Cray diabetes self-management center

CRAY QUARTERLY

Official Newsletter of Cray Diabetes Self-Management Center

Vol 4, Issue 3
August 2024

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

Message from the newly named Bud and Sally Cray Professor of Diabetes

By John Miles, MD

It is one of the great honors of my life to be named the Bud and Sally Cray Professor of Diabetes. In succeeding Dr. David Robbins, I am following in the footsteps of the person most responsible in his administrative role for the growth and high profile of the Cray programs. Dr. Robbins, whom I have known for many years, will be continuing his work (in retirement!) on the study of diabetes among the indigenous peoples of the Amazon.

I look forward to working with a group of dedicated physicians and scientists committed to supporting and growing the Cray programs. These include Dr. Kristin Grdinovac, who has ably led the staff and directed the diabetes self-management efforts of the Cray Center for the past 2 years. More recently, the outreach efforts in underserved rural areas of Kansas initiated by Dr. Robbins are being continued by Dr. Daniel Tilden. This program involves training and support of primary care physicians and direct patient care delivered by telehealth. Finally, we are very fortunate to have a working relationship with Dr. John Thyfault, Director of the KU Diabetes Institute, who leads the efforts in translational and clinical research. As Cray Professor, in addition to my own I intend to support these individuals and the programs they administer so that diabetes patient care and education, rural outreach, and research continue to flourish at KU.

Finally, we should always remember that none of these programs would be possible without the steadfast support and encouragement of the Cray family, led by Karen Seaberg. The Cray gift has contributed to the development and growth of KU's highly regarded programs in diabetes care. It is my intention to support these programs in every way I can to honor the Cray legacy.

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Newest Cray Provider

By Charlotte Burns, PA-C

Hello everyone! I am the newest advanced practice provider at the Cray Diabetes Center. I am honored to work with the incredible people within KU Endocrinology. I would like to take this opportunity to introduce myself and share my "why" behind working at the Cray Diabetes Center.

I was born in Michigan and raised in a military family. We settled in Rolla, Missouri for most of my childhood though I spent a great deal of time in KC as my parents are from the KC area. After graduating high school, I attended William Jewell College in Liberty, MO where I graduated with a Bachelor of Arts in Biology.

It was during my first semester at William Jewell College that I was diagnosed with type 1 diabetes. I had returned home for a long weekend in early October when my primary care provider ordered my annual labs. After my appointment I received a call from my PCP instructing me to immediately present to the local emergency room as my blood sugar was extremely high. My parents drove me to the emergency room thinking my labs had to be contaminated or incorrectly reported. It was then I heard the official diagnosis of type 1 diabetes and learned of my lifelong dependance on insulin. In the week I was hospitalized, my mother found the Cray Diabetes Center at KU and scheduled an appointment for me the following week.

I established care with Kerstin Stephens, PA-C and Dr. Leigh Eck, both of whom inspired me to live my life authentically and not let diabetes limit what I can accomplish. In my visits with Kerstin over the past 9 years, I frequently told her of my goal to return to the Cray Diabetes Center as a patient turned provider. I am ecstatic to say my goal became reality in March 2024 when I began my career as a Physician Assistant here at Cray.

I greatly enjoy using my personal experience with diabetes to connect with the patients I see. I look forward to providing the high quality and individualized care that I received as a patient here, to my patients both with diabetes and other endocrine disorders.

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

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Diabetes Technology and Trends

iLet Bionic Pancreas Insulin Pump

By Haley Bjelobrk MS, RD, CDCES

The iLet Bionic Pancreas insulin pump, awarded with FDA approval in May 2023 for patients 6 and older with type 1 diabetes, is an automated insulin delivery system designed to reduce the burden of diabetes management decision making. iLet users no-longer need to "carbohydrate count", set correction factors, carb ratios, or use pre-set basal rates. Starting the pump involves only one step: entering your weight. The iLet pairs with Dexcom G6 and G7 and learns your glucose trends and insulin needs over time, as well as your glucose response to typical meals.

The iLet Bionic Pancreas may be for you if:

- You have type 1 diabetes and,
- Eat similar meals regularly
- You struggle or are inconsistent with carbohydrate counting
- Use insulin pens and often miss mealtime doses
- Your day-to-day activity levels are similar

The iLet Bionic Pancreas may not be for you if:

- You prefer more customized insulin settings
- Your meals are varied or unpredictable
- You are familiar and comfortable with carbohydrate counting
- You are currently using and comfortable with a different Automated Insulin Delivery Device
- You want very tight glucose control

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Let's Move More

Exercise Improves Post-Meal Blood Sugar

By Anna Newby, MS, RD, CDCES

Have you ever been frustrated with your blood sugar going up too high after a meal and taking a long time to come down? There are several ways to address this common issue, but one of the best ways is to move your body right after a meal. Research shows that exercise, even a light 15 min walk immediately after a meal (within 30 minutes of the meal), has a bigger impact on your after-meal blood sugar than exercise either before the meal or longer than 30 minutes after a meal.*

Exercise lowers your blood sugar in two main ways. First, exercise allows your body to lower blood sugar without even needing insulin. When your muscles contract during exercise, your cells open automatically to "eat" the sugar in your blood. This is usually the job of insulin, so exercise helps the body lower blood sugar without it. Second, your body absorbs the insulin much better after you exercise, reducing something called "insulin resistance," a widespread problem in type 2 diabetes.

For those with controlled type 2 diabetes, after meal blood sugar spikes are considered to have the biggest negative effect on long term blood sugar control as indicated by the HgbA1C (or "A1C") range. **

If you are struggling with frequent high after-meal blood sugar, try a 10–15-minute walk immediately after a meal. You may be surprised at the difference it can make!

* Sports Med. 2023; 53(4):849-869
** DM Care. 2003; 26:881-885)

Healthy Eating

By Pattie Lueyot, MS, RD, CDCES

Avocado Chia Pudding

This pudding is perfect for a grab-and-go breakfast, snack or dessert. It's also quick, high in protein and fiber, and creamy delicious!

Ingredients (Make 1 serving):

½ Avocado
2 tablespoons chia seeds
½ cup plain Greek yogurt
1 tablespoon maple syrup or sweetener of choice
1 teaspoon vanilla extract (optional)
½ teaspoon lemon juice

Nutrition Facts per 1 serving: Calories 395, Fat 23 g, Carbohydrates 35 g, Fiber 15 g, Protein 20 g

Directions:

1. Cut the avocado in half and discard the seed, then scoop the avocado into a bowl and mash it with a fork until smooth.
2. Add in yogurt, maple syrup, and vanilla extract. Then add in the chia seeds. Use a spatula and stir well so chia seeds are evenly distributed.
3. Cut the lemon in half and squeeze in a half teaspoon or so of lemon juice into the pudding.
4. Mix well, cover, and chill for at least 2 hours or overnight to allow chia seeds absorb the liquid.
5. Enjoy plain or topped with your favorite fruit or granola!

For recipe: visit https://www.cookingwithcray.com, and also to sign up for free monthly cooking demo sessions with Pattie and learn how to cook this recipe and more

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