



# Diabetes Newsletter

<http://www.cham.org/services/endocrinology/>

April, 2015

Division of Pediatric  
Endocrinology and Diabetes

## April is Limb Loss Awareness Month! Take a **STAND** against Complications



### What's Happening? What YOU can DO!

When your diabetes is poorly controlled, you can develop complications, including foot problems. To help avoid this, daily foot care must be part of your self-care routine and foot exams must be part of your ongoing health routine.

- ◇ Check your feet every day for cuts and swelling
- ◇ Wash and dry your feet every day, avoid soaking
- ◇ Keep skin smooth by using lotion
- ◇ Wear comfortable shoes and socks



### JDRF 2015

#### Gala; Honoring Division Chief :

**Rubina Heptulla, MD**  
Dr. Heptulla will be honored at the JDRF Black and White Gala. Dr. Heptulla is transforming the division and recruiting researchers in many areas of Endocrinology. She is an internationally recognized Pediatric Endocrinologist and is currently studying many important clinical questions to improve patient care



### Spring Ahead!

Remember to change the time in your meters, and Insulin pumps. Daylight Savings was March 8, 2015!

## Teens and Diabetes Management

As teenagers gain independence, challenges in managing their condition arise. "Peer Mentoring," is the idea of linking a person who has been through an experience with the goal of helping another person who is just beginning to have that

same experience. The goal is for the mentor to provide guidance, advice and moral support. Recent studies and survey's show that "Peer Mentoring" could benefit the effectiveness of self-management among younger people!



*Mention this idea to school nurses and Providers, you never know who you can help!*

Gia Puopolo RN, BSN

### Star NP of the Month:

#### Gina Di Napoli, NP

Gina Di Napoli is a hardworking, dedicated team member with CHAM's Pediatric Endocrinology Division. She has most recently began precepting a **NEW CDE CLINIC** on Wednesday afternoons. This is a special clinic focused on enhancing diabetes management through individualized education!

To make an appt: Request a referral at your next visit!