

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.



Newest Cray Provider

By Charla Webb, APRN-NP

It is with immense enthusiasm to introduce myself as the newest Nurse Practitioner joining the team at the Cray Diabetes Center. I am genuinely thrilled to be given the opportunity to collaborate with the dedicated diabetes and endocrinology providers here at the University of Kansas Health System, and eager to contribute to our shared commitment to patient well-being.

My professional journey in healthcare is woven over two decades, beginning as an LPN in 2005. This foundation was strengthened by earning my BSN from Washburn University in Topeka KS in 2009, marking the beginning of my career as a Registered Nurse. During several formative years, I honed my clinical skills on the inpatient Oncology unit at Stormont Vail Health in Topeka. This experience profoundly shaped my approach to patient care, equipping me with expertise in complex medical management and instilling an unwavering appreciation for compassionate patient and family support during life's most vulnerable moments.

This deeply impactful phase ultimately crystallized a new drive within me to pivot towards preventative care, mastering chronic disease management, and empowering individuals to proactively manage their health outside the acute hospital settings. This drive propelled me to pursue a Master of Science in Nursing, specializing as a Family Nurse Practitioner, which I completed from Washburn University in December 2015.

Since embarking on my APRN career in the summer of 2016 at the Cotton O'Neil Diabetes and Endocrinology Clinic, my professional focus has been exclusively dedicated to the intricate, dynamic, and ever-evolving field of diabetes and endocrinology. This wasn't merely a specialization, it quickly became a profound passion allowing me to immerse myself in truly patient-centered care, a philosophy I firmly believe is fundamental to achieving optimal and sustainable health outcomes.

My family and I moved to the Northland of Kansas City in 2022, and I continued my specialty with North Kansas City Health at their outpatient endocrinology clinic until joining the University of Kansas Health System. I eagerly anticipate bringing my experience, specialized knowledge, and dedication to the Cray Diabetes Center!

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

Automated Insulin Delivery (AID)

By Pattie Lueyot, MS, RD, CDCES

AID systems combine a continuous glucose monitor (CGM), an insulin pump, and a smart algorithm to automatically adjust insulin delivery in response to real-time glucose levels. These systems help keep glucose within target range by increasing, decreasing, or suspending basal insulin and, in some systems, delivering correction doses. These multiple adjustments can improve time-in-range (TIR), reduce severe hypoglycemia, reduce hyperglycemia, and ease the daily burden of diabetes management.

Users still enter or announce carbohydrates for meals and snacks, allowing flexibility based on individual preferences and lifestyles. Currently, five AID systems are available in the U.S. for people with type 1 and type 2 diabetes. Each system works with different CGMs and offers unique features. Selecting the right AID system is individualized based on a person's lifestyle, skills, and preferences.

AID Systems: Do's and Don'ts

Do

- Discuss AID options with your healthcare provider to determine what best fits your needs.
- Work with a Diabetes Care and Education Specialist (CDCES) for insulin pump education and AID system selection to ensure safe and effective use of an AID system.
- Schedule follow-up visits with provider and CDCES to review pump and CGM data and make needed adjustments within 2-4 weeks after starting AID and for ongoing support.

Don't

- Do not self-start an AID system without professional training.
- Avoid skipping pump start training provided by insulin pump company educators. Contact insulin pump company to set up the pump start training.
- Do not make insulin setting changes without guidance, as this can lead to unsafe blood glucose levels.



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Medication Updates

The GLP-1 Trend: What You Should Know

By Faith Meier, PharmD

GLP-1 medications have become a hot topic, and for good reason; they can play an important role in managing health. These medications help regulate blood sugar and appetite, but it's important to know that not all GLP-1s are the same. Some are approved for type 2 diabetes only, such as dulaglutide (Trulicity), while others are approved for both type 2 diabetes or weight management, such as semaglutide (Ozempic or Wegovy) and tirzepatide (Mounjaro or Zepbound). Even when the active ingredient is the same, the dose and FDA indication can be different. Your insurance may prefer certain medications and may not cover a GLP-1 even if you have the appropriate diagnosis; this is based on their 'formulary,' or preferred, drug list.

