



Friends With Diabetes  
 רייעים מתוקים

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F.W.D. is under the rabbinical supervision of Rabbi M. M. Weismandl shlit" a of Nitra – Monsey.  
 Endorsed by many other leading Rabbonim.

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Please consult your physician for medical questions, and your Rav (Rabbi) for halachic (Jewish law) decisions.

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**AVAILABLE...**

Think back: Have you missed a Going ForWarD?

**PESACH** (Yiddish and English)

- A thorough guide to the Kazaisim Matzah, Four Cups, and many Pesach tips, plus;
- Exercise
- Glycemic Load
- Halacha Tidbits and more.

**WINTER** (Yiddish and English)

This issue is chock full of information, including:

- Chanukah: Calculating carbs for homemade recipes
- Tu B'Shevat: Effective Carb Factors, and the Glycemic Index
- Purim: Diabetes and Alcohol, and more
- Controlling morning blood sugars and some breakfast tips
- Choosing and using a food scale

**SHAVUOS 5763** (English)

- All you ever wanted to know about cheesecake: Why we eat it, how to make it, what's in it, and should the protein be covered with insulin?

**FILES TO DOWNLOAD:**

**SUMMER TIPS** (Yiddish)

- Exercise during summer
- Avoiding dehydration
- Storing diabetes supplies in summer

**DIABETES & SHABBOS**

- We have written a comprehensive 5-page Hebrew article of frequently asked questions about diabetes on Shabbos. This can be presented to a Rav who does not possess medical knowledge, to help him understand the concept of diabetes, so that he should be able to give psokim on this topic. Feel free to contact us for a copy.

**GUIDE FOR TEACHERS** (Yiddish)

- As the Cheder year began, we received an overwhelming number of requests to educate the melamdin/teachers. In response we have translated a page from the CWD website to Yiddish.

**ALL OUR PUBLICATIONS ARE AVAILABLE TO DOWNLOAD FROM OUR WEBSITE**

**JOIN**

- Our "Friends With Diabetes" discussion list at <http://groups.yahoo.com/group/FriendsWithDiabetes>
- Our "Kosher Low-Carb" discussion list at <http://groups.yahoo.com/group/Kosher-Low-Carb>
- Our "Jewish Insulin Pumpers" discussion list at <http://groups.yahoo.com/group/JewishInsulinPumpers>

**What's New at F.W.D.?**

SHEVAT 5763-JANUARY '03

**Friends With Diabetes Celebrates Memorable Shabbaton**

This past Shabbos, sixteen teenaged girls with diabetes celebrated a unique Shabbos of unity and friendship in Monsey, NY. The theme of the Shabbos was splendid Air"weighs", and the speeches focused on 'flying high', making the most of one's opportunities in life.

The entire Shabbos was one Splendid Journey, with an excellent 'flight crew' including a R.N., C.D.E. and a Registered Dietician on board. Rabbi Pinchos Jung, the dynamic guest speaker, elaborated on the middah of hakoras hatov. The professional workshops and hands-on presentations opened up new areas of discussion and education.

Although hailing from diverse geographical areas and backgrounds, the girls had bonded like one big happy family by the end of Shabbos. The many volunteers

tremendously enhanced the event's organization and success.

One 14 yr old said to her mother that this was her happiest Shabbos in her life!

The grand Shabbos finished with a bang in the form of a geshamake Melava malkah with inspirational games, and swimming in an indoor pool. The girls parted with emotional goodbyes, promising to keep in touch.

*(Reprinted from Yated Ne'eman, Shevat 5763 / Jan. 24 '03, under "Community News".)*

**Friends With Diabetes Meet to Share Chizuk**

It was a beautiful spring evening when some 20 women dropped hectic and demanding schedules to update, uplift, and upgrade their diabetes self-care. In addition to the invaluable benefits of mingling with old friends and meeting new ones, participants were treated to a most informative presenta-

**www.FriendsWithDiabetes.org**

Our new and improved website is now up and running! Check out some of these fabulous features:

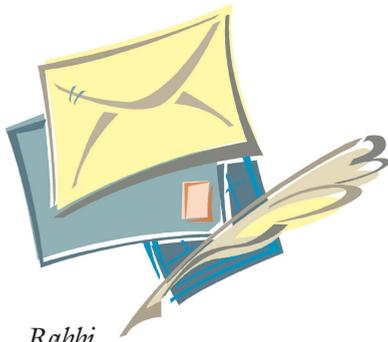
- FWD publications & many other useful articles available to download (in PDF format)
- Links to many other wonderful websites
- List of recommended books, plus you can even buy these books from Amazon.com with just one easy click! A margin of the profits of any books sold through our website will go to FWD.
- Links to our email discussion lists
- Link to a site that will accept your credit card for donations to FWD.

— **www.KosherLowCarb.org currently under construction** —

FALL '03



## From A Professional Perspective: Impressions of the Boys' Melavah Malkah, 5763



Rabbi,

I just wanted to take a minute to let you know what an incredible and special group of people you have at Jewish Friends with Diabetes. I was honored and privileged to be a part of your group for the evening. Your devotion to the kids and to ensuring that they have the proper tools and knowledge to control their diabetes is truly remarkable and inspiring. The level of education that your boys displayed is nothing short of amazing! I have attended diabetes support groups all over the metro New York City area and have never found a group of adults - let alone teenagers - who are so on top of managing their diabetes. This is an obvious testament to your level of caring and concern.

You must know that the work you do will pay great rewards! Years from now, these boys will remember you and thank you for inspiring them to live life to the fullest and to care for their bodies as if they were a Holy Temple. Thank you for all your dedication and work.

I would also like to congratulate you on the new publication. It will only continue and expand the great work you are already doing!

Sincerely,

*Jim Berkebile*

*Territory Manager, Animas Corp.*

*Rabbi Meisels:*

I must tell you that the experience with your group was a life changing one for me. I have been working with teenagers for well over 15 years and I have never met a group quite like yours. Your work has ignited a passion for good diabetes self care; your own passion to thrive with diabetes has spread to your group. I was amazed at how hungry for information the individuals in the group were. I felt like we could have stayed there for several more hours just talking with them. Each and every one of them wanted to know more, and their hunger for knowledge was clearly so that they could make better decisions about their own self-management. It was also clear how important the group itself is to each of them. The group is clearly a safe haven for them.

In closing, I firmly believe that the world needs more people like you to make living with this condition a blessing.

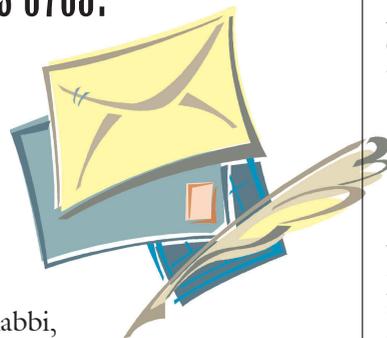
I must tell you that each time I check my sugar, I now think of it as a mitzvah. Thank you for this!

Respectfully,

*Scott Scolnick*

*Regional Manager, Animas Corp.*

## Reflections on the Girls' Shabbos 5763:



Dear Rabbi,

It was with great pleasure that I participated in the Shabbaton with Rabbi and Reb. Meisels and group, on January 3 and 4, 2003. As a Registered Dietitian with a background in Diabetes Education and Insulin Pump Therapy, I

eagerly anticipated meeting and sharing time with the girls (ages 12-15) who would attend. I arrived with our nurse (a certified diabetes educator) at 1 PM and the guests started arriving by 3 PM. It was snowing heavily so many travel plans needed adjustment, but not one girl missed the weekend due to weather! We gathered, some more shy than others, and the warm atmosphere indoors quickly melted any reservation people may have had about having a good time together. We shared meals and snacks while discussing the carbohydrate content of specific dishes, how each girl's blood sugar reacted and how they managed their own blood sugar readings. Approximately 10 of the 15 girls wore insulin pumps and others were on injections. Blood sugars were checked regularly, highs and lows treated, and it was a revelation to some that finally they were among friends where diabetes was not unusual or "a big deal".

Our nurse, Anne, shared her knowledge about good pumping tips, advanced pumping tools and site management. The pumpers showed their friends creative ways to wear their pumps. Games were played and I am sure that few got a lot of sleep! I presented a hands-on experience where the girls selected different fruit as ingredients in a mixed fruit salad. We weighed each ingredient, multiplied by the effective carbohydrate factor and then computed the actual carbohydrate content for each finished serving. The girls expressed great enjoyment of this exercise and gobbled up the entire salad quickly.

