Diabetes Divas

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What’s a Diva?

From *Merriam-Webster* dictionary, a diva is usually a glamorous and successful female performer or personality.

Examples:
What’s a *Diabetes Diva*?

- My definition: a *diabetes* diva is every female with T1D who is able to understand and adapt her diabetes to her every day busy life, making her glamorous and successful.

- Examples:
Who’s a Diabetes Diva? YOU

- My definition: a *diabetes* diva is usually every female with T1D who is able to understand and adapt her diabetes to her every day busy life, making her glamorous and successful.

- Examples:
  - School
  - Extracurricular activities
  - Daughter, friend, mother, wife, etc
  - …and to be able to do it with her own personal style
How to empower the Diabetes Diva during puberty?

- Time during which your body changes and develops from being a girl to a young woman

- Examples include and are not limited to chest development, hair development, pimples, need to use deodorant, growing taller, etc.

- Your insulin needs change!
  - During adolescent you may need about another 25% insulin
  - Insulin resistance
  - Increased appetite
How to empower the Diabetes Diva during puberty?

- Puberty is normal
- Pubertal changes are not long term
- Acknowledgement that the daily management of diabetes is not easy
- We understand that this may not be your top priority
- Development of other interests peak during this time period
- Establish a support network of family, friends, teachers, coaches, providers, etc.
- Deal with the diabetes directly to minimize it’s role
How to empower the Diabetes Diva during puberty?

- Periods

- All girls eventually have to deal with them.

- Understand that blood glucose values may be higher a few days before your period starts, during your period and even a day or so later after it ends.
How to empower the Diabetes Diva during puberty?

- It is normal for it to be irregular.
- It is normal for you to be more emotional. Not sure if it is your period or your diabetes, check a BG.
- Once you have a pattern established of your periods, try
  - Higher amount of Lantus about 24 hours before it starts
  - Set a separate basal pattern
  - Use a more aggressive insulin to carb ratio or correction scale
  - Exercise will help with insulin needs, your mood and cramps
How to travel?
- Pack more supplies than you think you need
- Divide into two carry on bags
- On school trips, leave one in the hotel room with the group leader/chaperone and keep one set in your room
- Consider cooler bags
- Remember humidity
- Remember time zone changes….On pumps can do a new pattern for the trip
- For Lantus, your diabetes team can help you move the Lantus time around if necessary
Diabetes Supply Bags

Sugar Bags: [http://www.sugarmedical.com/bags/sugar-bags.html](http://www.sugarmedical.com/bags/sugar-bags.html)


Diabetes Supply Bags

Skidaddle  https://www.skidaddlesupplybags.com

Peacock Products  http://www.mydiabeticbag.com

Insulin Case Shop  www.insulincase.com
Diabetes Supply Bags

*aDorn Designs* [www.adorndesigns.com](http://www.adorndesigns.com)

*Fifty50* [http://www.fifty50pharmacy.com](http://www.fifty50pharmacy.com)

Diabetes Supply Bags

- Check out Etsy.com!
- This is a crafting website that offers many diabetes accessories of all kinds...you could even create and sell your own designs!
Pump Accessories

- **Skins.** Contact your pump company directly to customize your pump with colored skins.

- **SPI belt.** [http://www.spibelt.com/products](http://www.spibelt.com/products)

- **Tally Gear** [http://www.tallygear.com](http://www.tallygear.com)

- **Angel Bear Pump Stuff** has insulin pump cases that are colorful and creative for children. They also have medical bracelets, insulin pump toy items and much more. [http://www.angelbearpumpstuff.com](http://www.angelbearpumpstuff.com)

- **Dazzling Pump Packs** [http://www.dazzlingpumppouches.com](http://www.dazzlingpumppouches.com)

- **Funky Pumpers** are fashionable insulin pump waist pouches for children. Handmade on an adjustable elastic belt. JDRF Rufus the Bear pouch with 100% profit going to JDRF! [http://www.funkypumpers.com](http://www.funkypumpers.com)

- **Pump Wear Inc** Pouches, bands, and clothing. [http://www.pumpwearinc.com](http://www.pumpwearinc.com)

- **Kangaroo Pump Pockets.** [http://www.mykpp.com](http://www.mykpp.com)

- **Pump Tee Pump** clothes with pockets; especially good for toddlers [http://www.pumpteepump.com](http://www.pumpteepump.com)
Pump Accessories

- **PumpPets** Stuffed animals to hold insulin pump during sleep. [http://www.pumppets.com](http://www.pumppets.com)
- **Pumptastic** [http://mypumptastic.com](http://mypumptastic.com)
- **Rylee's Pocket** [http://www.ryleespocket.com](http://www.ryleespocket.com)
- **Too Sweet Boutique** [http://www.toosweetboutique.net](http://www.toosweetboutique.net)
- **Totem Holsters** [http://www.totemholsters.com](http://www.totemholsters.com)
- **Omnipod-Specific Gear**
- **Bands 4 Life** [http://www.bands4life.net](http://www.bands4life.net)
- **Pod Covers:**
  - **Kedz Covers** [http://www.kedzcovers.com](http://www.kedzcovers.com)
  - **Pump Peelz** [http://pumppeelz.com](http://pumppeelz.com)
Diabetes Divas have places to go.

