



## NEW YEAR, FRESH START!

By Dr. Kathryn Sumpter, Pediatric Endocrinologist



Everyone struggles to stay healthy during the holidays, but this time of year can be especially hard for those of us with diabetes. People offer delicious holiday treats everywhere we go, and we get so busy that we sometimes forget about

glucose testing and logging. We may even miss insulin doses. Many of us struggle with “diabetes burnout,” when we get tired of having to manage diabetes and simply ignore it. Have you felt this way before? If so, you’re not alone! Most people with diabetes experience burnout at some point. Ignoring your diabetes can lead to health problems, so even though diabetes burnout is normal, it is best to actively address these feelings and behaviors.

Never fear, the New Year is a great time for a fresh start! Here are some tips to make your resolution for better diabetes care successful in 2018.

- **Let yourself feel burned out.** Instead of feeling bad that you aren’t always motivated, tell yourself that it’s OK to feel angry, sad, tired, and/or frustrated. Diabetes is really, really hard so these feelings are normal.
- **Take a break in a healthy way.** Sometimes a little break can help you recharge and come back with more motivation. If you’re tired of logging your glucose values, ask a parent to help with this for a while. If you’re feeling stressed out, make time to do something that helps you relax, such as spending time with a friend, watching a movie, or reading a good book. One important thing – please don’t stop taking your insulin, because that could cause DKA.

- **Don’t expect yourself to be perfect.** Some people are so focused on being perfect that they give up completely when they aren’t perfect. If you’re an “all or nothing” thinker like this, don’t be so hard on yourself! Diabetes isn’t an all or nothing game - any improvement will help. For more on this topic, see “Progress Not Perfection” by Madison Greer.
- **Talk about it.** Find someone who can relate to your feelings or someone who is just a good listener and talk about how you feel. This could be another person with diabetes, a parent or sibling, a friend, your school nurse, a teacher, a pastor, or a mental health professional. The key is choosing someone who will listen and offer support, not judgment.
- **Connect with other people with diabetes.** It can really help to spend time with someone who truly understands what it’s like to have diabetes every day. If you don’t have any friends with diabetes, you can meet some by going to diabetes camp or getting involved with the West Tennessee JDRF chapter ([www.jdrf.org/westtn](http://www.jdrf.org/westtn)).
- **Come to appointments regularly.** Many people with diabetes avoid coming to diabetes appointments when they’re burned out because they think their A1c will be high. Don’t do this! We may be able to make things better or easier. When you come to appointments, please let us know if you’re feeling burned out so we can help.

## PROGRESS NOT PERFECTION

By Madison Greer, RN, BSN, CDE

That elusive, perfect number can either seem just out of reach or miles away. When you have diabetes, it can add another layer of responsibility to your already busy daily life. It can sometimes seem as if nothing you do is right. You know how important it is to manage and take care of diabetes, yet often that is not enough motivation for you to make a change. It can be overwhelming the amount of things needed to manage diabetes.

Instead of looking at everything that needs to get done, let us instead look at one thing at a time. Perfection is not going to happen overnight or maybe even at all! Here are some steps you can take to begin progressing:

- 1. Self-evaluate:**
  - Where am I doing well?
  - Where could I be doing better?
- 2. Decide on one thing you would like to change and set that as your goal.**
  - Pick something that is important to you and can be achieved.
- 3. Look for others in your life and ask them to support you.**
- 4. Self-evaluate again.**
  - Have I achieved my last goal?
- 5. Once you have completed one goal, set a new one!**

You might not see perfection, but you will definitely see progress. And that is something you can be proud of!

## STAFF SPOTLIGHT: Dr. Kathryn Sumpter



I recently joined the Le Bonheur Diabetes Clinic after spending eight years as a Pediatric Endocrinologist at Children's Medical Center in Dallas, Texas. I was diagnosed with type 1 diabetes as a college student, which is why I decided to become a doctor in the first place and a diabetes doctor more specifically. The best parts of my job are taking care of kids and families affected by diabetes and getting to watch my patients grow up! It's tough to live with diabetes, but you guys help keep me motivated to take care of myself.

I moved to Memphis with my husband, two sons ages 12 and 9, and two dogs. We love Memphis so far! I can't decide if I like Texas or Memphis barbecue better – they're both amazing! When I'm not at work, I enjoy cooking, traveling, hiking, and spending time with my family.



