opens*

April 19th: *JDRF
Meet the Scientist.*

April 27th: *Advanced
Pump Seminar*

July: *Camp Conrad
Chinook*

*Session 1 July 5-10
(Ages 7-12)*

*Session 2 July 13-18
(Ages 7-12)*

*Session 3 July 20-26
(Ages 13-18)*

*Session 4
July 26-August 1 (Ages
13-18)*

July 6th-12th: *Children
with Diabetes
Friends for Life:
Orlando, FL*

July 28th- 31st: *Camp
Wana Kura, San-
tee Lakes*

September 12th:
*Save the date for
Rady Children's
Diabetes Family
Conference. Stay
tuned for more in-
formation.*

September 26th:
TCOYD

JDRF Meet the Scientists

Please join the JDRF for this opportunity to meet the scientists who are making cutting edge discoveries in the diabetes field and tour their lab. Educational seminars will be available for adults while children and teens can enjoy fun activities!

Sunday, April 19th

9:00am-2:00pm

**La Jolla Institute for Allergy & Immunology
9420 Athena Circle, La Jolla, CA, 92037**

Pre-registration is required.

For more information, visit:

<http://sd.jdrf.org/event/meet-the-scientists>



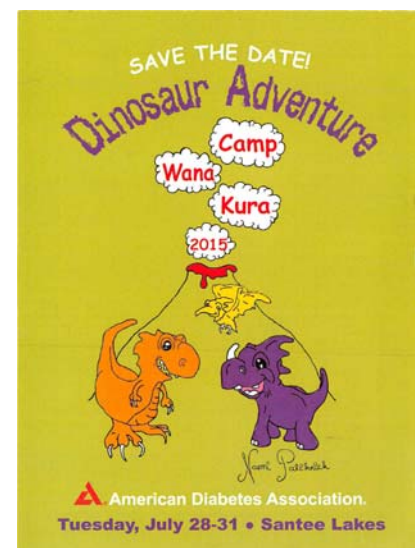
Fasting and Diabetes

With Ramadan coming in June, many people ask whether a person with diabetes can fast. Whether you are fasting for religious reasons, personal reasons or for medical reasons, you need to take care of your diabetes when missing meals. If you decide to start a fast, consult with your physician and follow the tips below:

1. Continue to take your medications even if you aren't eating. You will need to talk to your physician because they may want you to take a different dose while fasting.
2. Continue to check your blood sugars at least 4 times a day or when you feel low. Your fast will have to end if your blood sugar falls below 70. Your fast will also have to end if your blood sugar becomes high or if you develop ketones.
3. You may need to reduce your level of physical activity during a fast. Excessive activity may put you at risk for hypoglycemia and should be avoided.

CAMP WANA KURA

Registration open. Fills up quickly!

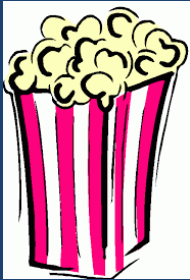


Test Your Knowledge: True or False

1) It is best if people with diabetes eat a high protein, non carb diet.

2) Having an A1C less than 7.5 will reduce the likelihood of complications later in life.

3) You only need to check for ketones if your blood sugar is higher than 300. Answers on Pg. 3



Fair Food Tips

The San Diego County Fair opens June 5th. Although the Fair is fun, it can be challenging for someone with diabetes. The extra carbs, calories and high fat foods can make managing your blood sugars difficult. Here are some tips:

- * Portions can be huge, try splitting the food with someone else
- * Bring your own water instead of drinking sweetened, high carb beverages
- * Plan ahead and find out the carb count for your favorite



fair food.

- * Keep in mind that you might be walking a lot, so you may need to take less insulin.

Popular Fair Foods

Blooming onion: calories: 1320, carbs: 140g

Bratwurst on a bun: calories: 800, carbs: 28g

Candied apple: calories: 330, carbs: 80g

Corn dog: calories: 250, carbs: 23g

Corn on the cob with butter: calories: 200, carbs: 42g

Cotton candy (2.25 oz): calories: 250, carbs: 62g

Funnel cake:, plain: calories: 760, carbs: 80g

Kettle corn (5 oz): calories: 600, carbs: 110g

Gyro with meat: calories: 680, carbs: 55g

For more Fair and Carnival foods, visit www.calorieking.com and search fair foods.

Did you know that Supreme Court Justice, Sonia Sotomayer was diagnosed with Type 1 Diabetes at the age of 7? She has managed her diabetes for over 50 years while establishing herself in one of the most respected and powerful positions in this country.



Product Spotlight: Ruby Rockets

Yum! A fruit & veggie pop that tastes delicious! Ruby Rockets have the lowest amount of carbs of any pop available(4g). Non-GMO, gluten free, dairy free & contains healthy probiotics.

Please see their website for store locations and a \$1 off coupon.

Comes in 8 flavors:

- ◆ Rock_It Red:
- ◆ Galaxy Green
- ◆ Orbit Orange
- ◆ Gravity Grape
- ◆ Celestial Cherry
- ◆ Meteorite Mango
- ◆ Far Out Fudge
- ◆ Planetary Pink Lemonade

Please see their website

for store locations and a \$1 off coupon.

