

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

By Kidist Daka, APRN-CNS, CDCES

I am one of the newest advanced practice providers at the Cray Diabetes Center. I am truly honored and privileged to work among the best Endocrinology providers in Kansas City and beyond! Thank you for giving me this opportunity to introduce myself and share a bit about myself.

I was born and raised in Addis Ababa, Ethiopia - a land rich in culture, great coffee and food! After moving to the US, I received my Bachelor of Nursing degree in 2009 and a master's degree in public health in Nursing in 2014 from the University of Kansas. More recently in 2023, I received my master's degree in Adult/Gerontology Clinical Nurse Specialist from the University of Missouri-Columbia.

I started my career at the University of Kansas Health System as a new nurse on the solid organ transplant unit - unit 64. This is where I grew up as a nurse and my passion for diabetes ignited. I was a unit coordinator for about 3 years before moving to the nursing specialty department as a clinical nurse coordinator/Certified Diabetes Care and Education Specialist (CDCES). I truly loved my job and feel that nursing is my true calling and the patients I have touched over the years had a huge impact on my life!

Over the years working as an inpatient diabetes nurse, I truly felt the overall disease burden of diabetes. Often, I would encounter patients in the hospital who had to choose between their next meal or affording their medications for diabetes. My role was to advocate for these patients and work with interdisciplinary teams to get them the assistance/resources they needed. As a health care provider, I believe that we should fiercely advocate for our patients to receive affordable medications and equitable medical care. I take pride in always taking the opportunity to connect with advocacy groups locally and nationally and support their advocacy efforts by sending letters/emails to our representatives and other officials who can make legislative policy changes to benefit our patients living with diabetes and other chronic diseases. Together, we can make a difference!



Diabetes Technology and Trends

By Race Shepherd, RD, Diabetes Educator

Current CGMs Compared

Continuous Glucose Monitors (CGMs) are a wonderful technology that provides blood sugar readings as often as every single minute. These can provide valuable information to the user, and to their care provider. CGMs can track blood sugar 24/7 and catch readings that only checking 4-5 times per day would miss. They can also provide alerts for high and low blood sugars, providing important safety information to the user. Medicare and Medicaid have changed their coverage requirements and generally require a diabetes diagnosis and at least one shot of insulin or evidence of hypoglycemic (low blood sugar) events. Private insurances can change year to year but require a diabetes diagnosis and typically proof of insulin use and checking with finger sticks. Regardless of your insurance coverage it can be worthwhile to check your coverage. You can do so here: <https://danatech.policyacumen.health/> or by contacting your insurance company. Below is a comparison of available CGMs, you should discuss with your care provider to know which is the best for you.

| | Freestyle Libre 2 | Freestyle Libre 3 | Dexcom G6 | Dexcom G7 | Guardian Connect 3* | Guardian Connect 4 |
|-----------------------|--|----------------------------|---|--------------------------------------|--|--|
| Warmup time | 60min | 60min | 120min | 30min | 120min | 120min |
| Wear Duration | 14 days | 14 days | 10 days | 10.5 days | 7 days | 7 days |
| Tech Compatible | iPhone, Android, receiver | iPhone, Android, receiver | iPhone, Android, receiver | iPhone, Android, receiver | No standalone compatibility | No standalone compatibility |
| Pumps compatible | None | None | Omnipod 5, Tandem T:slim X2 | Tandem T:slim X2 | Mini med 670, 770, and 780 | Mini Med 780 |
| Size | About the size of 2 half dollars stacked | Size of 2 pennies stacked | About the size of 15, \$1 bills, folded in half twice | About the size of 2 quarters stacked | About the size of a ping pong ball cut in half | About the size of a ping pong ball cut in half |
| Frequency of readings | Every minute, requires user to scan | Every minute, live updates | Every 5 minutes, live updates | Every 5 minutes, live updates | Every 5 minutes, live updates | Every 5 minutes, live updates |

*Medtronic Guardian 3 requires 3-4 calibrations with finger sticks per day

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



Cray Expert Advice

By Anna Newby, RD, CDCES

Nutritional Supplementation

Nutritional supplements are a growing industry, and they are used in large amounts in people with diabetes (PWD). A 2010 survey of PWD showed that 82% used some sort of vitamin or supplement, and this rate was similar across ethnic differences in the survey population.

Nutritional supplements will never be able to capture the wonderful complexity of foods. Whole plant foods, especially vegetables and fruits, contain over 10,000 known plant compounds, including vitamins, minerals and a whole host of other health-promoting nutrients.

Nutritional supplementation can be helpful in several different ways. Supplements can help fill nutritional gaps due to pickiness, dietary restrictions due to food allergies or sensitivities, nutrient absorption issues such as bariatric surgery, or during times of increased nutrient needs such as pregnancy. Nutritional supplements can also be used to target therapeutic pathways in the body to promote health.

Supplement Safety

How can you tell if a nutritional supplement is safe? The short answer is, it depends...

