Treating Low Blood Glucose

The recommended thresholds for treating low blood glucose can vary between different healthcare providers and individual patients. At Seattle Children’s Hospital, we recommend treating a low blood glucose when the glucometer gives a reading <80 mg/dL.

Guidelines for treating low blood glucose:

1. Eat or drink 15 grams of simple carbohydrate in the form of glucose.
   - 4 oz apple juice, orange juice, regular soda
   - 1 tablespoon of honey
   - 3 Glucose tablets
   - 2 tablespoons of raisins
   - 8-10 Lifesavers candies
   - 9 pieces of Sweet Tart candies
   - 15 Skittles
   - 2 Gummies, Sour Worms

2. Re-check blood glucose 15-20 minutes after consuming a simple carbohydrate source.

3. If the blood glucose is still <80 mg/dL, then repeat steps 1 and 2.

4. Once the blood glucose is >80 mg/dL, then consume a 15 grams complex carbohydrate snack. You can also add some protein source to this snack to make it last longer.

5. If low blood glucose occurs right before a main meal (i.e. breakfast, lunch, or dinner), follow steps 1 and 2, then subtract 15 grams of carbohydrate from your main meal and give insulin based on this amount. Example: After treating a low blood glucose with 15 grams of simple carbohydrate from 4 oz of juice and the blood glucose 15 minutes later is >80 mg/dL, you plan to eat 60 grams of total carbohydrate at lunch. You would give insulin bolus based on: 60 grams carbohydrate - 15 grams carbohydrate = 45 grams carbohydrate.

Foods with high fat content are not recommended for treating low blood glucose as it takes longer for your body to digest. Examples: ice cream, doughnuts, pies, cookies, milkshakes, French fries, etc.

Nutrition & Diet

Guidelines for treating low blood glucose:

1. Eat or drink 15 grams of simple carbohydrate in the form of glucose.

Examples of simple carbohydrate foods with ~15 grams carbohydrate:
- 4 oz apple juice, orange juice, regular soda
- 1 tablespoon of honey
- 3 Glucose tablets
- 2 tablespoons of raisins
- 8-10 Lifesavers candies
- 9 pieces of Sweet Tart candies
- 15 Skittles
- 2 Gummies, Sour Worms

Treat Low Blood Glucose

Dear Editor,

I will never forget that day. It was a Saturday, which in my household means family day. The day started out like every other Saturday. I slept in and enjoyed a nice breakfast at home. Soon after eating, however, I became incredibly tired and thirsty. My parents knew something was not right and that these were symptoms of Type 1 diabetes. My mom, herself a Type 1 diabetic, decided to check my blood sugar. It was about 560 mg/dl, which is not normal for anyone! In less than an hour, I was in the emergency room at Children’s.

On February 9th, 2008, I was diagnosed with Type 1 diabetes. When I was first diagnosed, I wanted to treat my diabetes as a burden or a crutch. However, that was not doing any good for my life. I decided to outweigh the negatives of diabetes by finding the positives. Through that, I’ve realized that diabetes has taught me some of life’s most important lessons. The life I live is significant and should not be taken for granted.

And on that similar note, we are thrilled to introduce Gabi Augustamar who has inspired us. She is using her experience with Type 1 Diabetes as the starting block from which to start her journey as a journalist. Please join us in welcoming her to our Newsletter team. We look forward to her contributions.

We want to share some often forgotten and ignored aspects of Type 1 Diabetes... We will never downplay how tough dealing with diabetes 24/7 is. However, this year, our family has a goal to find the joy in and positive side to life. Here is our family list on the positive aspects of Type 1 Diabetes:

- Strength
  - Every day is a new day to be strong!
  - Who knew that blood sugar checks in the middle of the night often don’t hurt?

- Math Skills and Memorization Drills
  - Constant counting of carbs reinforces math facts.
  - Memorizing carbohydrates in food and insulin to carb ratios is normal.

- Nutrition
  - Eating well makes a difference in how one feels.
  - Sugar can be a very good thing (for a low blood sugar)...
  - Understanding of how to feed the body for good health is a wonderful skill to acquire.

- Compassion and Empathy
  - Ability to feel for so many people, especially those enduring chronic illness and pain.
  - Big hearts for people who are hurt, sad, alone, scared and nervous.