<http://rubyrockets.com/>



Do you have this App?

ICE Standard with Smart911™ :

This app can help save your life. It allows you to put your emergency health information on the lock screen of your phone so EMTs can get it as quickly

as possible, You can enter medical conditions, allergies and medications. That way, if anything happens and you are unable to communicate, EMTs and other medical personal can have immediate access to your information to get you the help you need more quickly.



Tips for Travelling and Diabetes

If you, or someone in your family has diabetes, travelling with diabetes can be stressful and overwhelming. With some advanced planning and preparation, your trip will go more smoothly and you can enjoy your vacation. Here are a few tips:

1. Prepare a travel bag with all of your child's supplies and medication. Flights and travel plans can be delayed, so always pack extra. As a rule, pack double what you think you will use. Keep the bag close to you at all times for easy access. If flying, do not check your diabetes supplies and medications. Checked baggage may be exposed to extreme cold or heat that can spoil your insulin or damage your glucometer.
2. Always have food and drinks with you. If you get stuck on the road or on the runway you do not want your blood sugar the go low.
3. Ask your doctor for a travel let-

ter that explains that you have diabetes and that your supplies and medications need to be with you at all times. In addition, make sure your prescription items have the original label with your name and information on it.

4. Let airport security know that you have diabetes. Review the Transportation Security Administrations website prior to your trip to avoid any delays.
5. Always be prepared to treat a low blood sugar. Have your meter and glucose tablets handy.
6. Consider time zone changes. If you use an insulin pump, remember to change the time to reflect the time zone you are in. Please talk to your diabetes team if you have any questions.
7. Check your blood sugar often. The inactivity while flying or driving long distances can effect your blood sugars.

More information can be found on the American Diabetes Association website at www.diabetes.org



Test Your Knowledge Answers:

1. False: Whole grains are part of a balanced diet and provide us with B vitamins, iron and lots of soluble fiber. You can eat carbs, just remember to count them into your meal plan.
2. True: The ADA recently changed their recommendation. For any person less than 18 years the goal is <7.5. For 18 and older the goal is <7.
3. False: Ketones can develop even if your blood sugar is normal. Check ketones when you are sick, throwing up, or have a stomach ache.

Are you interested in being a part of a diabetes research study? Visit the Pediatric Diabetes Research Center website for current clinical trials.

Attention all insulin pump users!

Advanced Pumping Seminar: Helping You Make the Best Use of Your Insulin Pump

- April 27th
- July 27th
- November 16th

4:00-5:30pm

Space is limited

Please RSVP to Kim and Karen at 858-576-1700, ext 6126

Topics:

Using advanced bolus features for complex and high fat mea

Using temporary basal rates for activity, sick days, and more

Using your pump software to help manage your diabetes

Breakout session with Pump Clinical Trainer:

How to program your pump to use advanced features

Bolusing for pizza with hands-on help

How to use your pump's software to download your pump

Tropical Sunrise Smoothie

(Don't skip breakfast...throw all the ingredients in the blender in the fridge the night before. In the morning add the ice and blend away!) Good morning!

This is also a great smoothie to drink prior to exercise-perfect balance of protein and carbohydrates

½ cup or ½ banana=4 ounces =**15 grams of carb**

1 Tablespoon nut butter such as almond, cashew or sunflower seed butter= **2 grams of carb**

½ cup fresh or frozen pineapple=3 ounces = **10 grams of carb**

1 whole orange peeled =6 ounces=**15 grams of carb**

½ cup fat free or lite plain greek yogurt=4 ounces= **4 grams of carb**

1 ounce shredded coconut= **2 grams of carb**

1 teaspoon vanilla bean paste or vanilla extract= **0 grams of carb**

Directions

Put all ingredient in the blender overnight except for the ice.

In the morning add ice cubes-start with 2-3 cubes and blend -check your consistency. Add more ice to thin your smoothie.

Be creative if you want and add some chia seeds-high protein/fiber-no carbs.

Total Carbs: 48 grams of carb. Share your smoothie and divide by (2) = 24 grams of carb

Enjoy! Lisa Ameer, MSNH, RD, CDE



(5) - 5 minute Quick Bites

1. Celery with cottage cheese or nut butter. Try sunflower seed butter for a change. Carb Free!
2. Gorp: mix seeds (try pumpkin or sunflower) with nuts (try almonds or cashews) and ¼ cup dried fruit (such as mango, raisins or raisins). 15g carbs
3. Frozen fruit to keep you cool. Try frozen sliced kiwi. 1, 3ounce kiwi is 13g of carbs
4. Baby Bells with hummus. Cheese is 0g carbs and ¼ c hummus is 15g carbs
5. "Wholly" Guacamole packets from Target with your favorite veggie. 2g carbs.

Lisa Ameer, MSNH, RD, CDE



Good On Ya Hydrate

The purpose of this organic sports drink is to hydrate you, not over-power you with sugar and unwanted calories or dye. Real organic fruit extract and the highest quality stevia is used. Only 3 grams of carb per 16 ounce bottle. Can be purchased on line or you can search for a local store.

Lisa Ameer, MSNH, RD, CDE

