What are the different forms of Glucagon?

- **Intramuscular Glucagon**
  - Injected directly into the muscle using a glucagon pen
  - Glucagon®
  *Click here for how to use*

- **Nasal Glucagon**
  - Given as a nasal spray through the nose
  - Baqsimi®
  *Click here for how to use*

- **Subcutaneous Glucagon**
  - Injected directly into the fatty area using a pre-filled syringe
  - Gvoke®
  *Click here for how to use*

The type of glucagon you are prescribed may be related to insurance approval.

Tips to have a Successful Video Visit Diabetes Appointment:

- Download your pump and/or sensor prior to the visit
  - Dexcom®: clarity
  - Medtronic®: carelink
  - Omnipod®: Glooko
  - Tandem®: T connect

- If you are not on a sensor:
  - Write down your blood sugars for at least one week prior to your appointment, and send to your provider before the visit via Cornell Connect

- Log onto your appointment 10 to 15 minutes before your scheduled time
- Set an appointment reminder in your calendar
- If you have any tech trouble while signing on, call our help team at 646-962-4200
- If able, please have your child’s height/weight available prior to the appointment

What’s happening at NewYork-Presbyterian Weill Cornell?

*November is World Diabetes Month! To celebrate our community, we are hosting the following virtual events:*

- **November 1st:** JDRF One Walk (virtual)
  - Join our team to help put an end to Type 1, one step at a time
- **November 2nd** at 5:15pm: New Onset Diabetes Class
- **November 9th** at 5:15pm: Technology Overview
- **November 16th** at 5:15pm: Pattern Management
  - Learn skills to help aid in diabetes self management
- **November 23rd** at 5:15pm: Advanced Carb Counting and Nutrition
- **November 30th** at 5:15pm: Type 2 and Me
  - Review of medication options and nutrition management for Type 2 Diabetes

*RSVP to WCMpedsendo@med.cornell.edu for any/all events and you will receive a zoom link*
Dr. Zoltan Antal, MD, is the chief of Pediatric Endocrinology at Weill Cornell Medicine.

About: "I came to America when I was 9 years old and have grown up and lived in Queens ever since. My wife and I have two daughters who have come with us to every single JDRF walk ever since they were infants, which is over 10 years in a row now! I love playing instruments and am learning to play the guitar now. I still need a lot of practice!"

Advice/Tip: If you feel sick, check your urine for ketones, even if your sugar levels are normal or not much higher than usual. You can still have high ketone levels because of your illness and clearing them with hydration and insulin can help you avoid feeling nauseous and throwing up, which is the most common reason people with diabetes get hospitalized when they are sick!

Reminder: You can always reach out to your doctors with any questions at 646-962-3442 or email WCMpedsendo@med.cornell.edu

Dietitian Corner:

**Fall Recipe: Spaghetti Squash Pizza Boats**

**Ingredients** (makes 4 servings)
- 2 medium sized spaghetti squash
- Olive oil (4 tsp total)
- Grated Parmesan cheese (2/3 cup)
- Marinara sauce (2 cups)
- Spices as desired: pepper, garlic powder, salt, red pepper flakes, basil
- Optional additions: ground turkey, baby spinach or other veggies

1. Preheat the oven to 400 degrees
2. Have an adult use a sharp knife to cut the spaghetti squash in half, length wise
3. Scoop out the seeds and discard them
4. Drizzle the inside of squash with oil (1 tsp per half) and add spices as desired
5. Bake for 40 minutes (place the cut side down on the baking sheet)
6. Remove from oven and shred the inside with a fork until spaghetti-like
7. Add sauce and cheese and bake for another 5 minutes

1 half squash (1 serving)= about 35 grams carbohydrates