

# UPMC Children's Hospital of Pittsburgh Diabetes Center

## New and Noteworthy:



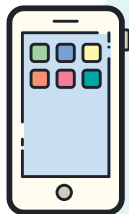
- **School order season!** Our team will be working to provide updated school orders to prepare for the upcoming school year. Please notify your team if there will be any changes to fax numbers for the school.
- Review your **Ketone Action Plan**. Plan ahead of flu and cold season and discuss the plan for ketone management with your provider.

## Seasonal Notes:

- If you are planning a summer trip make sure to ask for a **travel letter** to avoid any issues at the airport
- **Omnipod & Mobi Users!** Avoid using spray sunscreen, body oils, lotions, personal care sprays or bug sprays on or near the pump. They can loosen the Pod's adhesive, and can irritate the infusion site, damage or crack the Pod or pump's plastic causing these pumps to not work properly.
- **Hydrate!** Staying hydrated with sugar free fluids is important to remember while enjoying fun in the sun.
- **Insulin** loses some effectiveness when exposed to **extreme temperatures**. The longer the exposure to extreme temperatures, the less effective the insulin becomes. Keep insulin away from direct heat and out of direct sunlight. Insulin can be kept unrefrigerated at a temperature between **59°F and 86°F for up to 28 days**.

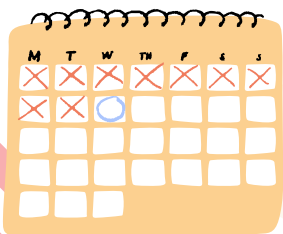


## App Central:



- Artificial intelligence provides analysis of photos: provides a full analysis of carbs, calories, fat, protein, and fiber
- Integrates with Apple, Samsung, Google, and other watches
- See real time data from Omnipod, FreeStyle Libre, and Dexcom
- Share data: Gluroo helps parents and caregivers stay on top of their child's health by sharing real-time data across everyone's devices, including insulin boluses, meals, pump settings, predictive reminders, and more.

## Thinking Ahead...



### Fall Community Events:

- ADA 2026 Step Out Walk: Pittsburgh
  - Saturday September 26<sup>th</sup> 8:30am - 1pm
  - PNC Park



## Fun with Foods:

### Banana Chocolate "Ice Cream"

#### Step-By-Step Instructions:

- Peel bananas and slice into 1/4-inch coins. Place in a bowl and freeze for at least 2 hours.
- Once bananas are frozen, add the bananas, milk and cocoa powder to blender. Blend until smooth.
- Fold in the whipped topping.
- Place mixture in a freezer-safe container and freeze for at least 30 minutes.
- Scoop into 1/2-cup scoops to serve.



Nutrition Facts	
5 Servings	
Serving Size	1/2 cup
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fats 0g	
Cholesterol 0mg	0%
Sodium 15mg	<1%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 8g	
Added Sugars 2g	4%
Protein 1g	
Potassium 202mg	4%

## Research Opportunities:



**New Onset T1D:** The TrialNet research group currently has 2 new onset studies available, reach out to see if your New Onset T1D may qualify to screen for one of our studies.

TrialNet continues to offer screening and rescreening for the family members of T1D. This screening helps to identify if family members are at an increased risk of developing T1D.

Email: [kelli.delallo@chp.edu](mailto:kelli.delallo@chp.edu) or call 412-692-5210



## Meet the Staff:



### Dr. Elizabeth Grandelis



Dr. Grandelis is the embedded psychologist for the Endocrine team. She lives locally with her husband, 2 daughters, and 3 dogs. Dr. Grandelis offers brief treatment and support for medical adjustment to new diabetes diagnosis, as well as support for fatigue (burnout) associated with diabetes management.

Dr. Grandelis is able to meet for in-person appointments (at CHP main) or telehealth visits (PA residents only). Dr. Grandelis can also provide local community resources as needed or for families residing outside of Pennsylvania.

Behavioral Health Phone contact: 412-692-5100, option 2

**Favorite Color:** Blue

**Favorite Food:** Tacos!

**Favorite Vacation Spot:** The Beach