

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

By Rebecca Bennett, Registered Dietitian and Certified Diabetes Educator

Omni-pod 5

Omni-pod 5 is a tubeless, automated insulin delivery pump that came on the market earlier this year. It currently integrates with the Decom G6 continuous glucose monitor (CGM). The FDA recently approved its use for patients aged 2 or older.

The omni-pod 5 is a waterproof pod that utilizes SmartAdjust technology and will automatically adjust insulin delivery for up to 3 days (72 hours). The pod is controlled either through phone app (android only for now) or the included controller. The SmartAdjust technology utilizes Bluetooth technology which allows the omni-pod 5 and the Dexcom G6 CGM to communicate which enables the automatic insulin adjustments (every 5 minutes). The automatic insulin adjustments include decreasing or pausing insulin delivery when blood sugars are trending down and ramping up insulin delivery when blood sugars are rising.



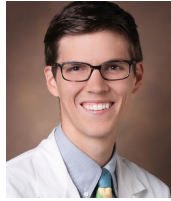
Information and photo from: <https://www.omnipod.com/what-is-omnipod/omnipod-5>
Want to know if your smart phone is compatible? <https://omnipodstg.prod.acquia-sites.com/current-podders/resources/omnipod-5/device-compatibility>

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 Dr. Daniel Tilden

While it's easy to think of taking care of diabetes as only about numbers – blood sugars, A1c and time in range – this isn't the whole story! The best treatment of people with diabetes recognizes the impact of the disease both on physical health and on quality of life.

The most recent versions of the American Diabetes Association's Standards of Medical Care in Diabetes recognize that the goals of our care for patients with diabetes are "optimizing health outcomes and health-related quality of life".¹

Diabetes distress is "[the] significant negative psychological reactions related to emotional burdens and worries specific to an individual's experience in having to manage [diabetes]." Diabetes distress is associated with worse blood sugars and quality of life among people with diabetes. What can you do to improve your quality of life and combat diabetes distress?

Strategies for cope with diabetes distress: 2

1. Pay attention to your feelings. Almost everyone feels frustrated or stressed from time to time. Dealing with diabetes can add to these feelings and make you feel overwhelmed. Having these feelings for more than a week or two may signal that you need help coping with your diabetes so that you can feel better.

2. Talk with your health care providers about your feelings. Let your doctor, nurse, diabetes educator, psychologist, or social worker know how you've been feeling. They can help you problem-solve your concerns about diabetes. They may also suggest that you speak with other health care providers to get help.

3. Talk with your family and friends. Tell those closest to you how you feel about having diabetes. Be honest about the problems you're having in dealing with diabetes. Just telling others how you feel helps to relieve some of the stress. However, sometimes the people around you may add to your stress. Let them know how and when you need them to help you.

4. Pace yourself. As you work on your goals, like increasing physical activity, take it slowly. You don't have to meet your goals immediately. Your goal may be to walk 10 minutes, three times a day each day of the week, but you can start by walking two times a day or every other day.

5. Take time to do things you enjoy. Give yourself a break! Set aside time in your day to do something you really love; it could be calling a friend, playing a game with your children or grandchildren, or working on a fun project. Find out about activities near you that you can do with a friend.

For the complete list, visit: <https://www.cdc.gov/diabetes/managing/diabetes-distress/ten-tips-coping-diabetes-distress.html>

1. American Diabetes A. Standards of Medical Care in Diabetes-2022 Abridged for Primary Care Providers. *Clin Diabetes* 2022;40(1):10-38. DOI: 10.2337/cd22-as01.

2. Centers for Disease C. 10 Tips for Coping with Diabetes Distress. 03/2022 (<https://www.cdc.gov/diabetes/managing/diabetes-distress/ten-tips-coping-diabetes-distress.html>).



Let's Move More: New Recommendations for Exercise with Type 2 Diabetes

By Anna Newby, Registered Dietitian and Certified Diabetes Educator

Exercise, for those who are able, is a wonderful tool in the management of type 2 diabetes and its complications. Diabetes is a chronic disease that affects more than 463 million people worldwide, and type 2 diabetes accounts for 90-95% of all cases.