At the end of this two-day celebration of friendship and happiness, many of the girls thanked me over and over. I was amazed at the great time they had (I had hoped they would enjoy themselves) and we later heard requests for a repeat performance next year. A few, I believe, wanted to do this twice a year. It is my feeling that we accomplished so much in this fun-loving approach, which could not have done any other way. It is my hope that each girl has a great year ahead of them. They have our phone numbers and we eagerly await a call just to say Hi!

Best regards,

*Sue Burgio, MS, RD*

(cont. from page 5)

25 years, doctors have learned that, carbohydrates affect glucose levels more than sugar does. Henceforth, the flour in the Challah would affect an individual's glucose level just like the sugar would.

Nowadays, following a Diabetic diet doesn't mean staying away from sugar and sweets, but rather keeping track of carbohydrates consumed. A person with Diabetes must be aware of how many carbohydrates specific foods contain, and how ingesting them affects blood sugar, in order to achieve good control. An individual must have the ability to adjust insulin dosages based on anticipated food intake and activity level. By testing blood sugar, eating a known quantity of carbohydrates, and retesting several times during a specific time period, people with Diabetes can determine their individual reactions to food and hopefully avoid complications.

Insulin pumps are among the latest technology available for insulin delivery. "It's a common myth that the pump is for a more severe form of Diabetes, but that's not true," Rabbi Meisels explains. "It's just a tool to better help control Diabetes, and it helps people live more flexible lives."

Currently, however, Diabetes patients like Rabbi Meisels continue to use traditional forms of Diabetes control, i.e. finger pricking and injections or the pump. Nevertheless, gone are the days when Diabetes patients had to stick to a strict diet and a meal plan of fixed eating times.

"During my Cheder (elementary school) years, we were scheduled to learn straight through from 10 a.m. to 2 p.m., but I had to have a snack in between," Rabbi Meisels said. "We (he, his parents and teachers) had to make special arrangements for me to leave class for a snack. It was very stressful, it made me feel different, and on top of that I had to keep my Diabetes a secret."

In the Orthodox community, people have a tendency to keep medical conditions such as Diabetes a secret, for fear of not finding a suitable shidduch for the Diabetes patient, or of negatively affecting siblings' shidduchim.

"People try to hide it if they have anything different from others," Rabbi Meisels explains. "The main reason is that parents want their children to be perceived as being the same as their friends and peers. They don't want their child to suffer from the

stigma of being a 'sick child.' It comes from true love—they want to protect their child. But Diabetes is something that is with you 24 hours a day, 7 days a week, 365 days a year, something you constantly have to control. If someone has to do these things and make sure no one suspects, it creates a tremendous amount of stress. It's like living a double life or being a spy in a foreign country. Ultimately, people sacrifice some degree of Diabetes control because of this.

While Rabbi Meisels said he respects each individual's wish for secrecy and keeps the confidentiality of members in his group, Jewish Friends With Diabetes discourages keeping the condition hidden. "If you present something positively, no one will accept it negatively," he says. "If you do keep Diabetes a secret, you send a message to the world and give people an idea that Diabetes is something really bad."

He related an anecdote about a 12-year-old boy, a member of the group, who when he was first diagnosed kept his Diabetes a secret. The stress of keeping such a large secret became too much for him, however, and he decided to tell. The boy explained the disease via an oral presentation to his class. A few months later, Rabbi Meisels asked the boy if the presentation ruined his reputation. The boy responded, "No one even asks me about it, no one even cares."

As far as the issue of shidduchim goes, Rabbi Meisels said that in his experience, being open about having Diabetes does not hamper the shidduch process. "People who don't keep their Diabetes a secret find shidduchim, normal shidduchim. Hashem finds the right basherte for everyone."

Rabbi Meisels founded Jewish Friends With Diabetes, a Jewish support group for Type 1 and Type 2 Diabetics, three years ago because he wanted to help and educate others. As he learned new things about Diabetes, he said, he would share his knowledge with others. The organization grew from there he noted, adding that he is still constantly learning new things.

The organization provides support and education for Diabetes patients and their families through education gatherings, speakers, Shabbatons, one on one consultations,

mostly via phone and email, and through publications such as the Going Forward, which comes out twice a year. The various groups meet at least twice a year as well, not counting Shabbatons. Men and women meet separately, and there is a separate group for the families of Diabetes patients to meet as well.

While the meetings and Shabbatons are held in Monsey, the organization deals with people from all over the world. It has a website, and two email discussion lists, one of which, Kosher Low Carb, has 250 members. The other, FWD has 150 members.

Issues addressed at the meetings, Shabbatons and in Going Forward and other publications include, long-term health, marriage, having a family, remembering shots, blood sugar testing, reading food labels and learning how different foods affect blood sugar. At the Shabbatons, activities include presentations and question and answer segments by a professional, such as a dietician or a certified Diabetes instructor, games about Diabetes, sharing and bonding programs, singing and exercise and how to do it properly with Diabetes.

Among specifically Jewish issues discussed are fasting, checking blood sugar on Shabbos, and Yom Tov foods and customs. Since foods traditionally served on Shabbos and Yom Tov are usually homemade, it doesn't come with a label, which can make it difficult to know the carbohydrate count, Rabbi Meisels explains, saying that in the publications he teaches people how to calculate the carbohydrates in these food items based on ingredients and serving size.

As far as one on one consultation, Rabbi Meisels receives an average of 500 emails and 100 phone calls a week, according to his wife, Mrs. Meisels. "Speaking to the rabbi makes you realize you are not sick," Mrs. Meisels said. "You learn to deal with daily responsibilities, that they are doable and that everything gets easier with time."

She noted that she is awed by how her husband's Diabetes has enabled them to help others. "It's beautiful what we became involved in because of his Diabetes. I cannot think of a negative issue about it."

**"IF YOU PRESENT SOMETHING POSITIVELY, NO ONE WILL ACCEPT IT NEGATIVELY."**

**"IT'S BEAUTIFUL WHAT WE BECAME INVOLVED IN BECAUSE OF HIS DIABETES. I CANNOT THINK OF A NEGATIVE ISSUE ABOUT IT."**

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# מתוקים מדבש *Sweeter than honey...*

*This section is aptly named מתוקים מדבש – “sweeter than honey.” Besides for the obvious reasons: during the month of Tishrei we dip challah in honey, and an apple is dipped in honey on the night of Rosh Hashanah, I had a deeper explanation in mind.*

*My grandfather, the Iheler Rav zt”l, was once asked why he often repeated the words of other great scholars, as opposed to expressing his own novel Torah thoughts. His answer was to quote a midrash describing an argument between the bee and the spider. The spider gloated to the bee, “You go around collecting nectar from flowers and fruits in order to make your honey, while I spin webs from my self-made secretions.” The bee wisely replied, “Yes, I take from others. But look at the difference in the products we make. My collection of nectar helps me produce good and sweet honey!” My grandfather explained, “It is true that I often choose not to share my own Torah thoughts, but at least I deliver the beautiful, useful words of gedolim. This is of greater benefit to the public than hearing my own words.”*

*In the same vein, I would like to point out that a part of the information you will read in this newsletter was collected from various sources. In order to present the maximum amount of “sweetness” in this newsletter and to help you move “ForWarD”, we searched through many sources for information. These include diabetes publication, actual discussions with medical professionals, and a gathering of many other people’s experiences. In addition, many seforim were researched and various Rabbanim were contacted.*

*The word “honey” in the title emphasizes the beauty of this section by reminding us the honey is sweet, although, or maybe precisely because, it is a collection of many sources.*

*Sincerely,*

**Rabbi Hirsch Meisels**  
*Jewish Friends with Diabetes*  
ריעים מתוקים



*Tishrei*  
**Yom Tov Guide**

# Rosh Hashanah Recipes

The following are recipes for some of the special simanim consumed on Rosh Hashanah as part of a longstanding Jewish custom (origi-

nating in the times of the Sages). These recipes were first proposed in "The Radiance of Rosh Hashanah", however, they were modified by Norene Gilletz (one of our cyber members) to allow for the figuring of nutrition facts. She cautions that since the recipes first appeared as vague suggestions, she was forced to make many assumptions, all of which are only rough estimates and guidelines; there is no guarantee for exact yields or serving sizes.

