

## “Diabetes does not run me, I run Diabetes.”

Stephen England was diagnosed with Type I Diabetes at the age of 14. As a dedicated athlete, Stephen never let his diagnosis get in the way of pursuing his dreams. The Montefiore Pediatric Diabetes Team had the pleasure of welcoming Stephen to their annual Bronx Zoo day to participate in motivational speaking for parents and children. Stephen has now made a successful career as an ultramarathon runner. He is able to do so by maintaining tight glycemic control along with

Monitoring blood sugars every hour during race days. The runner states although this takes time out of his race, he wouldn't be able to finish otherwise. Stephen also credits wearing an insulin pump and continuous glucose monitor in helping manage running as many as 200 miles with T1DM.



## Future Students

### Tips & Tricks

**College** is a strange, anxious, exhilarating time when you're floating somewhere between dependence and independence, between high school and the intimidating "real world." Everyone goes through some changes during the college years, and finding balance away from home can be a challenge for a person with type I diabetes.

Gia Puopolo RN, BSN

#### Group Study Sessions:

- ◇ Let someone in the group know if you have Type I Diabetes
- ◇ Sometimes intense concentration can mask the signs and symptoms of high's and lows .
- ◇ Have someone else looking out for you
- ◇ Don't be afraid to ask for a break

#### Letter to a Roommate:

- ◇ Explaining diagnosis
- ◇ How you manage
- ◇ Signs and Symptoms of hypoglycemia and hyperglycemia
- ◇ What he/she can do to help
- ◇ Have fun!



Rubina Heptulla, Division Chief

*Heads up! November 2nd, Candy Exchange is coming soon! Toy donations are Appreciated!*



#### Pumping Poets

Can you believe it?! After 16 years of your life as you see, A new addition will be joining your family! It's your new pump "best buddy" as you know, And you want to make sure that it does not show! While sitting in class not doing a thing, Try to audio bolus without anyone noticing. And definite action you will see, From this new addition to your body! Vibrating and buzzing from all around, But have no fear, it will not be found! When the shock that you're connected goes away, You'll finally know that its here to stay. But hop and dance a jig if your like—cuz now you can always grab a bite! So whenever you're feeling down or blue, Remember this is for a better YOU!

By: Montefiore Patient