

Our Mission

The Cray Diabetes Self-Management Center supports the University of Kansas Health System's Endocrinology and Internal Medicine Departments for comprehensive diabetes care. The diabetes center is founded on Bud and Sally Cray's beliefs that diabetes treatment should not be hurried and should be based on mutual conversations, listening and problem solving. These beliefs continue to be the driving model for patient care within the program. Patients have opportunities to visit with diabetes educators, attend support groups and take group classes in addition to their regular doctor and advanced practice professional visits.

For more information contact us at craydiabetes@kumc.edu or call 913-588-6877.

Diabetes Technology and Trends



How to Get the Most Out of Your Glucometer

By Anna Newby, Registered Dietitian and Certified Diabetes Educator



Blood sugar meters are truly marvelous inventions, and they've come a long way from the first blood sugar meter which weighed nearly 3 pounds! They are like a little laboratory in the palm of your hand.

Ways to Ensure Accuracy:

To assure that your blood sugar meter has an excellent level of accuracy, always use new meters and test strips that are authorized for sale in the United States to know they are FDA approved because the accuracy cannot be guaranteed. If you've had your blood sugar meter for more than 5 years, it may be time to get a new one. The newer, FDA approved meters are more accurate, and the FDA standards for accuracy have also become more stringent.

Food particles on your fingertips can greatly increase your blood sugar reading. Make sure you wash and dry your hands before you test.

Keep your testing supplies stored at room temperature to keep them the most accurate. Also, make sure that your strips are not expired. Expired strips rapidly decline and are not to be trusted.

Ways to Decrease Pain:

While nothing completely takes away the sting, you can take measures to reduce pain and make it much more bearable. Pricking the sides of your finger pad instead of the direct tip can help avoid nerve endings (aka pain) while still getting a good amount of blood.

Make sure that your lancet is set to the lowest numbered setting (or smallest drop setting) where an adequate blood drop can still be attained. The smaller the poke, the less pain you will feel. Warm hands can improve blood flow and help get a blood drop without having to poke too deeply.

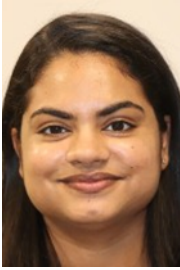
Lastly, make sure to change your lancet at every poke. When you re-use a used lancet (needle), it will cause more pain because the tip of the lancet gets dulled.

Services Available:

- Medical Visits (MD, PA, NP)
- Individual Diabetes Education
- Group Diabetes Education Classes
- Telehealth options available

Locations:

- KUMC Main Campus - 2000 Olathe Blvd, Kansas City, KS 66610
- Quivira Medical Pavilion - 12000 W 110th, Overland Park, KS 66210
- Englewood Center - 101 NW Englewood Rd, Gladstone, MO 64118



Endocrinology Corner

Dr. Prathyusha Pagadala, Endocrinology Fellow PGY5
University of Kansas Medical Center



TZIELD – Novel Therapy to Delay Type 1 Diabetes

On November 17, 2022, the FDA approved TZIELD (teplizumab), making it the first treatment to delay the onset of type 1 diabetes.

Type 1 diabetes is a disease that occurs when the immune system attacks and destroys the cells that make insulin in the pancreas. Historically type 1 diabetes was thought to be diagnosed only in children and young adults but now we know it can occur at any age. When Type 1 diabetes occurs later in life it is called autoimmune diabetes or LADA (latent autoimmune diabetes in adults). People with a type 1 diabetes diagnosis have increased blood sugar that require insulin injections underneath the skin or as a continuous infusion via insulin pump. A person is at higher risk for type 1 diabetes if they have a family member with type 1 diabetes or other autoimmune diseases.

TZIELD binds to certain immune system cells and delays progression to symptomatic type 1 diabetes. TZIELD is administered by intravenous infusion once daily for 14 consecutive days.

The safety and efficacy were evaluated in a randomized, double-blind, event-driven, placebo-controlled trial with 76 patients who were high risk for developing symptomatic type 1 diabetes. The patients who received TZIELD developed symptomatic type 1 diabetes at 50 months versus 25 months for those who received a placebo. This is approximately 2 years of delay which was statistically significant. In addition, type 1 diabetes was diagnosed in fewer individuals that were given TZIELD.

The most common side effects of TZIELD include decreased levels of certain white blood cells, rash and headache. Patients also need to have all age-appropriate vaccinations prior to starting TZIELD, as well as avoiding concurrent use of live, inactivated and mRNA vaccines with TZIELD.

As with all novel therapies, more research is needed to evaluate long term outcomes, but this is a welcome addition to the management of type 1 diabetes.

