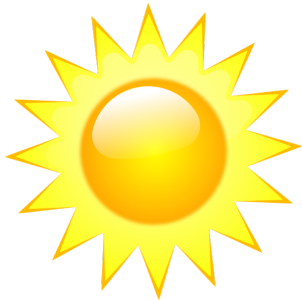


Safety Tips for Sweltering Summer Days

Mark Your Calendar's!

They say that warmer days are upon us! As spring and summer start to reveal itself, you may need some tips and tricks to manage blood sugars while becoming more active and spending time in the sun! Here's a few for how the heat affects your diabetes.



Stay Hydrated :

The heat will cause you to sweat more, possibly causing dehydration. This in turn, raises blood sugars!

Double Check :

Always confirm your sensations with your glucometer. The heat can fool you into thinking your low!

Keep your footwear on:

If you have any form of neuropathy, this can make it more difficult to feel if your feet are getting burnt.

Keep your Supplies Cooled :

Insulin is denatured by strong sun exposure. You may not know that strips are also sensitive to heat and humidity—Keep away from things such as glove compartments. Try storing supplies in a cool pack!

Take a Pump Vacation :

You may consider doing such for a beach weekend with friends and family. Insulin inside your pump is just as sensitive as in a vial or pen. Take a break and bring a cool pack with pens



Calling all with Type 1 Diabetes and A1c's from 7-11% !!

Lexicon Study

The lexicon study is looking at a drug called *soagliptin* (a drug approved for type 2 diabetes). Participants would take 2 pills every morning. It is double blinded and participants are provided with a meter and strips for the entire study.

Inclusion Criteria :

Patients must be 18 years or older. The time frame is roughly 28 weeks, with minor visits assessing medication compliance, blood draws, log book entries, EKG and a brief physical. Each in person visit comes with a reward of \$50.00.



Rubina Heptulla, Division Chief

Teen Bowling Party

Who: Teens with Diabetes (ages 13 to 21)
Where: Lucky Strike Bowling Alley in NYC

When: Sunday May 1, 2016
Bring one friend who supports you with your diabetes management! If you improve your A1c prior, you will be entered into a raffle for prizes!

RSVP: 718-920-4664 by Friday April 22

Bronx Zoo Day

August 9, 2016 : Come join us for another eventful day at the Zoo!

Check your mail for flyers to RSVP!



Summer Camp

Diabetes camp is a great experience for all kids to have. Camps encourage kids to learn self-confidence, gain independence from parents and make life-long friends. It can also be seen as a break from diabetes care for the parents as well. Financial Aid packages are offered for those who may not be able to afford a full camper's fee. Please contact us for assistance to find the best camp for you!

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