- A Sense of Humor
  - Finding a test strip in one’s underwear drawer is quite funny!

- Hide & Seek
  - Glucosimeters, glucose tabs, band-aides etc... can be found in so many places.

- Maturity
  - Always working to be a champion over diabetes...
  - Each day successfully lived is a WIN!
  - Using the tools learned by having Type 1 to succeed in something every day.
  - Never letting diabetes stop a dream.
  - Using Type 1 as a stepping stone to greater things...

We are thrilled to introduce Gabi Augustamar who has inspired us. She is using her experience with Type 1 Diabetes as the starting block from which to start her journey as a journalist. Please join us in welcoming her to our Newsletter team. We look forward to her contributions.

Take care and please remember that through the good and the bad, we are all on this Type I ride together...

Cheers!

Renea and Andrew Zosel
Parents of Elizabeth (dx 10.12.99) Katarina, Jonathan (dx. 11.17.01) and Zariah

Living with Diabetes

Gabi Augustamar

February 9th, 2008. I will never forget that day. It was a Saturday, which in my household means family day. The day started out like every other Saturday. I slept in and enjoyed a nice breakfast at home. Soon after eating, however, I became incredibly tired and thirsty. My parents knew something was not right and that these were symptoms of Type 1 diabetes. My mom, herself a Type 1 diabetic, decided to check my blood sugar. It was about 560 mg/dl, which is not normal for anyone! In less than an hour, I was in the emergency room at Children’s.

That day, I was diagnosed with Type 1 diabetes. When I was first diagnosed, I wanted to treat my diabetes as a burden or a crutch. However, that was not doing any good for my life. I decided to outweigh the negatives of diabetes by finding the positives. Through that, I’ve realized that diabetes has taught me some of life’s most important lessons. The life I live is significant and should not be taken for granted.

I’ve learned to care for my body and to treat it well. Most importantly, I’ve learned to live each day to the fullest. I encourage everyone to find the positive aspects in their life with diabetes because it can truly change your outlook on life.
Research

Joyce Yi-Frazier

Dr. Jenna Bollyky is a clinical investigator at the Benaroya Research Institute in Seattle. She collaborates with Dr. Satin Sabates, clinical assistant professor with the division of endocrine at Seattle Children’s Hospital. They are co-investigators for the TrialNet study. Dr. Bollyky’s research interests include new onset intervention studies and T cell function in autoimmune disease. She was diagnosed with diabetes at 15 years old.

Recently Dr. Bollyky answered questions about the affect her diabetes has had on her career:

**What are the most important skills you use as a researcher?**

Encourage families who are new to diabetes to ask lots of questions, fully use their healthcare team and meet other people trying to preserve, we want everyone in our studies to have equally great glucose control so that we can determine whether the therapy we are studying is working or not. Managing diabetes can feel like a huge responsibility for kids and their parents. I encourage families who are new to diabetes to ask lots of questions, fully use their healthcare team and meet other people living with diabetes for support.

**What are the most important skills you use as a researcher?**

Communication, team work and for my current research projects—Math!

Team Focus — New Team Members

Melissa Holman, CMA You are likely to see Melissa when you arrive for your next diabetes clinic visit. She was raised in Seattle, WA and has worked as a Medical Assistant since 2005, beginning her career at a Non-Profit Women’s Clinic in Downtown Seattle. She has since worked for Seattle Children’s Hospital in the Anesthesiology Department and Swedish Medical Group in OB/GYN. “I truly believe in the mission Seattle Children’s represents and working with children is a great opportunity!” Melissa has a strong interest in women’s and reproductive health and enjoys setting up and assisting with procedures. Outside of work, Melissa has a wonderful partner of 6 years, Jeff and is the mother of two very handsome and active boys, Cash (age 4 ¾ years) and Royal (18 months). Melissa enjoys all genres of music, dancing, taking boot camp classes and spending time with her family.

Heba Ismail M.D. Heba completed her medical degree at 24 years old from Cairo University, Egypt. Later she became a postdoctoral research fellow at the University of Washington and absolutely fell in love with Seattle. She also met the love of her life here whom she recently married in the summer of 2011. Dr. Ismail moved to Ternamie diabetes do her residency training before becoming a pediatric endocrine fellow at Seattle Children’s Hospital. Dr. Ismail was diagnosed at 8 years old with type 1 diabetes and so loves to work with type 1 diabetes patients and families. She is very interested in diabetes research and has published several type 1 diabetes related publications in addition to speaking at international and national conferences. For fun, she loves to travel, learn about different cultures and enjoys trying different ethnic foods.

