



Pediatric Diabetes

CREATING A BETTER LIFE FOR CHILDREN WITH DIABETES

By La Rabida Children's Hospital – The Chronic Illness Experts | www.larabida.org

Controllable but Not Curable

Diabetes is a chronic condition that affects one in every 600 children in the United States. It is a disorder affecting the body's ability to regulate blood glucose – or blood sugar – levels.

There are two major types of diabetes: Type 1 and Type 2. Children diagnosed with diabetes most often have Type 1. It is a serious illness that if left untreated can be fatal.

With Type 1, the body is unable to produce insulin which is needed to move glucose from the bloodstream into body cells for conversion into energy. When glucose remains in the blood-stream, the risk of damage to organ systems is high. Children with Type 1 diabetes need to take insulin. Frequent testing of blood sugar levels throughout the day are required to gauge the amount of insulin the child requires.

WARNING SIGNS: SEEK IMMEDIATE MEDICAL ATTENTION

Type 1 diabetes may strike a child suddenly but there are warning signs. **Call a doctor if your child is:**

- Complaining often of thirst and/or hunger
- Urinating frequently
- Experiencing sudden weight loss
- Breathing with difficulty
- Unusually drowsy, listless or in a stupor

Although there is no cure for diabetes, it can be effectively managed to reduce adverse short and long term complications. Children with diabetes can live active and productive lives with the appropriate medical care, education, diet and exercise.

Research shows that children with diabetes who receive proper diabetes treatment and education have fewer emergency room visits and hospital admissions due to their diabetes.

MANAGING YOUR CHILD'S CARE

Managing your child's diabetes means planning ahead and staying organized. A young child requires diligent supervision, frequent monitoring of blood sugar levels, appropriate insulin dosing, healthy meals and physical activity.

Parents are the first line of defense for children with diabetes. As a child grows older and more self-reliant, he or she can successfully manage his or her own care. Parental and self-management, however, require ongoing education. Teaming with pediatric diabetes medical experts and certified diabetes nurse educators will help ensure the child with diabetes and their parents have the knowledge they need.

CHOOSE A PEDIATRIC DIABETES EXPERT

When it comes to treating children with diabetes, there is no substitute for medical professionals who are trained in pediatric medicine and are diabetes experts.

Understanding the body, mind and spirit of the child is essential to the successful management of children with diabetes.

CHICAGO CHILDREN'S DIABETES CENTER: PREMIER PEDIATRIC DIABETES PROGRAM

The Chicago Children's Diabetes Center is a premier program of La Rabida Children's Hospital. An interdisciplinary team of pediatric endocrinologists, certified diabetes educators, certified dietitians, child psychologists and licensed social workers work together to create a custom treatment plan for each child.

The Center's services include evaluation and consultation, intensive insulin therapy, personalized nutritional counseling, ongoing assessment, planning and intervention and individualized, age-appropriate patient and family education. Turn the page to read more about La Rabida and all the Chicago Children's Diabetes Center offers.

Services are available in Chicago, Hinsdale, New Lenox and Northwest Indiana. Public and most private insurance is accepted. To make an appointment, call: **1.800.770.CCDC** (2232).



La Rabida Children's Hospital



A specialty hospital for children with chronic illness and developmental disabilities.

About La Rabida

La Rabida is a resource upon which Chicago's families have depended since 1896. Our mission to provide care to children with lifelong medical conditions regardless of their family's ability to pay has been unwavering.

Today, La Rabida serves approximately 9,000 children annually who require primary and specialty care to address complex and challenging medical conditions. Services and programs include treatment for chronic illnesses such as asthma, diabetes, and sickle cell disease, and developmental disabilities. In addition, La Rabida specializes in the treatment of children who have been abused, neglected or experienced trauma.

Under one roof, La Rabida offers access to board-certified pediatricians and specialty physicians, behavioral science professionals, advanced practice nurses, physical and occupational therapists, speech pathologists, dieticians, case managers and social workers. All have dedicated their careers to pediatric health care and are committed to our philosophy of care.

La Rabida is a recognized leader in its treatment of chronic disease, disabilities, abuse and trauma and works closely with leading institutions who refer patients for specialty care. It attracts high caliber health care professionals for the many career and training opportunities it offers. It is affiliated with Children's Memorial Hospital and the University of Chicago.

We are blessed with a magnificent Lakeside location just minutes from the heart of downtown Chicago. Our facility is designed to show off its spectacular views and inspire hope for every child and family who crosses our threshold.

Visit www.larabida.org. You will come to understand why La Rabida is so special.

COORDINATES AND CONTACTS

La Rabida Children's Hospital is located on Lake Michigan, directly east of Jackson Harbor, a mile south of the Museum of Science and Industry. To Mapquest directions, input 6501 S. Promontory Drive, Chicago, IL 60649 as the address. General Inquires: 773.363.6700. To make an appointment with a diabetes provider: 1.800.773.2232

CHICAGO CHILDREN'S DIABETES CENTER AT LA RABIDA

Affiliated with Children's Memorial Hospital, the Chicago Children's Diabetes Center is an American Diabetes Association-recognized program. It is expert in medical management of diabetes and in patient and family education. It is nationally recognized as a Center of Excellence for Use of Advanced Therapies in Pediatric Diabetes Treatment.

WHAT PATIENTS AND PARENTS CAN EXPECT

- Type I and Type II experts, solely focused on pediatric medicine and research
- Interdisciplinary team of medical providers including board-certified pediatric endocrinologists, nurse practitioners, RNs, dieticians, psychologists, social workers, all pediatric diabetes specialists
- 24-hour emergency telephone consultation; a diabetes medical professional is accessible around the clock, day-in and day-out.
- State-of-the-art laboratory techniques
- Psychosocial services, including counseling and therapy, if needed
- Patient and family support and education groups

CHECK-OUT OUR WEBSITE TO LEARN MORE ABOUT LA RABIDA'S PEDIATRIC DIABETES PROGRAM. | WWW.LARABIDA.ORG