

# CRAY QUARTERLY

Official Newsletter of Cray Diabetes Self-Management Center

## 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 visit [www.cookingwithcray.com](http://www.cookingwithcray.com) or contact us at [craydiabetes@kumc.edu](mailto:craydiabetes@kumc.edu) or call 913-588-6788.

## Diabetes Technology: Currently Available CGM's

Currently, three companies have personal continuous glucose monitoring (CGM) devices on the US market. The table below compares some of their key features. Pricing varies with insurance coverage and can be provided by the company.

	FreeStyle Libre	FreeStyle Libre2	Dexcom G6	Medtronic Guardian Sensor 3
<i>Fingerstick Calibration</i>	0	0	0	at least 2x/day
<i>Medicare Coverage</i>	Yes	Yes	Yes	Yes
<i>Warmup</i>	1 hour	1 hour	2 hours	2 hours
<i>Wear Length</i>	14 days	14 days	10 days	7 days
<i>Alerts for Lows/Highs</i>	No	Yes + Ability to share data	Yes + Ability to share data	Yes + Ability to share data
<i>Tech compatible</i>	Reader, Android, iPhone	Reader, iPhone (Android coming soon)	Receiver, Android, iPhone, smartwatch, Tandem t:slim X2 pump	Medtronic pumps (630G, 670G, 770G), Guardian Connect, Android, iPhone
<i>Size</i>	~2 stacked quarters	~2 stacked quarters	Eraser-sized	~2 stacked quarters



## Cray Expert Advice: 10 Tips for Surviving the Holidays

The holiday season can be a busy and stressful time of the year with both physical and emotional demands on your schedule. There are often many roadblocks to managing your diabetes and feeling your best. Below are some steps you can take to help successfully navigate this time of year.

### 1. Get your 7 hours

Not getting enough sleep is associated with increased hunger, higher blood sugar patterns, poor concentration, and more illness.

### 2. Make time to move

Exercise can help you manage hunger, burn calories, reduce stress, and control your blood sugar.

### 3. Stick to your regular eating schedule

Keep your eating times consistent to help with blood sugar control. Plan ahead for meals or bring a dish that works well with your eating plan to share.

### 4. Stay hydrated

Choose calorie-free beverages such as water with lemon, lime, or fresh cucumbers. Sparkling waters and mineral waters are also great options.

### 5. Limit processed sweets and sugar

Choose a small portion of your favorite dessert.

### 6. Limit alcohol intake

Overindulging in alcohol can lead to making poorer food choices, weight gain and blood glucose disruption. Alcohol can also lead to low blood sugars with some diabetes medications.

### 7. Focus on activities instead of the food

Enjoy time with family and friends. Involve quests in games, decorating, or outdoor time where the main activity is not eating.

### 8. Self-care is vital

Keep connected to friends and family that support you and your health, share your feelings with a trusted friend, try journaling and schedule “me” time.

### 9. Keep track of your numbers

Continue to check your blood sugar levels and take your medications as prescribed. When your blood sugar is in good control, you'll feel better and be able to fully enjoy the festivities.

### 10. Maintain an attitude of gratitude

Try ending the day with reflecting on the people and things that brought you joy or good feelings. Truly the best gifts of the holiday season!



## Let's Move More: Taking Your Exercise Routine Indoors

Being active comes with many health benefits: improved blood sugars, reduced stress, better sleep, etc. With cooler temperatures approaching and darker hours setting in earlier, many find it hard to maintain their exercise routine during the winter months. Below are some tips and ideas to stay active during the holiday season and during the winter months.

- [Indoor walking videos](#)- Bring your walking routine indoors! Leslie Sansone has a variety of walking videos you can find for free on YouTube.
- [The Johnson and Johnson Official 7-minute workout app](#)- Even with the busyness of the holidays we can all find 7 minutes to go through a quick, circuit training routine. Sworkit is another great app that lets you customize your workout based on fitness level and type of workout you would like to do.
- [Turn up the music and get dancing!](#) Zumba is a fun way to get your heart rate up and have some fun! You can find workouts on YouTube, Apple Fitness, or The Fitness Marshall (YouTube).
- [Zen out and incorporate some yoga!](#) The holidays are such a busy time. Finding some time to slow down can be helpful for our nervous systems. Yoga with Adriene (Youtube) is a fun, free option to try.

## Endocrinology's Corner: Traveling Over the Holidays?

Here are a few packing tips to help you safely enjoy the time with loved ones.