## PATIENT SPOTLIGHT: Eleanor Peters

- 1. What is the hardest thing about having diabetes, and how do you work to overcome it?** Since doing sports affects blood sugar levels, the hardest part is definitely keeping my blood sugar high enough during lacrosse or swim practice. I take a break, eat some sugar, and once I am in range again I get back to practice.
- 2. What advice would you give someone who has recently been diagnosed with diabetes?** It gets easier over time. At first it's stressful and overwhelming, but if you manage well then it becomes much easier.
- 3. What is something fun or helpful you've become involved with since being diagnosed with diabetes?** My friend and I did a fundraiser for Le Bonheur last year at Kendra Scott Jewelry, and my family has become involved with the Le Bonheur Family Partners Council (FPC). I volunteered at the FPC Holiday Dinner making crafts with kids who are staying in the hospital over the holidays. It feels good to give back!

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## IMPORTANCE OF INFLUENZA VACCINE FOR CHILDREN AND ADOLESCENTS WITH DIABETES

By Dr. Ramin Alemzadeh, Pediatric Endocrinologist

Influenza (commonly called the flu) is an illness caused by a group of viruses and classically is characterized by the sudden onset of fever, chills, headache, cough, sore throat and muscle aches. Appetites may decrease, and vomiting and diarrhea may be present as well. Anyone can get influenza, which is easily spread from person to person by direct contact with droplets coughed or sneezed into the air. Infection can result in illness ranging from mild to severe and can cause life-threatening complications.

Vaccination is the primary method for preventing influenza and its severe complications. Influenza vaccine should be administered during the autumn of each year before the start of the influenza season. Most people only need one flu vaccination each year to prevent influenza. The Advisory Committee on Immunization Practices (ACIP) recommends that healthy children ages 6 to 24 months, and their close contacts, be vaccinated annually against influenza. The ACIP continues to recommend influenza vaccination of high-risk children and adolescents including those with diabetes mellitus. Talk with your primary care physician or endocrinologist about other high-risk medical conditions that may be included.

Children with high-risk medical conditions such as diabetes are at two to four times greater risk for hospitalization from influenza than are healthy children the same age. In addition, influenza can exacerbate underlying medical conditions, such as diabetes. For example, it can lead to poor control of blood sugar, necessitating frequent monitoring of blood sugar and ketones and often requiring an increase of insulin injections. Influenza can also lead to dehydration and secondary bacterial infections such as pneumonia, and ear and sinus infections. Although deaths from influenza are uncommon among children with and without high-risk conditions, they do occur. Influenza-related deaths can result from pneumonia as well as from exacerbations of individual disease processes. Rates of infection are highest among those older than 65 years and those who have medical conditions that place them at increased risk for complications from influenza. Therefore, influenza vaccination remains the cornerstone for the control and treatment of influenza for children and adolescents with chronic medical conditions such as diabetes. Talk to your primary care physician or endocrinologist about how your child may receive the influenza vaccine.

# DISHING WITH THE DIETITIAN: 2018 – The Year For No More (Food-Related) Resolutions!

By Tara Karr, MS, RD, LDN



Each Dec. 31 when the clock strikes 12, we begin our New Year's resolutions, and try to make positive changes in the coming year. In 2017, there were more food and weight-loss resolutions than any other category! About 20 percent of people in 2017 said they wanted to lose weight and/or eat healthier.

Sadly, most people (around 80 percent) report they have already failed on their New Year's resolutions by February. Making healthy resolutions is wonderful – but what's the point if they don't stick?

This year, I want to encourage you not to set unreachable goals for yourself – but instead to focus on something called mindfulness and specifically on something called mindful eating.

So, what exactly is mindfulness? Mindful.org explains it this way: “Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.” Mindfulness is a skill that takes practice. Resolving to practice mindfulness is different than making an ordinary New Year's resolution. We aren't giving something up. Instead, it is deciding to practice a different way of thinking.

We can apply mindfulness to eating. Mindful eating can be used as a tool to help you identify areas for change in your eating habits and help you become more aware of hunger and fullness. Mindful eating can seem confusing at first. Let's break it down into six phases of eating:

- 1. Non-Eating Phase:** You are not hungry or even thinking about food.
- 2. Preparation Phase:** How much food will it take to fill my hunger?
- 3. The Pause Phase:** Before the meal, pause and decide if your goal is to finish the plate, or pause often during the meal to see if you are full.
- 4. At The Meal Phase:** Be mindful of the fact that you are getting less hungry, and will be full soon. When do you think that will happen for you during the meal?
- 5. End of Meal Phase: Ask yourself this:** Am I comfortable now? Would another bite make me more comfortable?
- 6. Clean Up Phase:** You made it – you are full! Create a clear goal of cleaning the food up and ignore the temptation to have another bite! (Fletcher, 2017).

