DISHING WITH THE DIETITIAN: Simple Summertime Salmon

By Sarah Provence, MS, RD, CDN

With the summer sunshine bringing an abundance of fresh fruits and vegetables, healthy eating becomes easier and tastier this time of year. Part of making a healthy plate is including a lean source of protein. Summertime is a great time to incorporate fish while it is fresh. The American Heart Association recommends eating fish at least twice a week for the heart health benefits it provides. This is because fish such as salmon, mackerel and tuna are good sources of omega-3 fatty acids. Other sources of omega-3 fatty acids besides fish include walnuts, flaxseeds and canola oil. Try this recipe below for a simple weeknight meal.

Ingredients:
1 Tablespoon garlic powder
1 Tablespoon dried basil
4 fillets of salmon (4 ounces each)
Tablespoons olive oil
4 lemon wedges

Nutrition Info:
Serving Size: 1 fillet (4 ounces)
Calories: 267 kcal
Carbohydrates: 0g  Fat: 19 g  Protein: 23g

Directions:
1. Stir together the garlic powder and dried basil in a small bowl.
2. Rub this seasoning mixture onto each fillet of salmon.
3. Heat the olive oil in a skillet over medium heat.
4. Place the salmon in the skillet and cook until browned, about 5 minutes on each side.
5. Top each piece with lemon wedge and serve.

Serving Tip:
Serve with ½ cup of brown rice; a serving of non-starchy vegetables like asparagus, broccoli or snap peas; and a piece of fruit for a well-balanced meal.

WHAT’S HAPPENING: Upcoming events

FRIENDS FOR LIFE CHILDREN WITH DIABETES CONFERENCE

July 4-9, 2017
Free for children younger than 5 years old;
$125/oronion (scholarships available)
Orlando, FL
For all ages

CAMP HOPEWELL
July 6-8 (Week 6-9 y/o)
June 25-July 1 (Diabetes, 10-16 y/o)
18-34 (Diabetes Adventure Trip, 7th-10th grade)
$225-$600 (scholarships available)
Orlando, FL
As for ages

BACK TO SCHOOL DIABETES CONFERENCE
Friday, July 28 from 7a.m.-1:15 p.m.
$15 registration fee – CEUs offered
Teaching and Learning Academy on Union Avenue
Families welcome!

ASK THE NURSE: What Information Should I Give To My Child’s Coach or Camp Counselor This Summer?

By Andrea Patterson, RN, BSN

Summertime for children can be fun-filled and jam-packed with multiple options for sports and camp opportunities. Regardless if a child has diabetes or not, exercise and physical activities can help create healthy habits now that can last a lifetime. These activities can have positive effects on blood sugar levels keeping them closer to normal ranges, which can help prevent health problems and long-term complications related to diabetes. Whether it’s a sport, an outdoor activity, or camp, planning ahead and communication will be key this summer.

The first and most important step is to speak with your endocrinology team to get recommendations specific for your child while participating in activities this summer. The Americans with Disabilities Act (ADA) is a federal law that prohibits discrimination against people with disabilities. Children with diabetes are protected under this law because they should be allowed to enjoy the same opportunities and participate in the same activities as those children without diabetes. According to Diabetes.org, your child’s endocrinology team may suggest the following considerations before sending your son or daughter off for a day filled of active fun:

• Check blood glucose prior to, every hour during, and after any physical activity.
• Provide snacks to prevent a low blood sugar or sugary treatments to treat a low blood sugar. Refer to your child’s diabetic care plan regarding orders specific to them.
• If ketones are present, exercise is not recommended. This may cause the ketone levels to increase resulting in DKA.
• Pack a bag of supplies for your child to keep close by at all times. This bag can include snacks, hypoglycemic treatments, water, to drink, blood glucose meter and testing supplies, insulin and syringes, glucagon and ketone testing strips.
• Make sure to speak with your child’s coach or camp counselor to ensure reasonable accommodations are put into place such as unlimited access to water and a bathroom, supervision with blood glucose checks and insulin administration, as well as designating someone to administer glucagon if needed in the case of an emergency. Education should be provided to the staff so that they are trained appropriately to ensure safe diabetes care.
• Make sure your child always wears his or her medical alert bracelet.
• Make sure sports or camp staff is able to recognize the signs and symptoms of low or high blood sugars in your child, and that they are always able to reach a caregiver if and when needed throughout the day.