Note that part of the sugar in these recipes can be replaced with Splenda for lower carb and calorie counts.

The prayers said when eating these species and a list of the carb counts for the raw ingredients can be found elsewhere in this issue.

*Credits: The recipes are taken with permission from "The Radiance of Rosh Hashanah" by Rabbi David Meisels. Comments and nutrition facts by Norene Gilletz, food consultant and cookbook author of MealLeaniYumm!*

## סימנים Significant Omens

Jewish families the world over traditionally eat certain foods on Rosh Hashanah that serve as hopeful, promising omens for the coming year. The exact foods eaten differ according to the unique customs followed in various communities.

We have compiled a list of some of these symbolic simanim, the basic reason why each food is eaten, the short prayer recited before eating, and, finally, the amount of carbs each food contains.

**Remember that you can cut down on the amount of carbs by eating less than the suggested serving size! For example, there is no mitzvah to eat a full 4 oz. of the sweet carrot dish many serve on Rosh Hashanah. You can eat just one tablespoon and consume a minimal 1.8 ounces of carbohydrates.**

Fiber has been subtracted from all carb amounts.

### Black eyed peas (Rubya)

- 1 cup beans, cooked and drained
- 1/2 cup sugar
- or —
- 1/4 cup sugar
- 1/4 cup Splenda

Cook sugar until melted and browned. Add cooked beans and water and cook 1/2 hour.

To substitute Splenda for part of the sugar: Proceed as above, using only 1/4 cup sugar. When done, stir in 1/4 cup Splenda and cook a few minutes longer.

**Serving size:** 1/2 cup

**Carbohydrates:** 43.63 g

**If made with Splenda:** 34.63 g.

**Fiber:** 6.7 g.

206 calories, 7.97 g protein, 0.55 g fat, 0.14 g sat fat, 0 mg cholesterol, 287 mg potassium, 4 mg sodium, 2.6 mg iron.

FOOD	PRAYER	יהי רצון	CARBS
<b>APPLE IN HONEY</b>	May You renew for us a good and a sweet year	שתחדש עלינו שנה טובה ומתוקה	1/4 medium, unpeeled apple = 4.3 g carb factor: 0.13 Honey 1 tsp = 6 g 1 tbsp 18 g
<b>BLACK-EYED PEAS</b> (cowpeas) <b>רוביָא</b>	May our merits increase	שירבו זכותינו	1 cup boiled = 25 g (1 tbsp. = 1.6 g)
<b>SNAKE SQUASH</b> <b>קרא</b>	May the decree of our sentence be torn asunder; and may our merits be proclaimed before you	שיקרע גזר דינו ויקראו לפניך זכותינו	1/2 cup uncooked = 3 g carb factor 0.03
<b>SWISS CHARD</b> <b>סילקא</b>	May our adversaries be removed	שיסתלקו אויבינו	1 leaf - 1 g carb factor 0.02
<b>LEEK - כרתי</b>	May our enemies be decimated	שיכרתו שונאינו	1/4 cup boiled = 1.7 g
<b>DATES - תמרים</b>	May our enemies be consumed	שיתמו שונאינו	One date = 5.5 g
<b>POMEGRANATE</b> <b>רימון</b>	May our merits increase as (the seeds of) a pomegranate	שירבו זכותינו כרימון	1 whole fruit (3-3/8" dia.) = 26 g carb factor: 0.17
<b>BEETS</b>	Again, we pray for a sweet new year.		1/2 cup boiled = 6.8 g carb factor: 0.08
<b>CARROTS</b> (Tzimmes)	May our merits increase. (The Yiddish word for carrots - מעהרן - translates to "increase".)	שירבו זכותינו	14 g in 4 oz. for the recipe on page 144 in Garden of Eating. (1 tbsp. = 1.8 g)

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S H A B B O S S U G A R S

### Snake Squash (Kara)

1 (1 lb.) Snake squash  
(a summer squash, similar  
to crookneck squash.)  
1/2 cup sugar

Peel  
squash and cut into cubes; cook  
until tender and drain water.

Add equal amount of sugar  
and water.

Cook approx. 1/2 hour until  
tender

**Servings:** About 6

**Carbohydrates:** 19.42 g.

**Fiber:** 0.9 g.

77 calories, 0.58 g protein, 0.2 g  
fat, 0.04 g sat fat, 0 mg choles-  
terol, 124 mg potassium, 0.8 mg  
sodium.

Cut leek lengthwise,  
check for worms and  
wash very well. Blend  
all ingredients and  
form into balls. Fry in  
2 Tbsp. oil.

**Servings:** 4

**Carbohydrates:**  
36.29 g.

**Fiber:** 1.98 g.

248 calories, 5.29 g protein, 9.25  
g fat, .76 g sat fat, 41 mg cholesterol,  
2 mg iron, 141 mg potassium, 253  
mg sodium.

### Leek (Karta)

1 (1 lb.) bunch leek  
1 medium onion  
3/4 cup bread crumbs  
1 egg  
1/4 cup sugar  
Dash of salt

### Swiss Chard (Silka)

1 (2 lb.) bunch Swiss Chard  
(similar to spinach)  
1 egg  
1 medium onion (sautéed)  
1/2 cup flour  
1/4 cup bread crumbs  
Dash of salt

Inspect  
Swiss chard (for insects), and blend.  
Combine all ingredients. Form into  
balls and fry.

Variation: Add more bread crumbs  
and bake as a kugel.

**Servings:** About 6

**Carbohydrates:** 17.54 g.

**Fiber:** 3.04 g.

135 calories, 5.33 g protein, 5.86 g  
fat, .54 g sat fat, 27 mg cholesterol,  
3.5 mg iron, 599 mg potassium,  
365 mg sodium.

## Monsey Takeout

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## פירות שהחיינו

This list shows the carb amounts of some common fruits on  
which the blessing of shehechyanu can be recited on Rosh  
Hashanah.

For a more complete chart of fruits and their effective carb factors,  
see the Tu B'Shevat section of our winter issue.

**SHEHECHEYANU FRUIT: CARB CONTENTS:**

- Star fruit (Carambola);** 1 med. fruit = 5 g. Carb factor: 0.05
- Persimmon;** about 16 g.
- Papaya;** about 14 g. in a med. fruit or in 1 cup.
- Mango;** 17.6 g. in a sm. fruit. 14 g. per 1/2 cup
- Passion Fruit;** 12.6 g. in 3 sm. fruits
- Cuke Asaurus (Kiwano);** 0 grams of carb!
- Moro (Blood) Oranges;** Carb factor: 0.11
- Kumquats (miniature oranges);** Carb factor: 0.16
- Pepino Melon;** Carb factor: 0.07

*A Sweet and Successful Year!  
May all our tefillos be miskabel berachamin uverotzon!*

F A L L ' 0 3 • T " ש ת ת ש ר ת

# Yom Kippur

## to fast or not to fast

**W**HEN I WAS FRESHLY DIAGNOSED WITH DIABETES, AND STILL INNOCENTLY UNAWARE OF WHAT IT WAS ALL ABOUT, MY PEDIATRICIAN GAVE THE FOLLOWING ANALOGY: "LIVING WITH DIABETES IS LIKE CROSSING THE STREET. THERE IS ALWAYS A SMALL DANGER INVOLVED, BUT IF YOU'RE CAUTIOUS, YOU WILL VERY LIKELY ARRIVE SAFELY AT THE OTHER SIDE."

THIS SIMPLE COMPARISON REFERS TO A STANDARD DAY, OF COURSE. THERE ARE ALSO TIMES LIKE SHABBOS AND THE VARIOUS YOMIM TOVIM WHICH EACH PRESENT ADDITIONAL, DISTINCT CHALLENGES TO MASTER SUCCESSFULLY. AND THEN THERE'S FASTING ON YOM KIPPUR.

IMAGINE A BROAD, MULTI-LANE HIGHWAY. CARS AND TRUCKS ARE WHIZZING PAST IN DIZZYING SUCCESSION AT 65 MPH. FEELING FAINT, HEART PUMPING WILDLY, YOU CONSIDER REACHING THE OTHER SIDE OF THIS HECTIC THOROUGHFARE. THERE IS NO WAY, YOU KNOW, THAT YOU CAN CARELESSLY SKIP ACROSS; JUST ONE FALSE MOVE CAN HAVE SICKENING CONSEQUENCES. EVEN EXERCISING EVERY CAUTION WILL NOT BE QUITE ENOUGH. THERE IS NO DOUBT: THE SITUATION YOU ARE FACING IS A DANGEROUS ONE AND A LACK OF FORETHOUGHT SPELLS MOST CERTAIN DISASTER.

