

THE YOUNG PEOPLE'S DIABETES SERVICE



WELCOME & LATEST NEWS

Welcome to our Autumn Newsletter. It's been a while but we will be sending newsletters quarterly to share any team news, tech updates, seasonal recipes, top tips from our team and any events that have happened or planned.

We would love to share your news, achievements, fundraising etc please email us at **uhd.yps.diabetes@nhs.net**.

Welcome to the team Linda Gerrard-Longworth our new CBT therapist. She will be working remotely on Mondays.

Also Kira Budhoo who is our new Senior Assistant Psychologist. You may meet her at Poole or Bournemouth clinics. They will be working with our Clinical Psychologist Dr Lindsay Rouse.



Tandem have released a t:slim X2 mobile app. Bolus straight from your smartphone, effortlessly share your data, and gain clearer insights in managing your diabetes.

To start using it and sync it with your pump, you'll need to update your pump to the latest software. If you contact Air Liquide on 0800 012 1560. You'll need your pump serial number and they will provide you with a unique upgrade code and instructions on how to do it.

The **LibreLinkUp app** to support **Omnipod® 5** with FreeStyle Libre 2 Plus sensor users is now available!! Now you can share glucose data with family, friends, and caregivers using the LibreLinkUp app. The LibreLinkUp app allows users to set and receive glucose alarms while keeping everyone connected to help monitor glucose levels together.

UPCOMING EVENTS

27th September

Bournemouth University Freshers fair.

We would love to say hi if you are there!

MOVING AWAY?

Heading off to university or college is exciting; new friends, independence, and a fresh start. When you are living with diabetes, this transition can bring a few extra layers of planning and emotion.

Big life changes can stir up a mix of emotions including excitement, uncertainty or stress. In addition new routines, late nights, cooking for yourself and social changes can all affect your blood sugars and your mood. Doing a bit of preparation ahead of time, taking time to notice how you're feeling and connecting with others who "get it" can make a huge difference.

You might find it helpful to think ahead about:

- Have I got plenty of diabetes kit to take with me? (Ensure you have at least two months of your prescription items. Your GP should be able to arrange this if you explain that you're off to university and registering with a new practice. This gives you peace of mind and hopefully will mean you have a few spares if all goes to plan.)
- Have I registered with a local GP to my university / college? (Many universities will provide a form to register at the local student medical practice in your welcome pack. The student medical practice usually has a stand at the fresher's fair too.)
- How will I manage my diabetes on busy days?
- How and when might I let people I live, or study, with know that I have diabetes - and how much information do I want to share with them?
- Who will I talk to if I'm struggling, emotionally or practically?
- What small habits help me recharge?

The University Toolkit from Breakthrough T1D, DiabetesUK and NHS England ([University Toolkit | Breakthrough T1D UK](#)) includes tips on both the practical and emotional sides of this change, from moving your healthcare to managing stress and social life. It's a good starting point for building your own plan for a healthy, happy start to university or college.

EATING WELL AT UNI

Starting university is an exciting time, but it also comes with new challenges as you try to balance teaching schedules, social life, and possibly living on your own for the first time. Eating well to help you maintain stable blood sugars may be challenging during this time.

Good news! We are here to help you plan, supporting you to eat and stay well, so you can make the most of uni life!

Understand how different nutrients may affect your blood sugar levels

Understanding how different nutrients may affect your blood sugar levels (short and long term) may help you decide on what foods to have when.

- Carbohydrates increase blood sugar levels the fastest.
- Proteins and fats slow digestion and can help balance blood sugar levels over time.
- Fiber helps slow the carbohydrate absorption and help decrease post-meal spikes.

Balanced meals

Balanced meals can help you keep blood sugar stable, helping you stay fuller longer, great for long lecture days or when you are on work placements. Whether cooking at home, or navigating the university canteen, consider dividing your plate as below:

- ¼ plate protein (meat, poultry, fish, eggs, beans, Quorn, Tofu)
- ¼ plate whole grains or starchy carbs (rice/pasta (brown if possible), cous-cous, quinoa, jacket/boiled/sweet potato with skin)
- ½ plate non-starchy vegetables (spinach, peppers, broccoli, green beans etc)
- Healthy fats (avocado, olive oil, nuts, seeds)

Meal planning and prep

When time is tight in uni why not ...

- Cook in bulk ahead of busy periods (bolognaise, curries, soups, stews etc).
- Use simple/low ingredient recipes (stir-fries, omelettes, pasta dishes).
- Stock up on healthy snacks (Greek yogurt, hard-boiled eggs, veggie sticks with hummus, apple/banana with nut butters, olives etc).
- Visit Diabetes UK Recipe finder for easy, cheap and tasty recipes which have been carb counted for you. See Link: [Recipe finder - Enjoy Food | Diabetes UK](#)

Carbohydrate Counting

If carb counting does not come naturally to you, do not worry, there are loads of ways to help you estimate your carbs in food and drinks. Consider:

- Checking nutritional labels in packaging
- Using the Carbs and Cals App. It is easy and quick to use, and as well as individual ingredients, it will also provide you with carb content of meals and drinks at popular restaurants, takeaways and coffee shops, doing the carb counting for you!
- Using DigiBete's latest carb counting feature on the app.

Reach Out for Support

Managing diabetes can sometimes feel daunting. You don't need to do it alone! Find support through:

- Campus health services familiar with diabetes
- Peer groups or diabetes communities online or on campus
- And of course, us, Your YPD team –We can offer virtual appointments if you're far from home or see you when you are home over the holidays.

TECH CORNER

So all the buzz is around **Hybrid Closed loop (HCL)**. For the purists we try and avoid calling it the "Artificial Pancreas" because the pancreas is a very clever thing that does lots of things not just try and manage glucose levels with insulin and the HCL can only do some of it!

The "H" bit for Hybrid means that people still have to interact with the system! The ideal would be that someone can plug into a system like this and it does EVERYTHING -we are not there just yet. The best outcomes are when the system does its best with input from the wearer.

So what does the wearer have to do....so it depends a bit on which system someone is wearing but the basics are the same

1. The whole system needs to be changed regularly. For those with a tubed pump this means changing the cannula and tubing and insulin every 3 days usually. For those with a "patch pump" the patch needs changing every 3 days
2. The system needs to know when someone is eating!! It needs to be told that carbohydrates are going in and a bolus dose of insulin is being given. If people forget to bolus then the system really struggles and sugars will still run high for a while
3. The bolus needs to be given BEFORE eating...the system is designed around insulin being given before the meal and there is a risk of hypoglycaemia if the bolus is given late
4. The system is really clever and is thinking about your diabetes every 5 minutes and making changes....it knows what it is doing....despite the temptation to override the system the best results happen when people can follow what it recommends

People with type 1 diabetes under the age of 19 are eligible for hybrid closed loop and are getting priority for starting on the system so if you think you have been missed then please let us know. Over the age of 19 if your HbA1c is over 58 mmol/mol you are eligible for Hybrid closed loop.

Of course not everyone wants to wear diabetes tech or isn't ready for it yet and that is absolutely fine. We still have lots of ways to support you and are always happy to see you to talk things through without always resorting to tech!

The team are working as fast as we can to get everyone onto the systems and our outcomes so far have been really good. We have seen an average drop in HbA1c of 9mmol/mol and an increased Time in Range (TIR) of 14% over 3 months. These are really impressive results so far and we suspect will get better over time.

If you want to learn a bit more have a look at this link...

[Hybrid closed loop technology \(artificial pancreas\) | Breakthrough T1D UK](#)



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