

Tips from your Diabetes Educators

New in Clinic: **diasend.**

- We are now using Diasend to upload meters, pumps and CGMs at clinic visits, so make sure to bring all of your meters with you.
- Some devices are not compatible, so it is still necessary to bring your logbook with the last 2 weeks of blood sugars.
- You can also use Diasend at home and it's FREE! Go to diasend.com to register for an account.
- To save time at clinic visits, upload all your devices to Diasend the night before your appointment and connect your home account to our clinic using the **Clinic ID 56-35154**
- This also gives us a way to view your reports between visits to help make adjustments. Simply upload your child's devices, and then call our office to let us know you would like us to look at the reports.
- *Don't have a cord to connect your meter to the computer?* Call the meter manufacturer to have one sent to you. Some companies may charge for this.



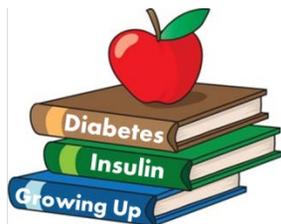
You Asked for It...

We now have an email address that you can use for attaching CGM reports.
pedsdiabetesteam@kids.wustl.edu

In order to receive confidential emails from our office you must sign a waiver. This will be emailed back to you to print, sign and return if you choose to contact us via email.

Please do not use the email for any urgent matters that you need a reply to the same day.

For faster response, requests for prescription refills, questions about labs, and anything else that can easily be communicated through a phone call or the patient portal should not be emailed.



Where Can I Get Additional Education?

Our Certified Diabetes Educators offer education modules over a variety of diabetes topics at your clinic visits, but you can also ask us about:

Transition classes: Patients 15 years and older should enroll in this 6 class series to help prepare them for managing diabetes on their own.

Pump class: Learn the basics of insulin pump therapy and the potential benefits and challenges compared to multiple daily injections

Caregiver Class: Aimed at new caregivers, this class will teach the basic survival skills including checking blood sugars, calculating doses, and giving insulin injections

Diabetes Parent Resource Program: Meetings offer a variety of education topics as well as speakers who are involved in diabetes care or whose lives are affected by diabetes

Call our office at (314) 454-6051 to sign up for the next class.

Don't see what you're looking for? Look on our website (pediatrics.wustl.edu/DiabetesEd) for links to teaching tools and check out our Facebook page for other events going on in the St. Louis area.



Search Facebook for "Washington University Pediatric Endocrinology & Diabetes"

TREAT BEFORE YOU EAT!

If you have a low blood sugar at a meal, treat before you eat the meal.

This means:

- If your blood sugar is low, follow the Rule of 15, including rechecking your blood sugar to make sure it is back in your target range before you start eating.
- Dose for the carbohydrates being eaten in your meal.
- Do NOT dose for the fast-acting carbs used to treat your low blood sugar.
- Do NOT subtract insulin off your dose for the low blood sugar.