

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.



Endocrinology Corner

Intermittent Fasting and Diabetes

By Aiman Zafar, MD

Intermittent fasting (IF) is a popular eating pattern that involves alternating periods of eating and fasting. Common types include the 5:2 diet (eating normally five days a week and restricting calories on two non-consecutive days), alternate-day fasting, and time-restricted eating (eating only during a set window each day, usually 8 hrs. and 16 hrs. fast). Many people with type 2 diabetes are interested in IF to lose weight and improve blood sugar.

Studies show that IF can help people with type 2 diabetes lose weight (usually about 3–8% of their starting weight), and make their blood sugar, cholesterol, and blood pressure better. When compared to traditional calorie restriction (eating fewer calories every day), IF is comparable at helping with blood sugar and weight loss. Some studies show slightly better results with IF in the short term, but these benefits may fade if the diet is stopped.

IF is generally safe for most adults with type 2 diabetes, but there are important precautions. People who take insulin or medicines called sulfonylureas have a higher risk of low blood sugar so it's important to check blood sugar more often and talk to a healthcare provider before starting IF.

IF may not be safe for everyone. People with a history of serious low blood sugar, eating disorders, poor nutrition, or who are pregnant or breastfeeding should avoid IF unless advised otherwise by their healthcare provider. Intermittent fasting can be a helpful tool for weight loss and blood sugar control in type 2 diabetes, but it is not a cure and works best when combined with other healthy habits. Always work with a healthcare team to find the safest and most effective eating plan for your needs.

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 66160
- College Square Medical Pavilion - 12000 W 110th, Overland Park, KS 66210
- Englewood Center - 101 NW Englewood Rd, Gladstone, MO 64118



Technology Updates

Medtronic's Newest Sensors

By Race Shepherd, MS, RD, CDCES

Earlier this year, we discussed some exciting advances in diabetes technology; and now, two of them have arrived. Medtronic has released the Instinct sensor, developed in partnership with Abbott (the makers of the FreeStyle Libre), as well as the new Simplera sensor. The Instinct sensor is physically identical to the FreeStyle Libre 3+: it has a 15-day wear time. This is a significant improvement for users of MiniMed 780G insulin pump, as the Instinct's calibration-free design allows for more time spent in SmartGuard, the pump's automated insulin delivery mode. However, to use the Instinct sensor, a compatible smartphone is required to work and only compatible to use with MiniMed 780G insulin pump. It can't be used as a standalone CGM sensor.

For users who don't have access to a supported smart device, Medtronic now offers the Simplera sensor. While similar in function, the Simplera has a shorter 7-day wear time and a slightly longer 2-hour warm-up period. Still, it shares the key benefit no fingerstick calibrations needed. Although the 7-day wear time is shorter than many other CGMs on the market, and can't be used as a standalone CGM sensor, it aligns well with MiniMed 780G's 7-day infusion sets and the growing number of once-weekly diabetes medications.

The Simplera sensor is available now, while the Instinct sensor is expected to start shipping in November 2025. If you're considering either of these options, be sure to speak with your healthcare provider to determine which sensor best fits your needs and technology setup.



What is a CDCES?

By Aubrey Hall, RD, CDCES

The staff at the Cray Diabetes Self-Management Center include healthcare professionals that hold the title Certified Diabetes Care and Education Specialist (CDCES). What does this mean and why is it important? A CDCES is a healthcare professional who has met rigorous requirements to demonstrate specialized knowledge and experience in diabetes care and education.

To obtain the credential CDCES, healthcare professionals must complete a certification process that is built on over 34 years of integrity and has become a standard of excellence for the delivery of quality diabetes care and education. The certification process includes requirements of holding a qualifying health professional license or registration with at least 2 years of experience in the profession, experience providing diabetes education with at least 1,000 hours obtained, continuing education in the area of diabetes, and passing a comprehensive examination. With this certification process, the credential CDCES ensures the healthcare professional has comprehensive knowledge and experience in diabetes prevention, prediabetes, and diabetes management. The CDCES specializes in collaborating with patients in a manner that promotes self-management to achieve individualized behavioral and treatment goals that reduce risks and optimize health outcomes. So, when you are referred to a CDCES at the Cray Diabetes Self-Management Center, you can feel confident that you are receiving care from someone who is qualified, experienced, and dedicated to helping you manage your diabetes in a way that fits your life.

