Don’t let Halloween Scare You

For many kids with diabetes, Halloween can be a challenge. The key is to plan ahead.

- Decide before you go trick-or-treating how much candy can be eaten now and what you plan to do with the rest.
- Save some candy for treating low blood sugars (do not use hard candies or anything with fat such as chocolate to treat hypoglycemia).
- Allow child to trade the candy in for something else like a toy or outing, or have them donate it. Many dentists offices offer to “buy back” Halloween candy and send it to troops overseas.
- If you wish, allow one or two pieces of candy a day with a meal and dose for it as part of the meal.

Keep some of these tips in mind for winter holidays and celebratory gatherings. School parties and gatherings centered around eating can be challenging, but your child can still participate.

Cold & Flu season is starting!

Make sure to get a flu shot to help prevent and decrease the severity of influenza. Remember, you should check for ketones with symptoms of illness even if blood sugars are within normal range.
Get the Most out of Your CGM

- For accurate readings, calibrations with a fingerstick should be done twice daily.
- Do not calibrate when your blood sugar is rapidly changing, when you are having a low blood sugar, or when you are over 300.
- Tylenol (acetaminophen) can also affect your CGM reading. Do not calibrate or use your CGM reading to treat/dose within four hours of giving acetaminophen.
- If your CGM shows that you are having a low blood sugar, double check with a fingerstick.
- After treating your low, your blood sugar will rise faster than your CGM reading does because it is reading the sugar level of your interstitial fluid, not your actual blood. Always confirm your blood sugar is back in target with another fingerstick.
- If you want our office to review CGM reports outside of office visits, you can email reports, provide us with a share code, or we can email you an invitation via Clarity (Dexcom users only). Please be aware, this is a service that may be billed to your insurance company.

Contacting the office

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When Will Someone Call Me Back?

Our office receives a high volume of calls and tries to get back to everyone within 24 hours. If it is a Friday, calls will be returned on Monday if received after 3:30pm.

Requests for paperwork, letters, and supply prescriptions that require the provider’s signature can take up to a week to complete. Please plan ahead accordingly.

If you need prescriptions filled, please call your pharmacy. If the pharmacy does not have refills, they will contact our office.