TIME IS NOT ON YOUR SIDE. EVERY TAUT BRAIN CELL WEIGHS THE SPLIT-SECOND DECISION: TO GO OR NOT TO GO? TO RISK OR NOT TO RISK?



**W**elcome back to the big Yom Kippur dilemma. You probably are not even aware of many of the lurking dangers inherent in a fast day, for both the type 1 and type 2 diabetic. Although you might feel that you are familiar with the particular affect insulin has on your body, and you think that you are able to control it if everything goes according to plan, it can still be a dangerous act. The Torah does not give us permission to put our bodies in danger.



## The Risks: Fasting & Diabetes

Just as we are required to buy a lulav before Succos and to prepare matzos before Pesach, so too, one with a medical condition is obligated to research and know how to act on Yom Kippur. One must find out if s/he should fast and fulfill the commandment of "וענייתם את נפשתיכם" - "and you shall inflict your soul," or if this is prohibited for him/her, and s/he must rather fulfill the commandment of "ונשמרתם מאד לנפשתיכם" - "and you shall guard your soul very much."

As before every crucial decision, it's important to know the risks of fasting if you have diabetes. Whatever you decide to do in the end, you'll be sure to do it safely!

Our bodies - and our brains in particular - require a continuous supply of glucose for energy. However, we don't eat constantly, and we rarely eat pure glucose. We don't have to; the Ribono Shel Olam has equipped our bodies with the remarkable ability to store energy for use between meals.

**The Yom Kippur article is also available in Yiddish upon request (printed in 5762).**

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The carbohydrates we consume are converted into glucose. The glucose then travels through the blood stream and enters cells in need of energy with the help of insulin. The cells will either use the sugar for immediate energy or store it as glycogen for future use.

During a fast, a healthy body will try to keep blood glucose levels from falling too low by signaling cells to release glycogen, which is then converted back into glucose, so the vital organs and the brain continuously receive glucose for energy.

### ⚠ *Unpredictable Blood Sugars*

When a person with type 1 diabetes stops eating but continues taking his/her basal or long acting insulin, blood sugar levels could remain in the normal range. However, if the long-acting insulin dose is too large, low blood glucose levels may result. If the dose is too small or no insulin is taken, glycogen stores will be converted into glucose, and high blood glucose levels will result. That is why it is extremely difficult to keep blood sugars balanced during a fast! It's like walking a tight rope.

### ⚠ *Ketones*

The body's glycogen stores are depleted in less than a day. As fasting continues beyond twenty hours, the body will have to create other energy reserves, so it will burn fatty acids in order to get the necessary energy. This process of creating energy also generates potentially harmful by-products called ketones.

For people with diabetes, high ketone levels pose the grave danger of ketoacidosis, a life threatening condition that requires prompt medical treatment. A buildup of ketones may

cause sweetish, acetone breath odor, dehydration, and potassium and sodium imbalances. (High potassium levels can impair nerve impulses and muscle contractions that are necessary to keep the heart pumping.)

### ⚠ *Severe Low Blood Glucose*

As mentioned above, the body will normally use stored glycogen to raise a low blood sugar. However, since glycogen stores deplete rapidly during a fast, the body will not have enough glycogen with which to adequately respond to a low glucose level, and blood sugars may fall very severely and dangerously. This is true for 24 hours following the fast and may even last for several days after the actual fast! As the body is still attempting to rebuild glycogen stores, a low blood sugar can spell disaster ch"v.

If you experienced a severe low blood sugar reaction during the day or two before Yom Kippur, fasting can pose an even greater hazard, as your glycogen stores were already exhausted due to the reaction.

### ⚠ *Effects of Dehydration*

Dehydration presents some serious consequences for those with diabetes. Glucose concentrations in the blood will rise when dehydrated, as the blood lacks the liquid that normally dilutes it. Therefore, an elevated blood sugar reading when dehydrated may be misleading. Your body would really be missing water, not necessarily insulin. Taking extra insulin can lead to an unexpected episode of

hypoglycemia, since the decision was based on a misleading blood glucose reading.

Also, dehydration decreases the blood flow to subcutaneous tissues, impeding the absorption of insulin.

Remember that high blood sugars during a fast may accelerate the process of dehydration. And blood sugar levels may be harder to bring down if you are not ingesting liquids, which normally flush sugar out of the kidneys.

### ⚠ *Worsening of Complications*

If you have complications from uncontrolled diabetes or if your blood sugar levels are out of the normal range, don't be surprised if your diabetes-care provider recommends that you don't fast; fasting could worsen your health.



Ultimately, the determination of whether or not **YOU** may fast on this year's Yom Kippur will depend on your Rav, your doctor, and yourself. If any of these three feels that you may not fast... then that is what you must do. (See "For those who will not be fasting" later on in this article.) However, if you are granted the "green light", then perhaps these guidelines will help you prepare yourself adequately so that you can safely and successfully reach your goal.

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Erev (eve of) Yom Kippur:

For the last two meals, eat and cover with insulin accordingly, as usual. As the meals are in close proximity of each other, use the unused bolus/insulin rule when taking insulin for the second meal. (See Pumping Insulin, chapter 13)

In order to avoid dehydration on Yom Kippur, it is recommended to drink at least 10 glasses of water throughout the preceding day. Although the mitzvah to drink on Erev Yom Kippur is only a melo lugmav (less than 2 oz), one who is going to fast should make sure to drink 8-10 glasses of water.

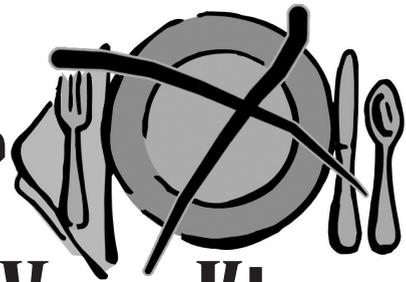
There are those who recommend eating large amounts of carbohydrates before a fast day. Keep in mind that this will also necessitate taking more insulin and possibly going low, so stick to normal amounts. Also remember that if you overdo the carbs you may be increasing your chance of high blood sug-

Following the signpost



Our Gedolim showed the way

guidelines for Fasting on Yom Kippur



ars, which will cause more thirst and discomfort throughout the fast.

Many people believe they need to eat almost non-stop on Erev Yom Kippur in order to fulfill the obligation of eating on that day. But in truth, the accepted ruling of the Minchas Chinuch is that one must eat a K'kosvos of food. For example, just one fifth of a bagel (25 grams in weight) would already suffice for that amount! (Some rule that eating even less than this measurement

is also adequate.)

Other poskim state that in order to fulfill the mitzvah one should eat slightly more than the amount eaten on a usual day. It is also possible to accomplish the mitzvah and avoid high blood sugars by eating foods (i.e. proteins and vegetables) that have a minimal effect on blood sugar levels.

There is no need to eat more than the required amounts, and in fact, overeating

Your doctor has a very crucial input on whether you may or may not fast on Yom Kippur. Remember, however, that his job is only to state definitively whether it is medically permissible for a person to attempt to fast. He does not have the power to give opinions such as, "You can try to take the chance", or "Since it is so important to you, I think you can risk it..." Only if he grants his full permission for you to fast, may you do so on Yom Kippur. Otherwise, the Torah has already made the decision: You are not allowed to fast.

Perhaps an explanation from the Steipler Goan zt"l would be helpful.

When a person who was very close to this tzadik had a sick relative, the Rav told him to clarify with the patient's doctor how he defined "pikuach nefesh". Some doctors identify pikuach nefesh as a state of present and immediate danger, he explained, however, this definition is incorrect.

They have to understand that pikuach nefesh refers to a situation in which there is the slightest chance that even one person out of a thousand would encounter danger, even many years down the line!

A person who suffered from a health condition once approached the Brisker Rav, repeating his doctor's declaration that it would actually be beneficial for him to fast on Yom Kippur. The Brisker Rav retorted, "On Yom Kippur, I will not permit you to fast. However, since the doctor said it would be advantageous for you to fast, I will allow you to do so the day AFTER Yom Kippur!"