- Swimming
  - Not competitive swimming but rather pool and beach attire
  - Competitive swimmers and water polo players should talk with your diabetes team to help you control your diabetes
  - Wear a sarong and look stylish
  - Bikini top with Board shorts are another great option
  - But increased exposure to sunlight and heat (and humidity) may cause insulin to go bad, site failure, more bubbles, etc.
  - Have an extra towel available to wipe off sand
  - Sunscreen (esp if you don’t want “pump tan lines”)
HANKY HOLIDAYS GIVEAWAY

- One Hanky Wrap in Charcoal or Coral

+ Color Choices +

PICTURED: CORAL

The Hanky Pancreas
Diabetes Divas have places to go.

- Swimming cont’d
  - Consider switching to Lantus while on vacation for your basal needs and use your pump for boluses only
  - Wetsuits require extra hygiene
  - Hot tubs: pumps and CGMs cannot go into them.
  - Even if you do injections remember that insulin activity may be different with the higher temperature and vasodilation
Diabetes Divas have people to meet.

- Going out with friends
  - Medical alert bracelet
  - Supplies (meter, insulin, treatment of lows) etc
  - Does someone else know you have diabetes?
Medical Alert Bracelets

- Create your own! You can get a generic medic alert bracelet and cut off the chain. Go to a craft store and create your own designs. You can make multiple bracelets to mix and match your mood/outfit!
- Creative Medical ID  http://www.creativemedicalid.com
- Custom Medical Bracelets  http://www.custommedicalbracelets.com
- N-Style ID  http://www.n-styleid.com
- Lauren’s Hope  http://www.laurenshope.com
- Hope Paige  https://www.hopepaige.com
identify your fashion

4id Sports Identification Dog Tag
$9.95

more options available!
'Someone I Love Needs a Cure. Cure
$1.00

more options available!

JB001 JELLY BAND SILICONE ALLERGY ALERT BRACELET

V11 PURPLE ADJUSTABLE MEDICAL ID BRACELET

A401 SEA BREEZE INTERCHANGEABLE PARACORD ALERT BRACELET

To be used with jelly buttons, buttons sold separately.
Diabetes Divas have people to meet.

- Dating
  - When do you feel comfortable telling your significant other about your diabetes?
  - All the same rules for diabetes care applies….check you BG, insulin before the meal, and enjoy yourself
  - Remember a low or high may make you not be yourself
  - Your significant other and friends can help you in your care
    - Administer gel
    - Know where you keep your supplies
    - Remind you to test or take your insulin
Diabetes Divas have people to meet.

- Sleepovers
  - Plan ahead; talk with the host and host’s parent(s)
  - Extra supplies as if you’re going on a trip
  - Check your BG
  - Have low supplies on hand
  - Check in with your parent(s)

- Dances
  - Check your BG
  - Have low supplies on hand
  - Check in with your parent(s)

http://www.clker.com/clipart-midnight-clock.html
What will you wear?

- Where do you put the pump?
  - Garter belt method
  - Strapless bra method with set bolus
  - Switch to Lantus and take a pen
  - Wear a two piece dress
  - Sew a pocket into the dress

- www.totemholsters.com
Diabetes Divas have people to meet.

- **Re-education**
  - Highly recommend for those diagnosed at a young age to attend the class so that the focus can now be on the adolescent taking care of herself and understands the reasoning behind the care.

- **Maintenance**
  - We want you to look and feel healthy.
  - Remember your doctor appointments.
  - A1c goal is less than 8%; avoid variability.
  - Check your BG, the more you check the better your control.
  - Bolus before meals.
  - Exercise, get enough sleep, etc.
Diabetes Divas have people to meet.

- Transition of Care
  - As you get older and more independent we will be asking you to answer the questions and asking parent(s) to step out of the room
  - Each provider is different and each adolescent is different and will tailor to each girl
  - Doing own injections, site changes, etc.
  - Checking own diabetes supplies bag
  - Knowing when to get refills
  - Process over a few years with goal of self care/management after finishing high school
Diabetes Divas have things to do.

- **Driving**
  - Check your BG every time you are getting behind the wheel
  - Want BG to be greater than 100 and less than 300 mg/dL
  - Get your BG into range
  - Have supplies available for treatment of low

http://www.mycutegraphics.com/graphics/car/girl-driving-car.html
Diabetes Divas have things to do.

❖ Driving: DMV requires a health form to be completed and signed

HEALTH QUESTIONNAIRE
DO NOT use this form for Commercial Licensing Requirements.

The applicant completes this form.

6. Do you have diabetes requiring insulin? ...........................................................
   a. Have you had a hypoglycemic episode in the last three (3) years? ......................
   b. Have you had any other adverse reaction related to diabetes in the last three (3) years? ..............
Here is where you need us....

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<tr>
<th>PHYSICIAN’S NAME (PLEASE PRINT)</th>
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<th>PHYSICIAN’S OFFICE ADDRESS</th>
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I certify (or declare) under penalty of perjury under the laws of the State of California that the foregoing is true and correct. I hereby give consent to the release of medical information by the above named physician.

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Diabetes Divas may experiment.

- Cigarettes
  - Increase your risk of blood clots or a stroke

- Piercings/Tattoos
  - Want to have decent control for good healing and less infection risk

- Drugs
  - Impair your judgment
  - Marijuana may increase your appetite
Diabetes Divas may experiment.

- Alcohol
  - Impairs your judgment
  - May cause high or lows at the time
  - May cause a low afterwards
  - Need frequent checks
  - You may be low and not drunk
  - Someone always needs to know you have T1D

- Sex
  - May cause a high or low. Check BG before and after and you may need to check several hours later too
  - Are you going to disconnect your pump? Don’t forget to reconnect.
Diabetes Divas plan for the future.

- Take care of yourself
- Plan ahead
- It’s a marathon.
- Check often, take your insulin and you’ll come out ahead.
Diabetes Divas are role models.