

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.

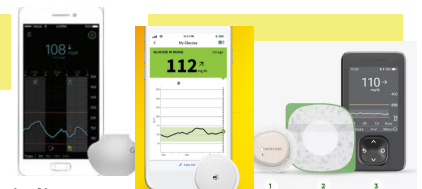
For more information contact us at craydiabetes@kumc.edu or call 913-588-6877.

Diabetes Technology and Trends



Tips for Improved CGM Accuracy

By Anna Dillon, Certified Diabetes Care and Education Specialist



Continuous Glucose Monitors (CGM) are an amazing, life changing technological advancement for people living with diabetes. However, they can quickly become frustrating if it seems yours is not accurately reading your blood sugar. The first 24 hours of using a CGM is going to be when there is the greatest discrepancy between your CGM and blood sugar meter. Make sure your blood sugar meter reading is accurate by only using non-expired test strips and washing your hands before testing. When blood sugars are fluctuating your CGM might appear less accurate. CGMs measure the fluid between cells, known as interstitial fluid. Blood glucose meters measure the true sugar amount in your blood. This causes the CGM to be about 15 minutes behind your blood sugar level. Imagine this situation. Your CGM says your blood sugar is 120 mg/dL, but trending down. You do a finger stick to check your blood sugar because you feel like your blood sugar is lower than that. Your finger stick reads 80 mg/dL. This is still considered accurate because it is trending down. If your finger check said 180 mg/dL, it would not be considered accurate. You can think about it as a roller-coaster. The blood glucose is the first car on the track and the sensor glucose is the last car on the track.

There are also several medications and supplements that interfere with CGMs accuracy.

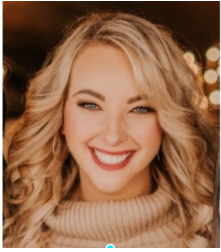
- Acetaminophen (Tylenol) can cause Medtronic Guardian, Dexcom G6 and Dexcom G7 to have higher sensor readings than actual glucose. Dexcom G6 is affected by any dose greater than 4 gram/day, G7 is affected by 1 gram/ 6 hours, and Medtronic Guardian is affected by any dose.
- Alcohol wipes can cause Medtronic Guardian to have sensor readings that are higher than actual glucose.
- Hydroxyurea or Hydroxycarbamide is a medication use to treat blood cancers and blood diseases can also affect accuracy of Dexcom G6 and G7 and Medtronic Guardian. It can cause blood sugar readings to be falsely high.
- Ascorbic acid (vitamin C) in doses greater than 500 mg/day can cause inaccuracy in all Free Style Libre sensors including the FreeStyle Libre 2, and Libre 3. It can cause falsely high glucose readings. It is important to remember that besides multivitamins and vitamin C supplements there can be large amounts of Vitamin C in electrolyte and immune booster drinks like Emergen-C and Liquid I.V. Using these tips will help your CGM work for you and decrease the burden of wondering if your blood sugar readings are accurate.

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

By Ashlee R Orndorff, APRN-NP

Greetings, everyone! Thank you for taking the time and allowing me to introduce myself as the newest APP at the Cray Diabetes Center. I received my undergraduate degree in Life Sciences at Kansas State University (go 'Cats!), my Bachelor of Nursing at the University of Kansas, and a Master of Nursing--Family Nurse Practitioner degree at the University of Missouri-Kansas City.

I started my career at the University of Kansas Health System initially as a bedside nurse on the solid organ transplant unit. I then joined the in-patient Diabetes Education team where my passion for diabetes managed truly grew. Following graduation from UMKC, I took the opportunity to move to western Nebraska in North Platte, NE and joined Great Plains Health Endocrinology as an APP. Although I enjoyed providing care in a rural community, my roots were calling me home back to the Kansas City area.

When I'm not working at the hospital, you can find me in my work boots building fence or feeding cows. I am married to my high school sweetheart, Jon. We have three Great Pyrenees dogs that keep us busy. We also help my parents with their generational farming operation. We enjoy spending quality time at our family lake house in the Ozarks, boating, traveling, and attending any type of sporting event.

I am grateful to rejoin the University of Kansas Health System and the Cray Diabetes Center. It has been refreshing to see so many friendly and familiar faces. It is my greatest privilege to work at the very place that has taken care of me, my family, friends, and our community for so many years.

Helpful Tips To Better Manage Diabetes During Summer

Summer is fast approaching which means warm weather is on the way! Living with diabetes can pose a special set of challenges due to the heat, changes in routine, and food availability. Here are some helpful tips to better manage diabetes during the summer:

1. Stay hydrated: Drink plenty of water and other low calorie/carbohydrate fluids to help prevent dehydration.
2. Be mindful of your activity level: Exercise can be more challenging in the heat, so adjust activity level accordingly. Check blood sugars more frequently to monitor how your body is responding to exercise.
3. Try to plan your meals: Summer is often associated with BBQ and picnics, which can make it more challenging to stick to a healthy eating plan. Enjoy fresh vegetables and fruits when you can!
4. Keep your medication cool: High temperatures can alter the effectiveness of medications, particularly insulin. Ensure you store your medications in a cool place. Tip: check out the Frio bag—an evaporative cooling pouch that keeps insulin and other medications cool within safe temperatures for extended periods of time.
5. Prepare an emergency kit: With warmer temperatures comes the threat of severe weather. Take the time to prepare an easily accessible emergency kit with glucose tablets, nonperishable snacks, extra supplies, and batteries.