R' Menachem M. Weismandel, shlit"a, of Nitra, Monsey, repeated a story about his Rebbe, R' Yashu Ber Soloveitchik, zt"l, who suffered from a heart problem. During the month of Av, he consulted a Jewish doctor and asked him if he would be permitted to fast the next day. The doctor replied,

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is forbidden (achila gassah). One who overeats has not fulfilled the mitzvah.

## The Fast Day: Checking Blood Sugars:

Imagine, for a moment, that you start advancing across that dangerous highway crowded with speeding vehicles. Suddenly feeling tired, you allow your eyelids to droop. A lumbering truck is advancing, bearing straight towards you, but your eyes are closed; you're unaware...

If you're shuddering in fright just reading the analogy, then remember this:

Failing to perform frequent blood sugar checks while fasting is like crossing a dangerous road with eyes closed. Our recommendation is to test every two hours, and whenever you are unsure of your blood sugars based on how you feel.

Checking blood glucose on Yom Kippur is done the same

way you do it on Shabbos (i.e. with a shinui). You are allowed to check as often as needed.

Even those who eat pachos m'kshiur must check their blood sugars more often, because the food consumption differs greatly from that of a usual day.

Don't forget to record your fasting basals and blood sugars! These will come in very handy when Yom Kippur rolls around next year... unless we are already in Yerushalayim, iy"h.

### Davening in Shul:

According to Rav Weissmandl shlit"a, if one finds it hard to daven in shul with a minyan while fasting; he should rather daven at home and not compromise his ability to fast.

### Blood Glucose Target:

It is advisable to target for slightly higher blood glucose values, in order to be on the safe side. Some have found that it is preferable to stay in the 130-150 mg/dl range to avoid a low blood sugar. Remember that, as we already men-

tioned, when the body is dehydrated you may get false higher readings, so it pays to lower basal insulin somewhat. While fasting, the body and the insulin can respond unexpectedly.

### High Blood Sugar:

If your blood sugar goes above the number you and your doctor agreed upon (perhaps about 240 mg/dl), it is advisable to check for ketones. Dr. Don Zwickler has offered the following guidelines: If the ketones are small, then just ignore them and take care of your sugars. If they are moderate, it is a sofek pikuch nefesh, and one should drink pachos m'kshiur. (Even though the ketones may result only from starvation, they can also be caused by a lack of insulin.) If the ketones are large, one must drink enough fluids to wash them out of the body systems. It is vital at that point to stay home and keep checking until blood sugars go down.

All insulin corrections should be made cautiously. If you are on the pump, correct carefully in tenth-unit increments, while those on injections can use half or

Following the signs post

*"Tomorrow I do not allow it, but on the holy day of Yom Kippur you will be able fast." R' Yashu Ber said, "If I am not permitted to fast tomorrow, then I am not permitted to fast at all. Obviously, you are permitting me to fast on Yom Kippur only because of its extreme sanctity. But this decision is not in your*

*hands; it can only be made by a qualified rabbi." And the rebbe did not fast!*

*An interesting minhag (custom) was practiced*



*in the city of Pressburg. On Yom Kippur, the people of this town would call a doctor up to the Torah, and they would title him "morainu", a designation usually reserved for rabbinical authorities. They did this because of the halacha which states that a patient must be fed on Yom Kippur according to doctors' orders. On this holy day, the Torah gave doctors the power to decide how people should act. Therefore, it is fitting to call them by this revered title.*

*One of our members shared the following, frightening story: An ill person was advised not to fast on Yom Kippur, by both his doctor and the venerable Rav Yaakov Kaminetsky. He chose to fast anyway, thereby causing his condition to deteriorate until it led to his death. Rav Yaakov then refused to eulogize the deceased, stating that he had committed suicide.*

*The Sefer Hadrass Kodesh contains an account of the last Yom Kippur in the life of the holy R' Yisrael of Sadigora. During the fast, this tzadik said that he was experiencing a strong thirst for water. Unfortunately, no one told him to take a drink. He later said that had someone told him to drink, he would have done so. He was niftar that year, in the next month of MarCheshvan. May his memory guard us.*

*The tzadik R' Yehoshuah of Belz zt"l, wrote a letter to the holy Rav, R' Mendel of Viznitz zt"l, the Tzemach Tzadik, as follows:*

*"I am very surprised to hear that our compatriots are afraid that your holiness will want to fast on the soon-to-be-celebrated, sacred day of Yom Kippur. I cannot believe this of a holy man like yourself, may such multiply in our nation. Isn't it true that the same Shepherd who said not to eat*

even third-units. Remember that Regular insulin lasts in the body for 4-6 hours, and Humalog remains active for 3-4 hours. Be very cautious when applying the unused insulin rule.

**Low Blood Sugar:**

Any blood glucose reading below the number you and your doctor agreed upon (probably about 70 mg/dl) should be treated. Afterwards, stay home and keep testing every 15 minutes until your sugars come back up. One package of Winkies or Rockets will raise blood sugars approximately 38, 30, or 23 mg/dl, if you weigh 100, 150, or 200 pounds respectively. This varies with each individual and with different levels of activity, so test it out. (One Winkie roll contains 7.6 grams of glucose.)

If the low blood sugar occurs while insulin is peaking, it may be necessary to eat something in addition to the Winkies (preferably something containing fat or protein, such as peanut butter, to keep sugars leveled), but eat the Winkies first. (This should rarely happen, as those who are not on the insulin pump are advised to fast only if their long-acting insulin has a nearly consistent and smooth action throughout the day.)

For Friends and Family: Glucagon shots work by signaling the liver to release its stored glycogen. Since this store is depleted while fasting, there have been concerns expressed about whether Glucagon would be of value for someone who has a severe low while fasting. The doctors we consulted (Dr. D. Zwickler and Dr. D. L. Raice) felt that the extra food eaten on Erev Yom Kippur, plus the fact that glycogen stores become completely depleted only

after 48-72 hours of starvation, indicate that Glucagon should work on Yom Kippur.

Hopefully, those who fast will take enough precautions to ensure that this catastrophic state is not reached. However, those who will be with the diabetic during the fast day should know how to administer Glucagon and of the necessity to call Hatzalah or EMS in case there are no results after the injection.

**Basal or Long-acting insulin:**

A pumper who has correct basal rates (checked before Yom Kippur) should not need to change them much. As mentioned above, it is advisable to reduce them a bit and aim for slightly higher blood sugars during the fast, especially if this is the first time you are fasting. Some people do need a some-

Following the signs post

on Yom Kippur also commanded that, in an instance of need, "and you shall guard your health"? I remember that when my father (the tzadik R' Sholom of Belz, zt"l) was ill, we were in a quandary lest he would refuse to eat on Yom Kippur. As it turned out, due to his great tzidkus, he fulfilled his obligation with alacrity. Immediately after Kol Nidray he hurried to command us to give him food as was necessary. He then said these words: "I am about to fulfill the 'mitzvah of our creator' as was taught by our chazal," after which he ate with such great joy; we had hard-



ly seen him as happy except when he ate matzah and when he shook the lulav... Surely, your holiness will be equally meticulous in fulfilling this mitzvah, and you will behave as your doctors have advised. Especially as you are a respected individual whom many Jews strive to emulate, it is important that you are very careful. If you will be excessively stringent with yourself, then others will learn from you and ch"v act dangerously as well."

(Note: One may well wonder why Rav Shalom experienced such extreme joy when eating on Yom Kippur. The answer is simple: other mitzvahs are an obligation on all Jews equally, but eating on Yom Kippur to preserve one's health is a mitzvah that only a select few merit to fulfill. This is why the tzadik was so ecstatic; he had merited fulfilling this special mitzvah completely and with happiness.)

In a similar vein, Rav Segal zt"l, famed Manchester Rosh Yeshiva, took ill one Shabbos and was taken to the hospital by ambulance. While he was entering the ambulance, he

noticed that his daughters were crying, expressing their deep pain that their revered father was forced to be mechalel Shabbos. Undisturbed, the Rosh Yeshiva explained, "Today, this is my mitzvah, so we must be happy".

The Midrash relates that the tenth of Tishrei- Yom Kippur- coincided with the chanukas habayis celebration of the first Bais Hamikdash. At that particular time, the Sages ruled that Klal Yisroel should not fast, as this would detract from the joy of the occasion. Although this ruling was obeyed, many Jews remained uneasy about eating on this holy day. A bas kol then announced that there was no need to worry, as the nation's eating on that day was accepted as if they had fasted. A meal which is eaten in kedusha and holiness is more beloved by the ribono shel olam than a day of fasting.

