

## Tips from your Diabetes Educators

### 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 a flu shot**

## 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.