### Tips for everyone who uses insulin or injectable diabetes medications:

- Pack several spare days of insulin and medications just in case you end up staying in your destination longer than planned.
- If you're traveling on a plane, keep your insulin (or any injectable medication) in your carry on.
- Put spare pens or vials into a gel pack or even an insulated lunchbox to keep them cool during travel. Pens you are currently using can stay at room temperature for 30 days.
- Bring plenty of low snacks (juice, glucose tabs, etc). Good news: people with diabetes are exempt from the 3.4 oz. liquid rule with TSA for flying.
- Pack emergency glucagon and make sure your family members know how to use it in the event of a serious low blood sugar. (Friendly reminder to check if your emergency glucagon is expired! If so, give your diabetes provider a call for a new prescription).
- Pack healthy, shelf-stable snacks for travel days-- such as nuts, protein bars, jerky

### If you wear an insulin pump:

- Bring plenty of extra supplies just in case you need to change out your infusion set more often than planned.
- Bring back-up long-acting insulin (Lantus/Levemir/Tresiba/Toujeo) in a pen or vial in case of a pump failure. Be sure to pack pen needles for pens or syringes for vials.
- Insulin pumps cannot go through the 360 body scanner in the airport. Let the TSA agent know that you wear a medical device and they will do a pat down instead.
- If you wear a continuous glucose monitor (CGM): These devices cannot go through the 360 body scanner or the x-ray machine that checks bags. If in the airport, let the TSA agent know that you wear a medical device and cannot go through the 360 body scanner-- they will do a pat down instead.
- Do not have your extra supplies go through the x-ray machine; take extra CGM supplies out of your bag and ask the TSA agent to hand check them.

## WAYS CRAY STAFF STAYS ACTIVE IN THE WINTER MONTHS

-“Walk through Ikea! It’s huge!”

-“I have a dog, so I don’t have the option to NOT be active. We bundle up and go on walks through the neighborhood. My dog is a fast walker, so we actually end up getting pretty hot even if it’s cold outside.”

-“I will do body weight exercises (crunches, leg lifts, squats, etc) while my kids are watching tv.”

-“I FaceTime a live trainer three days a week. She has no mercy.”

-“I use a weight lifting app and ride my stationary bike while watching the great British baking show. ”

-“I play indoor tennis.”



## Healthy Eating: Holiday Recipes

### LEMON BUTTER GREEN BEANS

From Budget Bytes

Serves 4

#### Ingredients:

- 1 lb green beans
- 1 tbsp butter
- 1 lemon
- salt and pepper to taste

#### Instructions:

1. Use a microplane, zester or cheese grater to remove the thin layer of yellow zest from the lemon. Set the zest aside. Remove stems from green beans and, if you prefer, snap them in half. Place the green beans in a colander and rinse well with cool water.
2. Transfer the rinsed green beans to a deep skillet. Add about 1" of fresh water. Place lid on the skillet and turn the flame on to medium-high. Allow water to come up to a boil. Let the beans simmer and steam for 3-5 minutes, or just until the beans are bright green and just slightly tender. Test the texture with a fork. Once beans are bright green and slightly tender, turn off the heat and drain them in a colander. Return the green beans to the still-warm skillet with the heat turned off.
3. Add butter, ~1/2 teaspoon of lemon zest, a squeeze of the lemon juice (~1 tsp), a pinch of salt, and some pepper. Toss the green beans to distribute the seasonings and allow the residual heat to melt the butter. When the butter has melted fully, taste the green beans and add more salt, pepper, lemon juice, or lemon zest to your liking. Serve immediately.

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### DARK CHOCOLATE CASHEW TART

From Lily Nichols, RDN, CDE

#### For the crust:

- 2 cups ground cashews
- 2 tbsp butter or coconut oil, melted
- 1 tbsp sugar
- 1/4 tsp salt

#### For the Ganache:

- 1 cup coconut milk, full-fat
- 12 oz bittersweet chocolate, finely chopped

#### Instructions

##### Crust:

1. Preheat oven to 350 degrees. In a large bowl, mix ground cashews, butter/coconut oil, sugar, and salt. Transfer to a 9" tart pan. Using a flat-bottomed measuring cup, evenly press dough in bottom and up sides of pan.
2. Bake in center of oven until golden and firm, about 15-20 minutes. Transfer to a wire rack to cool completely, at least 30 minutes.

##### Ganache:

3. Place chocolate in a large mixing bowl. In a saucepan, bring coconut milk to a boil. Pour hot coconut milk over chocolate and let stand 1-2 minutes, allowing the chocolate to melt. Stir until smooth and creamy.

##### Assemble tart:

4. Pour chocolate ganache into cooled tart shell and spread evenly with a spatula. Chill for at least 1 hour or until set.