What’s Happening

SIB SHOPS — Unforgettable, lively and fun celebrations for brothers and sisters of kids with special needs (including but not limited to diabetes)

For siblings 6—9 years of age April 7, June 2

For siblings 10—13 years of age March 3, May 5

Fee: $20.00 (includes snack) Scholarships are available

Location: Sound Cate, Seattle Children’s Hospital

TO REGISTER OR OBTAIN MORE INFORMATION: Please call (206) 987-3285

Insulin Dose Adjustment Classes at Seattle Children’s main campus

Call 206-987-2640 x 1 to schedule. March to June 2013 Class dates: March 8, April 3, May 10 (PM), June 5

Advanced Pump Class

ASK for the class schedule at your next clinic appointment.

POKED—Parents Of Kids Experiencing Diabetes

If you would like to be added to the email list for POKED, please send your request to: Poked.wa@gmail.com

This newsletter has a lot of information about diabetes related events, research and living with diabetes.

Looking for better health? The ACT or “Actively Changing Together” program may be right for you. The program helps promote sustainable lifestyle changes through interactive nutrition education and physical activity. The program is for ages 8-14 and their parents. Program fee is based on ability to pay and includes: One 90 minute group session per week for 12 weeks, a nutritionist and physical activity coach who lead each session, session energies, activities and light meals. For more information: contact your local YMCA or email: act@seattleymca.org

Family Retreat weekend: Please call (206) 987-2640 x 1 to schedule. March to June 2012 Class dates 10:00 am—1 pm on Saturday February 25, June 23 and October 27, 2012.

Contact Carrie Engstrom at 206-987-5037.

RSVP: Please pick one date that fits for your son or daughter’s schedule.

Fun and informal, this workshop focuses on how to cope with living with diabetes. Topics may include: talking to friends and classmates about school, diabetes and how to cope with school based situations bullying/teasing, etc.

10:00 am—1 pm on Saturday February 25, June 23 and October 27, 2012. Please pick one date that fits for your son or daughter’s schedule. For more information and/or to register: Ashlie Brooks Ashlie.brooks@seattlechildrens.org 206-987-5810 or Gail Watts gail.watts@seattlechildrens.org 206-987-1565

Camp Sealth 2012 — You all had so much fun last year, we are going to do it again! Camp dates are August 1—6. The fun boat trip to very scenic Vashon Island starts it all off. Online registration begins in early February. For more information: www.diabetes.org/adcampealth

WHAT’S HAPPENING


It is all about connecting people with Type 1 diabetes to each other through programs, social networking, educational meetings and support groups.

Sunday, May 20, 2012 - The 30th Annual Nordstrom Beat the Bridge to Beat Diabetes

Starts at Husky Stadium, University of Washington

Parents of Kids Enduring Diabetes (POKED) Beat the Bridge to Beat Diabetes

For more information: contact your local YMCA or email: act@seattleymca.org

ADA Diabetes Expo Saturday, April 21, 2012 Washington State Convention Center

More information: diabetes.org/seattleexpo

For more information: contact your local YMCA or email: act@seattleymca.org

BDOJ—A turnout for 11-14 year olds living with Type 1 diabetes.

Fun and informal, this workshop focuses on how to cope with living with diabetes. Topics may include: talking to friends and classmates about school, diabetes and how to cope with school based situations bullying/teasing, etc.

10:00 am—1 pm on Saturday February 25, June 23 and October 27, 2012. Please pick one date that fits for your son or daughter’s schedule.

For more information and/or to register: Ashlie Brooks Ashlie.brooks@seattlechildrens.org 206-987-5810 or Gail Watts gail.watts@seattlechildrens.org 206-987-1565

L’Kids—Little Kids with Insulin Dependent Diabetes — You are invited to join in as we share with each other what it is like parenting young children living with diabetes. Refreshments and childcare are provided. We look forward to seeing you there!

Location: Seattle Children’s Hospital

Dates: Saturday — March 10, May 12, July 14, September 8 and November 10, 2012

RSVP: Contact Carrie Engstrom at 206-774-9482 or Carrie.witt@gmail.com