May all who have the mitzvah of eating on Yom Kippur do so with elation, with pure and holy intent. The proper fulfillment of their obligations will surely be beloved and precious for the ribono shel olam!

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# Serving Hashem with Joy

— A TEFILLA —

*"I am about to fulfill the mitzvah of eating and drinking on Yom Kippur as it is stated in your Torah, 'And you shall guard my statutes and my laws which a person should fulfill so that he will live' (Vayikra 18:5). In the merit of this mitzvah, may you bless me and all the ill of your nation, Yisrael, with a complete recovery. And may I merit that next Yom Kippur I should be able to fulfill the commandment of 'and you shall distress your souls.' Amein, may it so be your will."*

*(Sefer Nitei Gavriel, quoted from an ancient machzor)*

"הנני מוכן ומזומן לקיים "מצות"  
אכילה ושתייה ביום הכפורים  
כמו שכתבת בתורתך,  
ושמרת את חוקותי ואת משפטי  
אשר יעשה אותם האדם והי בהם.  
(ויקרא י"ח ה')

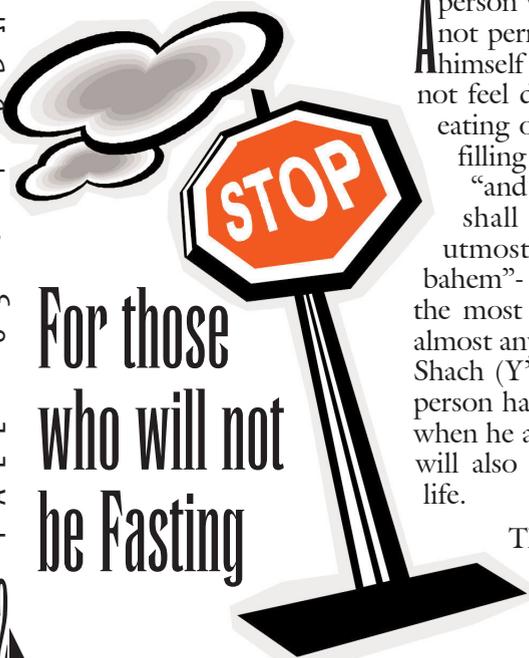
ובזכות קיום המצוה זו, תחתם אותי  
ואת כל חולי ישראל,  
לרפואה שלימה,  
ואזכה ביום הכפורים הבא לקיים שוב  
ועניתם את נפשותיכם  
כי יהי רצון אמך".

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For those  
who will not  
be Fasting

A person who must eat on Yom Kippur is not permitted to take stringencies upon himself by refraining from eating. Do not feel distressed about this, because by eating on this holy day, you will be fulfilling Hashem's commandments of "and you shall live by them" and "you shall guard your health to the utmost". The mitzvah of "V'chai bahem"- and you shall LIVE by them, is the most chashuv mitzvah and overrides almost any of the other 613 mitzvahs. The Shach (Y"D 238:5) points out that every person has already sworn at Mount Sinai, when he accepted all the mitzvahs, that he will also keep the mitzvah of saving his life.

The Rishonim comment that one who is overly strict with himself against medical advice will be held to blame for any

mishap, as the Torah says: "Hashem will demand a strict accounting of such a person for the blood of his soul". Fasting against medical or rabbinical advice is not an act of piety but one of shedding blood (Ran and Radvaz). In fact, the poskim argue whether this would be considered a mitzvah stemming from sin (Mahari Asad), or if there is no mitzvah involved at all, only a transgression (Maharam Shick, Minchas Yitzchak)!

In addition, an accounting will ultimately be given not only for the harm the person caused for himself, but also for the harm he caused those who imitated his negative example. "It behooves him to guard himself from such a great sin on such an awesome day," warns Rabbi Akiva Eiger.

It is interesting to note that there are three psukim that mention the phrase "your soul": "And you shall oppress your soul,"

what lower basal later in the afternoon during a fast day, so it would be wise to be cautious and set your basals to be slightly decreased at that time.

If you are on multiple injections, nighttime long-acting insulin should be taken at bedtime in the usual amount. It is easy to forget, so make yourself a reminder to take your insulin after returning from Shul at night. For those who have a bedtime snack, discuss reduction adjustments with your doctor. However, as your long-acting insulin obviously covers food besides basal needs, we strongly discourage you from fasting.

Morning long-acting insulin which is precise for basal needs only, should not have to be decreased while fasting. However, some people do find that their long-acting needs to be lowered anyways. (If it covers lunch and snacks, which are eliminated on Yom Kippur, then a larger reduction is called for. We strongly discourage those on this regimen from fasting). It is preferable to stay on the side of caution and take a little bit less, and if needed, correct in the afternoon with the usual correction ratio.

In general, those taking Lente or Lantus, as opposed to NPH, will have an easier time fasting, since they usually have a milder peak. Discuss this with your doctor.

**Note for Pumpers:**

Pumps have an "auto off" feature, which will turn off the pump and prompt an alarm if no buttons were pressed in a predetermined amount of time. Since there is a good chance that you won't need to press any buttons on the pump throughout Yom Kippur, make sure to disable that feature in advance. This way, you will not be forced to stop the alarm on Yom Kippur, and you will also be spared the uncomfortable situation of having your pump alarm go off in Shul. (If you are on the Disetronic H-Tron pump, be aware that this feature can only be turned off by a trainer who has a con-

**Y**our doctor, who knows your personal regimen and history of diabetes control, has to address this question, but here are some basics: If your pills are from the class of drugs that stimulate the pancreas to produce more insulin, then there would be a definite need for a customized decrease or complete elimination of the meds. This is the same as for a person

on insulin, who will need to decrease insulin dosage when fasting because there will be no food

for the insulin to work on. This would also apply for those who take drugs that slow the absorption of food intake, as there is, of course, no food to be slowed on Yom Kippur. But not all drugs have this type of action; some work on sensitizing liver cells and muscle cells to insulin, and their dosages may not need to be decreased.

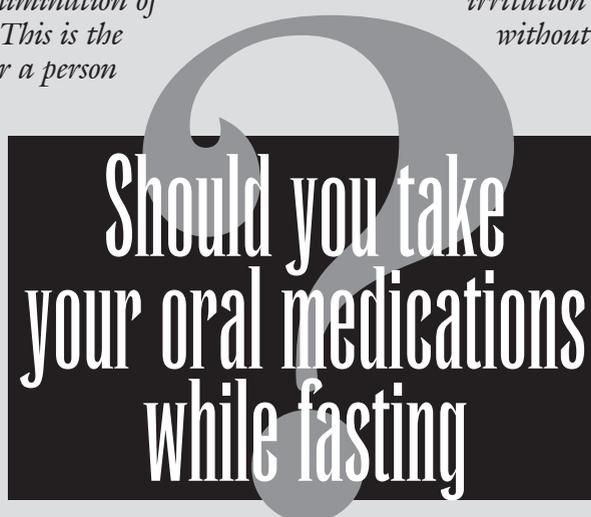
Those who are advised to fast but to continue taking their medications, have the option of dissolving a tiny amount of the pills in water before Yom Kippur. The water can then be

considered a part of the medication, and this is therefore the preferred method quoted in Sefer Shabbos Shabbason. Discuss with a medical professional if this would ruin the effect of the medication, but remember also that some pills will not work effectively when taken without water, and they may also cause irritation if swallowed without a liquid.

Dr. Zwickler cautions as to the importance of being attentive to the specific details of the medication you are taking.

It may be fine to dissolve regular Glucophage pills in water, but the extended release tablets such as Glucophage XR or Glucotrol XL will lose their efficiency when dissolved in liquid.

So again, talk about it with your doctor! This would also be a good opportunity to inquire about the type of drug you are taking, its action, and side effects (low blood sugars etc.). Ask your doctor, "Why am I taking these particular medications?" Of course, you care about anything that goes into your body and you want to know what it does!



"And you shall guard your soul," "Hashem will demand a strict accounting of such a person for the blood of his soul," which indicates that these three topics are related.

It is helpful to bear in mind while eating on Yom Kippur that you are eating at that moment not for "plea-

sure", but merely for "sustenance". The yetzer harah may do his utmost to prevent you from expressing joy and ecstasy at your ability to perform this most precious and important commandment on the holiest day of the year. But don't let yourself be fooled!

