



## Flu and Sick Days:

*Flu season has arrived-  
Here are tips for if you're feeling  
under the weather:*

- The flu shot is recommended for **all** people with diabetes.
- Continue to take your insulin! If your blood glucose is running lower, you may need less insulin, but should not stop taking.
- Illness can raise or lower blood glucose levels so check every 2-3 hrs.
- Hydrate with water!
- Check your Ketones, even if your blood sugar is normal.
- Call the diabetes team!
  - Especially if you have moderate to large ketones, are vomiting, or have consistently high blood sugars.

## Managing Diabetes this Holiday Season

- Continue to check blood sugars, even on holidays.
- Stay active! Moving around helps improve blood sugar control, especially when eating larger meals.
- Carb count!
  - Know carb amounts and bring a cheat sheet! Quick guide to candy amounts [here](#) and thanksgiving meals [here](#).
- Use the MyPlate method-make ½ of your plate veggies.
- Remember that high-fat foods can cause a delayed increase in blood glucose levels. Check blood sugars 3 hours after a larger meal.
- If traveling, be sure to carry extra supplies. Make sure all supplies are in carry-on luggage and not checked baggage.

## What's happening at NewYork-Presbyterian Weill Cornell?

*Upcoming events:*

### - Tech Night

- Emily Coppedge, NP, will review insulin pumps and sensors
- Nov 14, 2019 at 5:30pm
- 505 East 70<sup>th</sup> street, 3<sup>rd</sup> Floor Conference Room
- If interested, please RSVP to [pedsendotele@med.cornell.edu](mailto:pedsendotele@med.cornell.edu)

### - World Diabetes Day

- Nov 14, 2019



world [diabetes](#) day

### - Coffee Talk

- "Coping with my child's diagnosis" with Corinne Catarozoli, PhD
- Dec 5<sup>th</sup> 2019 at 9:15am
- 505 East 70<sup>th</sup> Street, 3<sup>rd</sup> Floor Conference Room

## Diabetes Resources:

- JDRF
- Joslin Diabetes Center
- Beyond Type 1

- American Diabetes Association (ADA)
- Academy of Nutrition and Dietetics
- T1 Everyday Magic
- [Weill Cornell Pediatric Diabetes Program](#)





**MEET  
EMILY**



**Emily Coppedge**, CPNP, CDE, is our diabetes team Nurse Practitioner and Diabetes Educator

**About:** “I live with my husband, adorable children and sweet dog, Bailey, in Brooklyn. I have worked with kids with diabetes for almost 15 years. I am an avid UNC Basketball fan (Go Heels!) and a University of Georgia Football fan (Go Dawgs!) In my spare time, I love to go running.”

**Advice/Tip:** Use the small holiday candy packets (Halloween, Easter, etc.) as a way to treat low blood sugars. Always make sure you have something on you to treat a low because they can happen at any time.

*Reminder: You can always reach out to your doctors with any questions at **646-962-3442** or email [pedsendotele@med.cornell.edu](mailto:pedsendotele@med.cornell.edu)*

## Dietitian Corner:

### *Fall Recipe: Parmesan Butternut Squash Fries*

#### Ingredients

1 butternut squash

1 cup= 16 grams of carbs

¼ cup of olive oil

¼ cup of grated parmesan cheese

Optional seasonings: rosemary, pepper, salt



1. Cut butternut squash into fry shape and place on a baking sheet
2. Add the olive oil and spices
3. Bake in the oven for 30 minutes or until crispy (at 400 degrees)
4. Top with parmesan cheese and enjoy!

*\*Butternut squash is high in fiber and potassium. Fiber helps keep of full, our digestion, and is good for blood sugar control! Potassium supports muscle strength and heart health!*