

Diabetes Newsletter

New changes to BC Insulin Pump Coverage

Highlights of this issue:

- BC Pharmacare making changes to insulin pump coverage
- Meet our new Unit Clerks!
- Tips for Travelling with Diabetes
- Beat the summer heat with home-made treats!

Up until recently, only Type 1 diabetics under the age of 25 were offered Pharmacare coverage for insulin pumps. However, starting July 3 2018, BC is now offering coverage for all diabetics who are insulin-dependent. For more details, please visit: <https://www2.gov.bc.ca/assets/gov/health/health-drug-coverage/pharmacare/ip.pdf>.

If you have insulin-dependent diabetes and are interested in learning more about insulin pump technology and the potential benefits, please talk to one of our staff at the Diabetes Centre. You can also speak to

your endocrinologist or diabetes physician specialist to discuss the medical criteria and your eligibility for coverage.

If you are a suitable candidate, your specialist will submit a Special Authority request to Pharmacare. If the request is approved, Pharmacare will send an approval letter to your doctor's office, which you can

then pass onto the insulin pump manufacturer when purchasing your pump. Be sure to wait for the approval letter before purchasing an insulin pump as Pharmacare is not able to provide retroactive coverage for purchases made before approval is confirmed.

Our Diabetes Centre will also be offering pump classes in the future. Please ask our staff for more details!



Ministry of Health

Did you know...

- Diabetes Canada has a telephone service that can answer general diabetes questions in Mandarin and Cantonese, three days per week (9am-12pm Mon/Wed/Fri)
- Local Number: 604-732-8187
- Toll-Free: 1-888-666-8586

New Unit Clerks at the Diabetes Centre

This year has been a year of change at the Diabetes Centre: Two staff members retired, two are on maternity leave, and one moved into a new position elsewhere. With all these changes, we have quite a few new faces at the Centre. Today we want to highlight two of our newest members: Rina and Monica at the front desk!

Before joining St. Paul's, Rina worked in a lab for a mining company. Since 2015, she has worked in different clinics including the eye clinic, the Ear/Nose/Throat Clinic and the interventional Pain clinic. She loves music. She is fluent in Tagalog and can carry out basic conversation in Arabic (gained that unique skill from living in the UAE for 6 years!).

Monica started off as a unit clerk for the Emergency Department at Richmond Hospital. Three years ago, she joined St. Paul's, and has worked in the GI clinic and the Healthy Heart program since then. Monica speaks fluent Mandarin and is big hockey fan! She roots for the Toronto Maple Leafs.

Tips for Travelling with Diabetes

Plan Ahead for Travel

Diabetes shouldn't stop you from doing the things you want to do. If you want to travel, and you have diabetes, you must plan ahead carefully. Although you can't avoid the odd surprise, preparing before you leave can help avoid undue stress.

Consider the following ideas before you travel

- Visit your doctor for a check-up several weeks before you leave for a holiday.
- Discuss your itinerary with your healthcare team and work out plans for your meals and medication, especially if you are travelling through different time zones.
- Be sure to get any required vaccinations at least four weeks before you travel, so you have time to deal with any possible side effects.
- Ask for a list of your medications (including the generic names and their dosages) from your pharmacist
- Have a letter from your doctor stating that you are allowed to carry medicines or supplies because some airlines and some countries require you to.

“Diabetes shouldn't stop you from doing the things you want to do.”

Remember to pack

- Divide your medications and diabetes supplies, and pack them in more than one place, in case you lose one of your bags.
- Make sure that you have some of your medications and supplies in your carry-on luggage.
- Take extra supplies and medication in case of loss, theft or accidental destruction.
- Consider other supplies you may need, including treatment for hypoglycemia (low blood sugar), food, drinking water, walking shoes, sunblock and medication for nausea and diarrhea.

Traveler's Checklist

Before you leave, remember to get:

- A medical check-up
- Travel health insurance
- An identification card and MedicAlert™ bracelet or necklace
- Information on the local foods and drinking water
- A list of your medications
- A letter from your doctor stating:
 - Your diabetes treatment plan so doctors in the places you travel can understand your needs
 - That you need to carry syringes or needles for insulin pens and lancets as part of your insulin treatment.
 - The supplies you need for your diabetes care. Be sure to keep your syringes, needles, pens, and lancets in the same boxes that they came in with the original prescription label on them.
- Any needed vaccinations
- Information on local medical facilities or organizations

Ask your doctor or health care team about:

- Illness management
- Low blood sugar management
- Adjustments for meals, insulin and medications in different time zones
- Avoiding illness caused by contaminated food and water



Beat the summer heat with frozen treats!



When the temperature goes up, the craving to have a refreshing cold treat often goes up too. Most cold treats found at the grocery stores will be high in added

sugar, making them less than ideal options for people with diabetes. There are no-sugar-added options that are sweetened with sugar substitutes which can be an alternative. However,

why not consider making your own diabetes-friendly homemade popsicles at home for a change?

To create your customized popsicles, first buy some popsicle molds (they can easily be found in your local dollar stores or grocery store). Then, pour in the mixture of your choice. To finish, insert popsicle sticks and freeze until solid. Enjoy!

Flavour ideas: The combination of plain Greek yogurt and mixed berries work really well or spice it up with cut-up seasonal fruits such as mango or pineapple. Another idea is to use other liquids for the base such as diet cranberry juice or cold steeped herbal tea with lemon or other herbs such as mint or basil.

For more recipe inspirations, check out the recipes on the Diabetes Canada website: <http://www.diabetes.ca/diabetes-and-you/recipes>.