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# Amounts for Pachos M'kshiur

*Note:* Before the fast day begins, we are required to learn the halachos of EATING on this holy day. Even one who is planning to fast on Yom Kippur must be familiar with the following halachos, just in case.

If eating is needed, one should, if possible, eat pachos m'kshiur- less than the minimum amount that constitutes "eating" according to halacha. As four Winkie rolls are still less than the shiur, one should normally not need to exceed this amount. The shiur for eating is 25-30 cc of a food item.

A small, one-ounce "schnapps cup" holds about that amount, and any food that fits into that size cup is therefore permissible. However, do remember to measure the cup you will be using before Yom Kippur, as some of them hold more than one ounce.

Your doctor will probably tell you that drinking is even more important than eating, in order to avoid dehydration. At one time, drinking is allowed up to the amount of melo lugmav, which averages about 40 cc (1.35 ounces) in an adult. Melo lugmav literally means the amount of liquid which fills one check. If one fills one's entire mouth as much as possible; half this quantity is certainly less than a melo lugmav.

If ketones and blood sugars are high, there is no shiur for drinking.

According to some poskim, those who will be eating and drinking

with all the shiurim and might come in handy.

### Waiting Time:

One has to wait between eating sessions preferably 9 minutes. (Some say

pachos m'kshiur should prepare the food in small, precise portions before the fast day begins. There are special cups available today that are premarked

this number refers to the time elapsed between the end of the first eating and the beginning of the second.) If it is urgent, (beshas had'chak) one may eat after 7, 5, or even 4 minutes.

Between drinking sessions, one should wait preferably 5 minutes. If urgent, it can be up to a half a minute apart.

At one time, a person may eat the allowed amount, and he may drink the allowed amount at the same sitting.

### Other Halachos:

The general halacha is that on foods which have the same bracha, one

## Some Suggestions of foods that are Pachos M'kshiur

*From "Rav Weissmandl s'lit" a*

- 2 Jack and Jill cookies/ Tea Biscuits.
- 1/6 of an apple
- 1/3 of a machine Matzah
- 1/2 of a chicken drumstick
- the amount of cottage cheese that fills a schnopps cup
- 4 Snackers or Saltines
- 2/3 slice American cheese.
- 6 Tam Tam Snackers
- 1 oz. of Yogurt

- [Interesting note: There is an argument between the poskim whether yogurt and leben are considered food or drink items.]
- To keep a "balanced diet", you may consider consuming a carbohydrate during one eating session and a protein at the next.
- Sefer Shiabbos Shiabbason states that one may add 20 spoonfuls of sugar to a cup of water, if this drink would normally be nauseating. If your blood sugar is low and you do need a sweet drink, this would seem to be the preferred choice.

blessing suffices for all foods eaten within 72 minutes of each other. But if the person intended not to eat further within that amount of time and later changed his mind (i.e. there was hesach daas), then a new bracha is required.

A brachah acharonah can be made if the food eaten amounted to a k'zayis and was consumed, preferably, within a time span of 9 minutes. However, b'dieved, it may be made even if the k'zayis was eaten over a greater period of time. If an al hamichya is said (after eating foods with the brachah of mezonos), one should remember to add the words, "זכרנו לטובה ביום" - "הכפורים הזה" - "zochrainu l'tovah b'yom

hakippurim hazeh".

If one will be eating bread, lechem mishneh is not needed. Washing hands prior to eating is required, as always. The accepted psak is to wash just the fingers, as is otherwise allowed on Yom Kippur, although some poskim rule that the entire hand should be washed as usual. The blessing of al netilas yadayim is made. One has to wash mayim achronim, and yaaleh v'yavo will need to be said.

Kiddush does not have to be made. Even in the event that Yom Kippur falls on a Shabbos, there is an argument among the poskim whether or not Kiddush should be recited. The

Mishneh Berurah concludes that Kiddush should not be recited, on the possibility that it would be considered a bracha l'vatalah and the name of Hashem would have been said in vain ch"v. However, one should recite the bracha of magen avos on Friday night with the specific intention of fulfilling the obligation of Kiddush. Therefore, a woman who will not be fasting should also make sure to daven mariv on such a day.

There are numerous details involved in fasting, many of which are beyond the scope of this newsletter. Please take some time to learn them and discuss them with your Rav.



# After the fast

You may be surprised to hear that almost everyone; diabetic or non-diabetic, experiences raised blood sugars and its uncomfortable symptoms to some extent after breaking a fast. Overdoing the carbohydrates, even if they are adequately covered with insulin, simply will not work when the body is not ready to handle such a heavy load. The trick is to eat light, low-carbohydrate foods, not to overeat, and to drink plenty of liquids. If you eat over an extended period of time, the blood sugars will also be much less erratic. (Pass these tips on to your family members as well! Everyone will benefit!)

## BEWARE OF LOW BLOOD SUGARS:

The dangers of fasting do not disap-

pear with your first bite of food. We already mentioned that glycogen stores in the body are exhausted during a fast and may require up to a few days to replenish completely. During that time, the body will not have the means to raise a low blood sugar. Recall also that a Glucagon injection may not be as effective in the case of glycogen depletion, so it is vital to steer clear from lows until the body has had a chance to renew its sources of stored glycogen. Aim for well-controlled, middle-range numbers, and be especially wary of nighttime lows (nocturnal hypoglycemia) which occur in that dangerous zone when your body is naturally sensitive to insulin, but you may be unaware of the warning signs.

## FASTING ON DAYS BESIDES YOM KIPPUR:

This article should be used in reference to Yom Kippur only. It is

absolutely not permissible, according to halacha, for those with type 1 diabetes to fast at any other time throughout the year! Remember that it is only regarding Yom Kippur that the Torah allows a medical professional to decide if an individual is capable of fasting. This option is not given for any other fast day, when our poskim have already concluded for us: Regardless of your level of blood sugar control, fasting is forbidden. (Those with type 2 diabetes should consult their Rav and doctor as individual cases may differ.)

We already mentioned numerous reasons why even a well-controlled diabetic who feels s/he knows what to do, faces danger during a fast. Here are two more points to think about: The stress your body undergoes when starving may, in and of itself, impact blood sugars. And the fact that some people need less basal insulin on a fast day, although their basal rates do not cover food, indicates that fasting depletes glycogen stores.

"My doctor wants me to test my basal rates anyway" is not an excuse for fasting a full day. When fasting to check basal rates, one skips only a single meal. By no means does this compare

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to an entire day of fasting. In addition, you will not be drinking any liquids while fasting (as opposed to when you simply check basals), and this can alter your blood sugars from those of a typical day.



# In Conclusion

**YOU CANNOT play games with halacha! Fasting is prohibited for a diabetic on any tanaisim other than Yom Kippur, and even then, it is**

*only allowed with the explicit permission of your Rav and doctor, and with the proper precautions!*

## SOURCES

These are some of the Halachic sources we used, which can be referred to for more information:

- Sefer Shabbos Shabbason, by Rabbi Y. Zilberstien (the son-in-law of Rav Eliashiv shlit"ta)
- Sefer Nitei Gavriel on Yom Hakippurim
- Sefer Nishmat Avraham, which is available in English.
- Sefer Halachos of K'zayis contains photos of many food items in 28.8 cc portions, approximately the amount of pachos m'kshiur. Many examples in this article are taken from here.

**T**he Veitzener Rav, my grandfather Reb Herschel Meisels zt"l, would drink chamomile tea or other bitter teas on Yom Kippur without adding sugar. An even better option would be to prepare water cooked with bitter herbs.

Rav Yitzchak Zilberstien Shli"ta, (in his Sefer Shabbos Shabbason) brings an option from his brother-in-law, Rabbi Chaim Kanyeviski Shlit"ta, to prepare "ash" before Yom Kippur and mix this into the water. He also quotes the advice of the Steipler zt"l to cook water together with the peel of a pomegranate-Rimon. We know that eating this fruit is a good siman for Rosh Hashanah, but it seems that it is good for Yom Kippur too. He



goes so far as to record in the name of a doctor that it contains some health benefits.