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National Diabetes Awareness Month

Understanding Risk for Diabetes

By Heather Tedeschi, MA, RD, CDCES

November is National Diabetes Month and this year's theme, "Diabetes and Wellbeing," emphasizes the importance of access to diabetes care and support in helping those living with the condition lead healthy, fulfilling lives. Recognizing the symptoms of diabetes is crucial for early diagnosis and management. Common signs include frequent urination, extreme thirst, persistent hunger despite eating, fatigue, blurry vision, slow healing of cuts or bruises, unintended weight loss, and sensations of tingling, pain, or numbness in the hands or feet. Being aware of these symptoms and seeking timely medical advice can significantly improve outcomes.

Understanding your risk factors for developing diabetes is also vital. Those over the age of 35, individuals with a parent or sibling diagnosed with type 2 diabetes, and people from certain ethnic backgrounds—such as Black American, Asian American, Latino/Hispanic American, Native American, or Pacific Islander—are at higher risk. Other risk factors include a history of gestational diabetes, overweight or obesity, physical inactivity, high blood pressure, and smoking. If you are unsure about your risk, you can take a quick 60-second quiz at diabetes.org/diabetes-risk-test to assess your likelihood of developing type 2 diabetes.

For those diagnosed with prediabetes, those with an A1c in the range of 5.7% to 6.4%, the National Diabetes Prevention Program (National DPP) offers a valuable opportunity to reduce the risk of progression to type 2 diabetes. To qualify, participants must be 18 or older, have a BMI of 25 or greater (23 if Asian American), not previously diagnosed with type 1 or type 2 diabetes, and not be pregnant. The National DPP focuses on encouraging healthy eating, increasing physical activity, managing stress, and teaching strategies for sustainable lifestyle changes. Research shows that participation in the program can reduce the risk of developing type 2 diabetes by 58%, making it an effective preventative tool.



Find DPP program near you

National Diabetes Month serves as a reminder of the importance of recognizing symptoms, understanding risk factors, getting properly diagnosed, and accessing educational and preventative resources. By raising awareness and providing support, everyone living with or at risk for diabetes can take steps toward living well and maintaining their health. For more information on diabetes education, and free classes covering different areas of diabetes care and management, visit our website cookingwithcray.com.



Register to Free Classes

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Healthy Eating Recipe

Cannellini Bean Salad and the Benefits of Fiber

By *Pattie Lueyot, MS, RD, CDCES*

Cannellini bean salad is a nutritious, high-protein dish rich in fiber, and antioxidants. It's quick to make, budget-friendly, and perfect for meal prep. If you prefer different beans, you can substitute cannellini beans with other white beans like garbanzo beans (chickpeas) or great northern beans. This recipe does great with other herbs as well! Feel free to replace parsley with basil, scallions, or mint for a different flavor profile. The salad is best eaten fresh but will keep in the refrigerator for up to 3–4 days. It is not recommended to freeze the dish, as the textures of the ingredients will be affected.

One of the primary advantages of dietary fiber is its positive impact on blood sugar control. Soluble fiber, found in foods like oats, beans, and fruits, slows down the absorption of sugar in the bloodstream. This helps prevent sudden spikes in blood glucose levels, making fiber especially beneficial for people with diabetes or those at risk of developing the condition.

In addition to blood sugar regulation, fiber supports digestive health by promoting regular bowel movements and preventing constipation. It also aids in maintaining a healthy weight because high-fiber foods tend to be more filling, reducing overall calorie intake. Fiber can lower cholesterol levels by binding to cholesterol particles and helping remove them from the body, which supports heart health.

When it comes to fiber content, foods containing at least 5 grams of fiber per serving are generally considered high-fiber foods (one serving of this recipe contains 8 grams). The recommended daily fiber intake is about 25 grams for women and 38 grams for men.



Get recipe at
CookingWithCray.com

Ingredients for two servings:

- 1 15oz can Cannellini beans, drained and rinsed (~1 ½ cups)
- ½ cup cherry tomatoes, halved
- ¼ cup Italian parsley, chopped
- ¼ cup chopped grapes
- 1 tbsp red or white wine vinegar
- 1 tbsp extra virgin olive oil
- 2 tbsp mayonnaise (optional)
- Salt and pepper to taste

Directions:

1. Drain and rinse the cannellini beans. Halve the cherry tomatoes and chop the parsley and grapes.
2. In a large bowl, combine the beans, cherry tomatoes, parsley, and grapes.
3. Drizzle in the vinegar and olive oil. Add mayonnaise (if using), along with salt and freshly cracked black pepper to taste. Toss everything together until well combined.
4. Serve immediately, or transfer to an airtight container and refrigerate for up to 4 days.

Nutrition Facts per serving: Calories 325, Fat 17 g, Carbohydrates 29 g, Fiber 8 g, Protein 10 g

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