It is very important for a child with diabetes to know and understand that they can do any and everything that a child without diabetes can do with a few extra accommodations put into place. By communicating and working together as a team, parents, their endocrinology team, coaches, and counselors can ensure their child’s safety as well as make sure they have a great summer of activities they enjoy doing.
Another successful school year is finished. Now, let’s prepare for a successful summer as it relates to diabetes self-management. One thing is for sure -- you will need to make adjustments. Continuing to keep an accurate blood glucose log is very important during the summer months. This information can be used by you and your health care team to determine what changes might be needed in your treatment regimen. You go to Jump World, the skating rink and often visit the park. One piece of advice I would give to someone recently diagnosed with diabetes is to always follow your doctors’ orders, keep checking your blood sugar level to make sure the range is good, be strong through the process, have faith in God, and He will take it from there. Never give up hope, and keep your head held high through the storm!

The hardest part of having diabetes is having to take shots four times a day and taking medication twice a day. By God’s grace and following the doctor’s orders, you can overcome anything.

One fun thing I have become involved in since being diagnosed with diabetes is spending time with my friends. We go to Jump World, the skating rink and often visit the park.

One piece of advice I would give to someone recently diagnosed with diabetes is to always follow the doctor’s orders, keep checking your blood sugar level to make sure the range is good, be strong through the process, have faith in God, and He will take it from there. Never give up hope, and keep your head held high through the storm!

A challenge everyone faces in the summer is the HEAT! The heat can really affect our diabetes supplies. If insulin overheats, it can greatly decrease its action, and I am sure some of you have seen a “too hot” error message on your blood glucose monitor. Some might think, “Hey, let’s just leave our supplies at home.” If you do experience these symptoms, you do not want to assume they are only related to the heat. Always verify with a blood glucose check and make sure you add some snacks into your diabetes kit in case of hypoglycemia. If you do experience these symptoms, you do not want to assume they are only related to the heat. Always verify with a blood glucose check and make sure you add some snacks into your diabetes kit in case of hypoglycemia.

Using this information may help you to have a smoother summer as you enjoy sports and outdoor activities. As always, please remember that we are here to help you, and feel free to use our clinic as a resource to help you troubleshoot any difficult situations or answer any questions you may have. Have a great summer!

### SAFETY BEFORE EXERCISE:

- If your blood sugar is 250mg/dL or higher, check your urine for ketones. If you have ketones, don’t exercise until your blood sugar is back to its normal range and your ketones have cleared.
- If your blood sugar is less than 70 mg/dL before exercise, use the rule of 15s to correct your low blood sugar. Also, consider a 10 gram carbohydrate snack with protein prior to starting the activity.
- Make sure your blood sugar is at least 100mg/dL before exercising.

### UNDERSTANDING THE BLOOD GLUCOSE RESPONSE TO EXERCISE:

- If your exercise is less intense, your blood sugar might drop without having an initial spike like you would have with intense exercise because the exercise isn’t causing the same kind of stress on your body.
- The higher the intensity of your exercise, the higher your blood sugar might rise after exercising because your body may react like it is “stressed out.” For that reason, intense exercise may cause a temporary rise in your blood sugar, but it may begin dropping later.
- If your exercise is less intense, your blood sugar might drop without having an initial spike like you would have with intense exercise because the exercise isn’t causing the same kind of stress on your body.
- If it’s been more than one hour since you ate, your blood sugar will usually start to go down. Insulin should be working, and your blood sugar will be its highest about one hour after you have eaten.
- If your exercise is less intense, your blood sugar might drop without having an initial spike like you would have with intense exercise because the exercise isn’t causing the same kind of stress on your body.
- If you wear an insulin pump, you may want to check with your care team to consider setting a different basal rate for some of your summer activities.
- In many people, rapid-acting insulins such as lispro (Humalog) or aspart (Novolog) are seen affecting your blood sugar level from about 30 minutes to three hours. It is usually working its hardest at about 90 minutes after your injection or bolus.