Fletcher explains it this way: Eating is a continuous cycle and we can choose to be mindful at any point during our meals. “When you pair awareness with kindness and self-compassion, something magical happens. You will also increase interest, motivation and learning to create an endless loop of self-discovery that will help you understand the real reason why you are eating.”

So, here's the challenge: Opt for no more food-related resolutions this New Year. Instead, take an extra minute to choose mindfulness and think about what you are eating, why you are eating it, and checking into those hunger and fullness cues while you are eating. What phase of eating are you in? Are you transitioning from one phase to the next? It's not a perfect science and it takes practice, but I think there is a great reward to be found once you start to practice the skill of mindful eating! Let's use mindfulness as a path to success in the 2018!

Resources:

- 1) <https://www.statisticbrain.com/new-years-resolution-statistics/>,
- 2) <http://www.businessinsider.com/new-years-resolutions-courses-2016-12>,
- 3) <https://www.mindful.org/meditation/mindfulness-getting-started/>,
- 4) Fletcher, M. (2017). *Six Simple Steps To Mindful Eating with Your Client*. Arlington, VA: Skelly Skills.

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## PATIENT PORTAL: A New Way to “Ask The Nurse”

By Blake Adams, RN, BSN

The myLeBonheur Patient Portal is an online tool for patients and families to help manage their health care online. This website makes it possible to access your Methodist medical record when it is convenient for you. It is also a secure way to communicate with your doctor and clinic staff. The idea behind the portal is that it will help alleviate some of the stress associated with your medical care, clinic and hospital visit. You can request a medication refill and manage appointments. This secure communication tool also allows you to pay hospital and doctor office bills online. You can create a profile on the portal so we know the best way to get in touch with you.

In the future families will be able to complete clinic check in forms prior to your doctor's visit and schedule your own appointment.

At your appointment our front desk staff can give you more information on the portal and help you fill out the appropriate paperwork. There is a form to be filled out for minors and one for teens (13-17 years old). Teen Patient Portal Access has the option to include parent proxy access or teen-only access. Once the form is filled out you will receive an email asking you to sign in. To log in, simply visit [www.LeBonheur.org/login](http://www.LeBonheur.org/login). We encourage all of our families to take advantage of this opportunity and sign up for the myLebonheur Patient Portal today!

## COMMUNITY RESOURCES:

### FREE DIABETES EMERGENCY NECKLACE

Send a self-addressed, stamped envelope to:  
FREE Diabetes Necklace  
1832 Connecticut Avenue, NW, Suite 420, Washington, DC 20009

### CHURCH HEALTH AND WELLNESS CENTER

Free diabetes classes offered on second Saturday of each month.  
**901-259-4673**

### JDRF WEST TENNESSEE CHAPTER

JDRF is the leading global organization funding Type 1 diabetes (T1D) research. Our strength lies in our exclusive focus and singular influence on the worldwide effort to end T1D. Contact JDRF for more information:  
**901-861-6550**

### AMERICAN DIABETES ASSOCIATION

**1-800-342-2383 • [www.diabetes.org](http://www.diabetes.org)**

### MEMPHIS FIT KIDS

A free online grant-funded program that assists families in recognizing children's health habits. Go online to [memphisfitkids.org](http://memphisfitkids.org) to find out more information.

### WARM LINE

The Parent Support Warm Line is a free, live telephone line that connects parents with trained professionals who provide practical information, guidance and emotional support. The goal of the Warm Line is to help parents navigate stressful situations in order to help young children and teens flourish physically, socially and emotionally. The Warm Line may be reached Monday-Friday from 11 a.m. to 8 p.m. CST. Call **844-UPP-WARM**

### MENTAL HEALTH RESOURCES

Youth Villages/Youth Mobile Crisis: **1-866-791-9226**  
Memphis Police Department/Crisis Intervention Team: **901-545-2677** or 9-1-1 for more information.

## WHAT'S HAPPENING: Upcoming events

### CAMP HOPEWELL IN OXFORD, MISSISSIPPI

- Diabetes adventure trip: June 10-16 (completed 7th-9th grade)
- Type 1 diabetes: June 24-30 (10-15 years of age)
- Diabetes leadership: June 24-30 (16 years of age)
- Diabetes wee bit: July 5-7 (6-9 years of age)

### CAMP COURAGEOUS KIDS IN SCOTTSVILLE, KY

- April 6-8

### CAMP SWEENEY - GAINSVILLE, TX

- Session 1: June 10 - 29
- Session 2: July 1 - 20
- Session 3: July 22 - Aug. 10



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