The FDA is not authorized to approve dietary supplements for safety and effectiveness before they are marketed. Supplements are not under the same strict FDA oversight as the medical industry. Third-party certifiers are responsible for confirming the accuracy of a product's label, its contents, and that it is free of contaminants. Look for third-party certifiers such as USP, NSF and/or cGMP. Third party certifiers can certify either supplement companies or the labs within those companies meet safety and accuracy standards.

Recognize that nutritional supplements are biologically active substances doing a specific job in your body. That's why you WANT them, but that also means that in the wrong situation, they can be dangerous. Just because a product claims to be natural doesn't necessarily mean it's safe, or safe FOR YOU.

Natural Medicines website is a wonderful database for safety, use and precautions for nutritional supplementation. Find it at <https://naturalmedicines.therapeuticresearch.com/>.

Nutritional supplements can be wonderful tools to promote health, but ALWAYS talk with your nutritionist or pharmacist or doctor before starting a dietary supplement regimen.

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Let's Move More

By Haley Bjelobrk, RD, CDCES

Exercise helps reduce blood sugar, maintain and lose weight and keeps our heart healthy. Exercising at your target heart rate for 20 minutes 3-5x/week has the greatest benefit on heart health and blood sugar control. You can find your target heart rate by finding your maximum heart rate: **$220 - \text{age} = \text{maximum heart rate}$** . **Target heart rate is 60-85% maximum heart rate.**

Aerobic exercise is a great way to reach your target heart rate.

Some great examples include: brisk walking, incline (hill) walking, jogging/running, swimming, and dancing. If you are unable to exercise at your target heart rate, perform longer sessions of lower intensity exercise each day. You can also sneak in activity throughout your day such as parking further away in a parking lot, walking around the grocery store, light house cleaning, walking the dog, taking the stairs, etc.

Target Heart Rates (1 Minute)

| Age (Years) | Maximum Heart Rate | Percentage of Maximum Heart Rate | | |
|-------------|--------------------|----------------------------------|-----|-----|
| | | 60% | 70% | 85% |
| 20 | 200 | 120 | 140 | 170 |
| 25 | 195 | 117 | 137 | 166 |
| 30 | 190 | 114 | 133 | 162 |
| 35 | 185 | 111 | 130 | 157 |
| 40 | 180 | 108 | 126 | 153 |
| 45 | 175 | 105 | 125 | 149 |
| 50 | 170 | 102 | 119 | 145 |
| 55 | 165 | 99 | 116 | 140 |
| 60 | 160 | 96 | 112 | 136 |
| 65 | 155 | 93 | 109 | 132 |
| 70 | 150 | 90 | 105 | 128 |
| 75 | 145 | 87 | 102 | 123 |
| 80 | 140 | 84 | 98 | 119 |



Heathy Eating

By Pattie Lueyot, RD, CDCES

Visit <https://www.cookingwithcray.com/> to sign up for free monthly cooking demo sessions with Pattie and learn how to cook this recipe and more! ➡



SCAN ME

Crisp Chicken with Raspberry Dipping Sauce

Ingredients:

- 3 tbsp panko breadcrumbs
- 1 tsp garlic powder
- 1 tsp very finely snipped fresh parsley
- 1/2 tsp firmly packed lemon zest
- 1/4 tsp dry mustard
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 boneless, skinless chicken breast halves, pounded to 1/4-inch thickness
- 2 1/2 tsp olive oil, divided
- 2 tsp minced shallot
- 1/2 c fat-free, low-sodium chicken broth
- 2 tsp vinegar (raspberry preferred)
- 2 1/2 tsp all-fruit raspberry spread (seedless preferred)

Make 2 servings of 3 oz chicken.

Nutrition Facts per serving: Calories 225, Fat 9 g, Carbohydrates 9 g, Fiber 1 g, Protein 25 g.

Directions:

1. Combine the panko, garlic powder, parsley, lemon zest, mustard, salt, and pepper; lightly stirring together with a fork. Put one piece of chicken in the crumbs. Using your fingertips, firmly press the crumbs so they adhere to the chicken. Turnover and repeat. Repeat with the remaining chicken. Discard any crumb mixture remaining.
2. In a large nonstick skillet, heat 2 tsp oil over medium-high heat, swirling to coat the bottom. Cook the chicken for about 4 minutes on each side, or until it is cooked through, and the crumbs are golden brown. Transfer to a plate. Cover to keep warm.
3. To make the sauce, put the remaining 1/2 tsp oil in the skillet, swirling to coat the bottom. Cook the shallot over medium heat for about 1 minute, stirring constantly and scraping to dislodge the browned bits (a wooden spoon or heatproof scraper works well). Slowly pour in the broth and vinegar. (The mixture will bubble vigorously.)
4. Increase the heat to medium high and cook for about 2 minutes, or until the sauce reduces slightly. Remove from the heat. Add the raspberry spread, stirring until melted.
5. Slice the chicken diagonally into strips. Serve with the sauce on the side.

Recipe from the American Heart Association's Diabetes & Heart Healthy Meals for Two Cookbook