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**DR. DON ZWICKLER**  
**ENDOCRINE ASSOCIATES OF ROCKLAND**

"It is a unique blessing that our community has a great man who has the wisdom and compassion to compose a Yom Kippur "how to" newsletter for diabetics. Rabbi Hirsch Meisels, a special individual, has taken his precious time and valuable experience as a diabetic himself, to develop an excellent guide for the management of diabetes on Yom Kippur. I have reviewed his article and found it to be full of useful advice and lifesaving techniques for handling Yom Kippur, especially for those diabetics who would like to fast. His keen sense reminds the reader that no action should be taken without consulting a personal physician. Rabbi Meisels should be zocheh to many blessings for his effort"

**Don Zwickler**

**DR. HENRY ANHALT**  
**DIRECTOR, PEDIATRIC ENDOCRINOLOGY**  
**INFANT & CHILDREN'S HOSPITAL OF BROOKLYN**  
**MAIMONIDES MEDICAL CENTER**

"Shalom Uvracha. I am pleased to offer my support for this very important work put together by Rabbi Meisels. Clearly, for a person with diabetes, fasting is no simple issue, medically or halachically. This newsletter lays the foundation for doctors and poskim to approach our fast days with even greater clarity than existed before. Of exceptional note is the fact that Rabbi Meisels stresses that fasting for a person with diabetes is not an automatic yes and one must be sure to receive appropriate medical and halachic dispensation in order to do so. Yasher Koach to Rabbi Meisels and best wishes for all!"

**Henry Anhalt**

**Dear Rabbi Hirsch Meisels,**

Congratulations on putting together such a useful and factual newsletter concerning Yom Kippur and fasting with diabetes. Your advice was excellent and balanced. I might offer some comments in support of what you wrote.

**Type 1 diabetes:** There is no doubt that the insulin pump provides true flexibility to deal best with situations like fasting. As such, virtually all persons on insulin pumps can safely fast with their families. Since there are no carbohydrates consumed during the fast, there are no boluses taken for this purpose until the fast is over. Correction boluses are usually not needed either during the fast, and if given should be administered with care (not for a blood sugar less than 200, and at half the usual rates for glucose values above this level.) Since basal insulin is infused throughout, ketonemia is actually prevented more than would be the case for a non-diabetic person. We advise a reduction in the basal rate of about 20% over the fast period, and monitoring of blood glucose levels to learn how the body is responding. These are general guidelines only, and your particular blood glucose information is useful for planning for the next fasting period.

For those on multi-dose insulin injections (MDI), Lantus is the safest long acting insulin available. Again, doses before the fast should be reduced by 20% and full doses resumed afterwards, with blood glucose monitoring throughout the fast to ensure that the levels are satisfactory. Virtually all of our patients on MDI take one or two daily doses of Lantus and Humalog as needed (like for pump patients). Patients on NPH, as you correctly point out, have a problem with fasting since that insulin has a sharp peak at 6-8 hours that can induce hypoglycemia during fasting. For this reason, none of our patients who are still taking NPH (and very few are) are encouraged to fast.

**Type 2 diabetes:** Patients with type 2 diabetes usually do very well with fasting. Those on insulin sensitizers/gluconeogenesis inhibitors like metformin (Glucophage) and rosiglitazone (Avandia) should have few problems with low blood glucose levels. We advise them to take their medications as usual. Patients on insulin stimulators like sulphonylureas, such as glyburide (Glucotrol) or repaglinide (Prandin) are at distinct risk of provoking an insulin level that is inappropriate for the fast and thus hypoglycemia. We advise that they be stopped during the fast period but taken the day before.

**Gestational diabetes:** Whereas we do not encourage fasting by these patients, those treated by diet and exercise alone can fast safely. For those on multi-dose Lantus and Humalog insulin or the insulin pump, we advise against fasting, albeit if patients follow instructions as above under type 1 diabetes, they should experience few problems in practice.

Thank you again for sending your important newsletter. The practical and accurate information in it should be helpful to the whole diabetes community wishing to take part in Yom Kippur.

Kind regards,

**Noel K Maclaren MD**

Director and Profesor, Diabetes Program  
NY Cornell University



# Fine-tuning Basal Rates

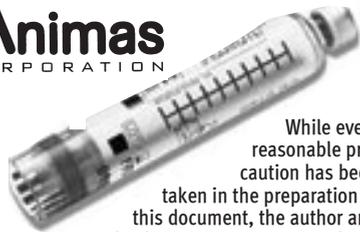
Basal insulin controls your blood glucose overnight and between meals. It is the small, continuous amount of insulin delivered every 3 minutes by your insulin pump. The goal is to set basal rates that will help keep your blood glucose stable without the need for extra food or insulin. Most people begin with just one basal rate per day. Soon after starting pump therapy, your basal insulin will need to be fine-tuned, and other basal rates (segments) will likely need to be added, to obtain optimal blood glucose control. To evaluate your basal rates, you will need to check blood glucose levels frequently while eliminating other factors that may affect blood glucose.

B A S E L R A T E S		
TIME FRAMES AND DIRECTIONS	WHEN TO TEST BLOOD GLUCOSE	EVALUATING YOUR RESULT
<p><b>OVERNIGHT:</b></p> <ul style="list-style-type: none"> <li> Eat an early dinner</li> <li> Don't forget your meal bolus</li> <li> No food afterwards</li> <li> Begin evaluation at bedtime</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 4 hours after dinner bolus</li> <li><input type="checkbox"/> Bedtime</li> <li><input type="checkbox"/> Midnight</li> <li><input type="checkbox"/> 2-3 am</li> <li><input type="checkbox"/> Upon waking</li> </ul>	<p>Basal rates are correct if BG does not increase or decrease more than 30-40 mg/dl during evaluation. If BG increases: Your basal rate needs to be increased for this time frame. If BG decreases: your basal rate needs to be decreased for this time frame.</p>
<p><b>BREAKFAST-TIME:</b></p> <ul style="list-style-type: none"> <li> Skip breakfast</li> <li> No food until lunch</li> <li> Begin evaluation if BG is between 100-150 mg/dl</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Every 1-2 hours upon waking until lunch</li> </ul>	<p>Same as above</p>
<p><b>LUNCH-TIME:</b></p> <ul style="list-style-type: none"> <li> Skip lunch</li> <li> No food until dinner</li> <li> Begin evaluation if BG is between 100-150 mg/dl</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 4 hours after breakfast</li> <li><input type="checkbox"/> Every 1-2 hours until dinner</li> </ul>	<p>Same as above</p>
<p><b>DINNER-TIME:</b></p> <ul style="list-style-type: none"> <li> Skip dinner</li> <li> Begin evaluation if BG is between 100-150 mg/dl</li> <li> Have a bedtime snack, and end the evaluation then if desired</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 4 hours after lunch</li> <li><input type="checkbox"/> Every 1-2 hours until dinner or snack</li> </ul>	<p>Same as above</p>

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general guidelines for

# Evaluating Basal Rates



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**Divide the day into 4 time frames and evaluate one at a time — overnight, breakfast, lunch, and dinner. Begin with the overnight basal evaluation.**

- *During the day of a basal rate evaluation: no exercise or alcohol.*
- *Your last meal, prior to the evaluation, should be one for which the food bolus can be easily and accurately determined. Choose low-fat foods for this meal. Eat no food during the basal evaluation time period.*
- *Basal rate evaluations can begin 4-5 hours after the last bolus dose was taken.*
- *Blood glucose should be between ~100-150mg/dl at the beginning of the evaluation in order to proceed.*
- *Stop the evaluation if your blood glucose values go above or below your target range. Treat any low or high blood glucose as usual.*
- *During a basal rate evaluation, generally blood glucose levels should be checked every 1-2 hours. For the overnight time frame, blood glucose should be checked before bedtime, midnight, 2-3am and upon waking.*
- *Do not plan a basal rate evaluation during illness, unusual stress, or after a severe low blood glucose reaction.*
- *Keep detailed records so your physician and/or diabetes educator can help you to evaluate the information and assess your basal rates.*

guidelines for

# Adjusting Basal Rates

- *Use the information obtained from the basal rate evaluations to fine-tune basal rates.*
- *Fluctuations of more than 30-40 mg/dl during a basal evaluation, indicates the need to adjust basal rates.*
- *It is best to see a repeating trend before making a basal change.*
- *Make small changes, typically .05 to .10 units/hour.*
- *The basal rate should be increased or decreased 1-2 hours before the blood glucose begins it's rise or fall.*
- *Make one change at a time, and then re-evaluate that time frame.*
- *Check with your physician and/or diabetes educator prior to changing basal rates. Eventually, they may expect you to make your own basal rate adjustments.*
- *Remember, the goal is to find the basal rate segments that work the best most of the time. Don't expect perfection!*

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