One of the main exercise groups, the American College of Sports Medicine, just released new guidelines for exercise with type 2 diabetes this year.

"Exercise can play an important role in managing type 2 diabetes, and workouts can be modified to fit the abilities of most people," says lead author Jill A. Kanaley, Ph.D.

Exercise can not only help reduce blood sugars right away, it can also help the body to use insulin more effectively so it can work better. Whether you can only do a little at a time or you are able to do longer workouts at once, being active is beneficial to so many systems, from your cardiovascular system to brain health to gut health to lowering chronic inflammation.

Small "doses" of physical activity throughout the day to break up sitting time can have a beneficial effect on blood glucose and insulin levels.

- Regular aerobic exercise helps manage blood glucose.
- High-intensity resistance exercise benefits those with type 2 diabetes more than low- to moderate-intensity exercise.
- Being active after meals reduces blood glucose.

While consistent aerobic exercise can help keep blood glucose in check, working out takes energy, so those with type 2 diabetes should consider lowering their insulin a bit if they can, or adding in a few more carbs before they hit the gym to avoid a crash.

"The latest guidelines are applicable to most individuals with diabetes, including youth, with a few exceptions and modifications," Kanaley says.

"All individuals should engage in regular physical activity, reduce sedentary time and break up sitting time with frequent activity breaks."

With exercise, it is important to enjoy it. So, whether it's taking walks with your dog, playing golf or tennis with a friend, or even doing chair exercises in your home, choose activities that are sustainable and enjoyable.



Cray Expert Advice:

Maintaining Healthy Habits Throughout the Holiday Season

By Kayla Graves, Registered Dietitian and Certified Diabetes Educator

With the holiday season approaching, it's common to hear people talking about "falling off the wagon" or "starting over in the new year." What if you could implement small habits consistently to maintain your health status during the holiday season so you didn't have to "start over" in 2023. Incorporating some basic self-care habits can help maintain blood sugar levels, provide consistent energy, and result in stable weight which means you can start 2023 feeling like your best self.

Habits to incorporate during the Holidays:

- Eat 3 meals per day
- Incorporate protein into meals
- Get at least one serving of fruit and vegetables per day
- Get some movement in (for example, aim for 5,000 steps per day; anything is better than nothing)
- Get 7-8 hours of sleep per night
- Take medications consistently
- Drink 64 oz of water

Remember the holidays are just a few days out of three hundred sixty-five days in the year. Taking time to do small acts of self-care can start you off right for the rest of 2023. Happy Holidays from Cray Diabetes Self-Management Center!

Healthy Eating

Chicken Pot Pie Soup

Recipe from Skinny Taste

Makes 6 Servings

Ingredients:

- 1/4 cup flour
(to make gluten-free use 2 tbsp cornstarch instead)
- 2 cups water
- 4 cups milk
- 1 large celery stalk, chopped
- 1/2 medium chopped onion
- 8 oz sliced baby Portobello mushrooms
- 2 chicken bouillons
- pinch of fresh ground pepper
- pinch of thyme
- 10 oz frozen classic mixed vegetables, peas, carrots, green beans, corn
- 2 potatoes, peeled and cubed small
- 16 oz cooked chicken breast, diced small
- Salt

Instructions:

1. Create a slurry by combining 1/2 cup of the cold water with flour in a medium bowl and whisk until well blended. Set aside.
2. Pour remaining water and milk into a large pot and slowly bring to a boil.
3. Add celery, onion, mushrooms, chicken bouillon, thyme, fresh pepper, frozen vegetables and return to a boil.
4. Partially cover and simmer on low until vegetables are soft, about 20 minutes.
5. Remove lid, add potatoes, and cook until soft, about 5 minutes.
6. Add chicken, and slowly whisk in slurry, stirring well as you add.
7. Cook another 2-3 minutes, until soup thickens, adjust salt and pepper to taste and serve.

Nutrition Info:

Serving: 1- 1/2 cups, Calories: 268kcal, Carbohydrates: 32g, Protein: 30g, Fat: 3.5g, Saturated Fat: 0.5g, Cholesterol: 64mg, Sodium: 983mg, Fiber: 4g, Sugar: 12g