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WHATSUP MVH Kids ?

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My Dear Little Friends. You are very special to us!

Diabetes is not a disease. If you manage it well, you can live like any other child. In the last issue you learnt how to make a note of the fruit and veggies you eat every day. In this issue, you will learn why it is important for you to record other information about yourself. Each one of you has a diabetes management plan. However, your medical team needs to know how effective your treatment is so that they can adjust your insulin and medication dosages and your diet and physical activity to maintain a steady blood glucose level. Here is a nice way to help us help you.



Dr. Vijay Viswanathan



A Diabetes Log Book lets you record your blood glucose level, the carbohydrate and calories in your diet, our insulin and medication dosages and physical activities so that your medical team can properly track important data concerning your condition. This is a very important activity for people with type 1 diabetes - especially for children as they need constant adjustment to insulin and medication when they are growing and when they change their physical activity.

Why do I need it? This daily information

- ✦ Helps your diabetes team to see how effective the treatment is and make adjustments to it.
- ✦ Warns you when your levels are not normal.
- ✦ Finds the reason for the fluctuation and the solution to it.
- ✦ Helps you set goals to improve blood glucose levels and make step-by-step lifestyle changes.
- ✦ Gives you much better control over mind and body.
- ✦ Can be very important during an emergency.

How many times do I have to record data?

That depends on how severe your condition is and the type of treatment. Usually you need to check 'fasting' and 'before dinner' levels daily. You also need a '7 times profile' once a week, but if your blood glucose is under control, then once a month checking is enough.

Helpful tips

- ✦ Write down readings as soon as you take it.
- ✦ Don't scribble or use short forms. Write in a manner that you will understand later.
- ✦ Take the log book with you when you visit the doc.

In case of any emergency contact Ms Tryphosa on 8939053625

How do I make a log book?

The table you see below is what is needed for a day. On a page in a note book, make 7 such entries – one for each day of the week. Write the dates for the week from Monday to Sunday. Use your imagination to make the cover page as interesting as possible !

Diabetes Log (From _____ To _____)

Date	Blood Glucose	Breakfast		Lunch		Dinner		Bedtime	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post



About Snacks



Cover Page

Why do you need a snack between meals?

It can make you feel less hungry, stop you from eating too much at meal times and provide energy. Choose snacks that provide the following nutrients ...

- ✦ Protein to support growth.
- ✦ Complex carbohydrates for slow-release energy.
- ✦ Fibre for digestive health, and vitamins & minerals to protect the body functions.

Have snacks at regular timings each day.



Healthy snacking tips

- ✦ Choose fresh snacks such as carrot, cucumber, fresh small-sized seasonal fruit such as pear, apple, berries and melons.
- ✦ Low fat or skimmed milk and milk products like paneer add protein to stabilize blood glucose, stop hunger pangs and provide calcium for strong bones.
- ✦ Use whole grain cereal such as broken or roasted wheat, puffed rice, flattened rice.



- ✦ Homemade pop-corn without the butter, sprinkled with salt, garlic powder and spice powder if needed.



- ✦ Low sugar, whole grain breakfast cereal with low-fat milk.



- ✦ Fruit smoothies made with low-fat milk or yogurt.

- ✦ Nuts and raisins.
- ✦ Fruit slices dipped in low-fat yogurt. (plain or flavoured).



Eat your allowed serving on a plate. Otherwise you may eat more than you are allowed to. Choose snacks that do not provide more than 150 -200 calories

Let's Talk Insulin

People who have type 1 diabetes must take insulin as part of their treatment because their bodies cannot make insulin anymore. There are different kinds of insulin. The types of insulin you use and the number of shots you take each day depend on your need. As you grow and change, the amount of insulin you will need to take can change, too.

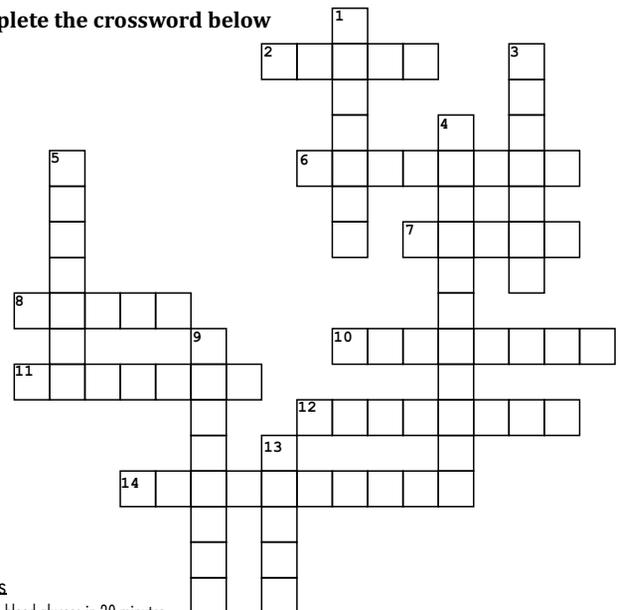


If you take an insulin shot but forget to eat, your blood sugar levels can get too low. So try to avoid skipping meals or snacks.

Activity - Crossword Puzzle

(How much do you know about insulin? Complete the puzzle by choosing the answers from the hints given below.)

Complete the crossword below



Across

- Raises blood glucose in 20 minutes
- This hormone makes the liver breakdown stored glucose
- Extra glucose is stored here
- The insulin normally released at meal time
- This organ constantly monitors blood glucose level
- This insulin takes effect within 30 minutes after injection
- A combination of different types of insulin
- This injected insulin is effective for 20 -24 hours (2 words)

Down

- The hormone that helps body cells take up glucose
- The site from where injected insulin is absorbed the fastest
- (2 words) This insulin takes effect 15 minutes after injection
- Provides energy to the body
- Blood glucose peaks 1 - 2 hours after this type of meal
- The amount of insulin normally present in blood

ABDOMEN	BOLUS	GLUCOSE	LONGACTING	RAPIDACTING
BALANCED	CANDY	INSULIN	PANCREAS	REGULAR
BASAL	GLUCAGON	LIVER	PREMIXED	