As these medications have grown in popularity, many online programs now offer quick access. While this may seem convenient, it also introduces risks. Medications purchased through unverified online sources may be improperly dosed, not stored correctly, or may not contain the genuine product. For your safety, it's always best to work directly with your doctor, who can determine whether a GLP-1 is appropriate for you and monitor your progress. Filling your prescription at a trusted pharmacy ensures you receive the correct medication and support if questions or concerns arise. If you're curious about whether a GLP-1 might fit into your care plan, your provider is the best place to start. They can help you navigate options, understand benefits and risks, and choose the approach that supports your long-term health goals.



Cray Expert Advice

Travel Recommendations for Insulin Pump Users

By Charlotte Burns, PA-C

Traveling with diabetes takes a little extra planning, but it should not stop you from enjoying spring break or summer vacations. Whether you are going on a short trip or a long flight, being prepared can help you feel safe and relaxed.

Always pack your diabetes supplies in your carry-on bag. Never put insulin, continuous glucose monitors (CGMs), or insulin pump supplies in checked luggage. Checked bags can get lost, and extreme heat or cold can damage insulin. Keep insulin cool using an insulated pouch, but do not let it freeze and protect it from direct sunlight, especially at the beach or pool.

Bring more supplies than you think you will need. A good rule is to pack at least twice as much insulin, CGM sensors, pump supplies, batteries, and chargers as you normally use. Wearing your CGM and pump during travel is safe. At airport security, tell staff you have diabetes and medical devices. You can ask for a hand check if you prefer.

Travel can change your routine. Different foods, more walking, and time zone changes can affect blood sugar. Check your levels more often, drink plenty of water, and try to eat regular meals. Keep fast-acting sugar and emergency medicine within reach. With good planning, you can travel with confidence and enjoy your trip.

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Meal Planning Made Simple

By Pattie Lueyot, MS, RD, CDCES

As a dietitian and diabetes care and education specialist, I use a variety of tools to help my patients create meal plans that align with their health goals and lifestyle, while still preserving the pleasure of eating and social connection. I also rely on many digital tools for healthy recipes for both my family and my patients. One resource I frequently use is **DiabetesFoodHub.org**, a website created by experts at the American Diabetes Association.

Diabetes Food Hub offers recipes, weekly meal planning, grocery list creation, and access to live or recorded healthy cooking classes. Anyone can create a free account and build meal plans tailored to specific needs, such as Mediterranean, low-carb, dialysis-friendly, or budget-friendly plans. Recipes can be searched by meal type, ingredient, or cooking skill level. Most recipes are easy to follow, use common pantry ingredients, and include 10 steps or fewer.

One recipe I found on this website and will be using in my February 2026 online cooking demo is Greek Yogurt Chocolate Mousse.

Greek Yogurt Chocolate Mousse

Nutrition Facts per serving: Calories 130, Fat 3 g, Carbohydrates 20 g, Fiber 3 g, Protein 9 g

Ingredients for 6 servings: ½ cup

- 6 mini sugar-free dark chocolate bars (chopped)
- 2 cups plain nonfat Greek yogurt
- 2 tbsp honey or 4 packets artificial sweetener
- 1 tsp vanilla extract
- ¼ cup skim milk
- 6 tbsp whipped topping (non-fat)
- 2 cups fresh raspberries

Directions:

1. Add the chopped chocolate to a microwave-safe bowl. Microwave the chocolate on high for 1 minute, then stir. If not completely melted, microwave for 30 more seconds, then stir until all chunks are melted. If it is still not melted, microwave another 30 seconds and continue to stir, just until the chunks in the chocolate are melted. Do not overcook.
2. In a medium mixing bowl, whip the Greek yogurt with an electric mixer until fluffy. Add the honey, vanilla, and milk, and beat some more. Then add the chocolate, a small amount at a time, beating in between additions.
3. Once all of the chocolate is mixed into the yogurt, divide the mousse into 6 portions and top each portion with 1/3 cup raspberries and 1 tsp whipped topping.



Picture and recipe from

<https://diabetesfoodhub.org>



Free Online Cooking Demo

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