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



Cray Expert Advice: Appetite Issues and GLP-1 Medications

By Anna Newby, Certified Diabetes Care and Education Specialist

Glucagon-like-Peptide-1 Receptor Agonist (GLP-1 RA) medications, such as semaglutide (Ozempic), dulaglutide (Trulicity), and liraglutide (Victoza), have been getting a lot of media attention lately for their ability to help with appetite reduction and weight loss as well as blood sugar control. These medications are a class of diabetes drugs that help the body release more insulin in response to a meal, slow down the stomach's emptying time, decrease feelings of hunger and increase feelings of fullness as well as help with other areas of diabetes control.

Here are a few tips to help your body get the essential things it needs from foods when you are facing a loss of appetite with these popular medicines:

- Make sure that you are eating every 4-6 hours during the day. If you are not feeling the sensation of hunger and feel you may be nauseated if you try to eat a meal, try making a smoothie or soup, which may sit easier on your stomach.
- Make sure to include protein at every meal or snack. This could be anything from meat to eggs to beans to cheese to yogurt to protein powder. There are many types of protein foods available.
- Include quality fats in at least two meals per day. These could be olive oil, avocados, olives, nuts/seeds, natural nut butters or other cooking oils like peanut, canola, coconut and avocado oil or even butter.
- Aim to include a colorful plant in each of your meals and snacks as well. This could be any fruit or vegetable. Vegetables and fruits are your highest sources of both vitamins and phytonutrients in the diet. Enjoy the rainbow of colors, textures and flavors these foods have to offer.



Let's Move More: Make Movement Fun

By Kayla Graves, Certified Diabetes Care and Education Specialist

Spring is here! With the longer days and warmer temperatures, it's the perfect time to take your exercise routine outside. Exercise doesn't have to mean painful, boring, or not fun. Think about what you liked to do as a kid that brought you joy and involved movement. Joining a team sports league can be fun and provide a way to make new friends and be social. There is literally something for everyone whether you like team sports, biking, running, pickleball or yoga. You can also check with your local parks and recreation department to see what is available in your area.

- Recreational sports leagues: <https://kccrew.com/new-to-kc-crew/>
- Cycling KC: <https://cyclingkc.org>
- Kansas City Running Club: <https://runsignup.com/Club/MO/KansasCity/KansasCityTrackClub>
- Pickleball: <https://www.pickleballkc.com/where-to-play>
- Yoga In the Park: <https://www.facebook.com/groups/yogaintheparkkc/>
- Kansas City Running Club: <https://runsignup.com/Club/MO/KansasCity/KansasCityTrackClub>

The American Diabetes Association will have their Virtual Diabetes 5k Challenge between June 21st-25th. Now is the time to start training if you would like to participate! This year, the 5K@ADA Virtual Challenge will bring together people across the globe to emphasize the need for increased physical activity to help prevent diabetes and diabetes complications.

You can find more information here: <https://www.ada5k.com/index.html>



Healthy Eating: Spring Inspired Recipes

By Pattie Lueyot, Certified Diabetes Care and Education Specialist

This issue, we are using Spring inspired ingredients such as asparagus, onion and bell pepper that will make your plate so colorful and packed with nutrients and fiber. Visit <https://www.cookingwithcray.com/post/april-2023-cooking-demo> for how to make this recipe and another Spring inspired recipe; Fresh Spring Rolls and Peanut Dipping Sauce.

Crustless Asparagus & Pepper Mini Quiche

Recipe from: <https://www.diabetesfoodhub.org/recipes/crustless-asparagus-pepper-mini-quiche.html>

Serving Size: 1 mini quiche

Makes: 12 servings

Ingredients:

- Nonstick cooking spray
- 1 tbsp olive oil
- 1 bunch asparagus(trimmed and diced)
- 1 small onion(diced)
- 1 red or yellow bell pepper(seeded and diced)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 eggs
- 6 egg whites
- 1/3 cup skim milk
- 6 wedges Laughing Cow Light Original Cheese Wedges(halved)



Directions:

- Preheat oven to 375 degrees and spray a muffin pan with cooking spray. Add olive oil and a generous amount of cooking spray to a medium sauté pan. Sauté asparagus, onion and bell pepper for 7-9 minutes or until cooked through. Season with salt (optional) and pepper and set aside to cool slightly.
- In a medium bowl, whisk together eggs, egg whites and milk.
- Evenly distribute the sautéed vegetables among the 12 muffin cups. Cups should be 1/2 to 3/4 full. Gently pour egg mixture over the vegetables in each muffin cup, distributing evenly. Cups should full but not overflowing.
- Take one half of a Lite Laughing Cow Cheese Wedge and gently press it down in the middle of each quiche. Repeat for remaining 11 quiches.
- Bake for 20 minutes. Serve immediately.

Nutrition Facts Per Serving: Calories 60, Total Fat 3g, Saturated Fat 0.9g, Trans Fat 0g, Cholesterol 35mg, Sodium 230mg, Total Carbohydrates 4g, Dietary Fiber 1g, Total Sugar 2g

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