For more information:

<https://www.fda.gov/news-events/press-announcements/fda-approves-first-drug-can-delay-onset-type-1-diabetes>
<https://www.tzield.com/learn-about-TZIELD>

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Let's Move More: Five Ways Exercise Benefits Your Mental Health

By Anna Dillon, Registered Dietitian and Certified Diabetes Educator

1. Increased Confidence- Every time you follow through on showing up to a workout and complete it you feel more confident. Over the long term, feeling stronger and being able to do your daily activities more easily can help increase confidence.
2. Stable Blood Sugars improve Mood- Exercise helps decrease insulin resistance which can help individuals with diabetes better control their blood sugars. Signs of unstable blood sugars can be irritability, worry and anxiety. Exercising can help improve our mood by decreasing insulin resistance.
3. Exposure to Sunlight- Outdoor activity and exercise increases our exposure to vitamin D, a vitamin essential in mental health. In fact, low levels of vitamin D are associated with depression. Being outside for as little as 10 minutes can increase your vitamin D level.
4. Releases Feel Good Hormones- If you have ever felt a runner's high, you have experienced this feeling. Exercise releases endorphins, hormones that decrease feelings of anxiety and produce feelings of calm.
5. Increased Energy Levels- Besides helping you feel good after exercising, endorphins also help increase our energy level. Physical activity also improves your cardiovascular health which improves your endurance throughout the day.

No matter how you choose to exercise, there will be benefits to both your physical and mental health. It is always a good idea to talk to your provider before starting a new exercise routine.

Cray Expert Advice:



Maintaining Healthy Sleeping Habits

By Kayla Graves, Registered Dietitian and Certified Diabetes Educator

Did you know that getting 7-8 hours per night of quality sleep can help improve your insulin sensitivity and blood sugar values? Here are some tips to help set the stage for bedtime to get the best sleep possible.

- Get rid of all screens at least an hour before bedtime (blue light can reduce your body's melatonin production.)
- Turn down lights in the room you use 15 minutes before bed.
- Consider using black out curtains or an eye mask to keep room dark.
- Keep your bedroom cool (between 60-67°F.)
- Consider ear plugs to block out noise or use a white noise machine or fan.
- Consider a humidifier to add moisture to the air.
- Turn your bedroom into a relaxing space.
- Declutter, paint the room a calming color, use your room for sleep and intimate time only.
- Sleep on the highest quality sheets, mattress and pillows you can afford.

If you would like to learn more about sleep and blood sugars, join **Kayla for her FREE Zoom Wellness Class: Sleep and Your Health on Tuesday, April 25th at noon.**

Sleep and Your Health: <https://kumc-ois.zoom.us/j/98753576025> Meeting ID: 987 5357 6025



Heathy Eating: Quick and Easy Lunch

By Pattie Lueyot, Registered Dietitian and Certified Diabetes Educator

This issue, we are focusing on how to prepare simple and easy lunch meals. These 2 salads make a nutritious and flavor-packed lunch that you are bound to love. It's a great example of how a salad can be a meal when you include vegetables, protein, healthy carbs and your leftover protein. Visit <https://www.cookingwithcray.com/how-tos> for how to make these recipes.

Power Lunch Salad

Serving: 3 cups

Make 4 Servings

Recipe from www.diabetesfoodhub.org

Ingredients:

- 12 cups baby spinach or mixed salad greens
- 1/4 cup sliced almonds
- 1/3 cup pumpkin seeds, dry-roasted, unsalted
- 1/2 cup dried cranberries
- 2 small apples (cored and diced)
- 1/3 cup reduced-fat crumbled feta cheese
- 7 oz reduced-sodium deli turkey breast (sliced into a half- inch strips)
- 1 ½ tbsp balsamic vinegar 1/3 cup olive oil



Picture from www.diabetesfoodhub.org

Directions:

1. In a salad bowl, mix together everything but the balsamic vinegar and olive oil.
2. In a small bowl, whisk together the balsamic vinegar and olive oil. Pour over salad and toss to coat.

Nutrition Facts Per Serving: 310 Calories, Carbohydrate 28 g, Dietary Fiber 4 g, Total Fat 14 g, Saturated Fat 2.8 g, Trans Fat 0 g, Cholesterol 25mg

"Love Your Leftovers" BBQ Bowl

Recipe from www.diabetesfoodhub.org

Serving: 1 Serving size 1 bowl

Make 1 serving

Ingredients:

- 1 ½ cup fresh baby spinach
- 3 oz cooked lean protein such as chicken (cut into bite-size pieces)
- 1/3 cup cooked whole grain such as quinoa, rice, or barley
- 1 ½ cup cooked non-starchy vegetables such as broccoli (cut into bite-sized pieces)
- 1 ½ tbsp no-sugar-added barbecue sauce
- 2 tbsp fresh cilantro
- or 2 lime wedge(s)



Picture from www.diabetesfoodhub.org

Directions:

1. Add the spinach to a microwave-safe bowl. Arrange the lean protein, veggies, and whole grains on top. Drizzle with the barbecue sauce.
2. Heat in the microwave on high for 1 minute 15 seconds, or until hot. Adjust seasoning.
3. Sprinkle with the cilantro and serve with the lime wedge(s). Enjoy!

Nutrition Facts Per Serving: 340 Calories, Carbohydrate 38 g, Dietary Fiber 11 g, Protein 37 g, Total Fat 6 g, Saturated Fat 1.3 g, Trans Fat 0 g, Cholesterol 70 mg, Sodium 420 mg