

Going FORWARD



Friends with Diabetes
Oct. '05

ריעים מתוקים תשרי תשס"ו



EVENTS

BOYS SHABBOS

The annual boys Shabbos was, as usual, a tremendous source of Chizuk and new information. On Erev Shabbos, renowned endocrinologist Dr. Maclaren offered a highly education presentation. Throughout the Shabbos, pump educators from Animas corp. were on hand to share helpful facts & answer questions. Rabbi Pinchos Jung infused the event with deeper meaning and pleasure, as he led the boys in inspirational singing and stories well into the night. The program was rounded out with additional speeches and the camaraderie that makes these events so vitally one-of-a-kind.

GIRLS SHABBOS

This year's girls Shabbos was a resounding success. Much thought and effort was invested into an exciting and enlightening program, which was matched only by the pleasure the girls derived from each others company. Some highlights of the event were a fascinating personal account by Rabbi Chaim Daskal, a phenomenal interactive workshop presented by Mrs. Weingarten, and a comedy performed by some of the girls. The participants left for home still heady from the many new experiences packed into an amazing day.

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Fasting on Yom Kippur

A Guide for Users of 24-Hour Insulins

CAUTION: As usual we remind our readers not to make insulin adjustments based solely on ideas expressed in this article. Instead, use them as starting points for a thorough discussion with your doctor.

Having gained some collective experience since then, we can safely state that it is possible for those who inject a 24-hour long-acting insulin to consider fasting on Yom Kippur. These insulins are much more stable and reliable than older options such as NPH, Lente, and Ultralente (and certainly than the 70/30 or 75/25 insulin cocktails, which are hardly precise or predictable enough even for a standard day.)

That said, it is still important to note that the pump remains the preferred tool for an insulin-dependant person who is planning to fast. This is because it allow for precise and customized basal (background) insulin adjustments, to match the body's decreasing need for insulin as the fast wears on. These adjustments are impossible with long-acting insulins, which release a flat, fixed amount of insulin throughout the day.

SOME PRACTICAL POINTERS

It is worth stressing that, even on a fast day, one should never entirely skip an injection of long-acting insulin. Remember, that a high blood sugar during a fast can be just as dangerous as a low blood sugar! In fact, your insulin needs for the night of Yom Kippur will probably be the same as on a typical night, especially as the fast is preceded by a large meal. If you do, however, use a bedtime snack to avoid midnight lows, your nighttime Lantus will need to be reduced.

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The Animas IR 1250 Insulin Pump



Takes the guesswork out of counting carbs

With the IR 1250 insulin pump, you can:

- Create a customized food database of 500 foods right on your pump
- Choose from a list of 5,000 foods or enter your family favorites
- Select up to 9 food items for one meal and the IR 1250 totals the carbs and calculates the insulin dose

Plus...

- Store contact information in your pump
- Personalize basal program names
- Enter a Sick Day Quick Reference
- Customize pump alert sounds

Animas[®]
CORPORATION

200 Lawrence Drive
West Chester, PA 19380
877-937-7867
www.animascorp.com

RX Only • The IR 1250 is only available in the USA.

According to FWD's rabbinical advisor, Rav M.M. Weismandl shlit"a, the insulin pump may be used on Shabbos to infuse both basals and boluses as usual. He also addressed many other issues that may arise while pumping on Shabbos.

Carrying

Q As the insulin pump becomes ever more popular, many people are facing common concerns regarding its use on Shabbos. Is wearing the pump considered "carrying" according to halacha?

The insulin pump may be likened to an item of clothing, and can be carried without any shinui (i.e. in the usual manner) outdoors, even in a neighborhood without an eiruv.

Q The pump reservoir most often contains more insulin than one would normally use in a single day. Would this excess insulin complicate matters and possibly alter the Rav's ruling about carrying the pump outdoors on Shabbos?

The extra insulin may be carried along with the pump, but one should not do so with the specific intention that he will use the insulin after Shabbos.

Pump Set and Battery Changes

Q Many doctors insist that the pump set be changed every two days without fail. Even those who are not particular to do so, occasionally find that they need to change their set on Shabbos. Is this allowed?

After careful evaluation of all the steps involved in a site change, my conclusion is that it poses no problem on Shabbos. Obviously, if one is aware in advance that a change will be necessary, it is preferable to assemble as much of the new set as possible before Shabbos.

Q May one replace the pump's batteries on Shabbos?

This involves serious transgressions and should be avoided. If one absolutely needs to change the batteries as the equipment does no function at all, a coin may be used for the purpose of opening the battery compartment.

Current "Continuous Glucose Monitors" are not approved to replace finger prick testing; therefore they should not be worn over Shabbos. In case one is interested in monitoring blood glucose values specifically over the weekend, a Rav should be consulted.

Advanced Options

Q Today's pumps boast many new features and high-tech options that may not be necessary for its basic functions. The backlight is particularly convenient and often comes to use at a dimly lit shalosh seudos table. Is one permitted to employ this light on Shabbos?

The light should not be used.

Q Is either the beep or the vibrate option more preferred on Shabbos? Similarly, should one lower the volume of the beep before Shabbos?

There would be no difference among these alternatives, nor is it necessary to change the beep volume.

Q Can the audio bolus be used, even though it causes the pump to beep?

Yes, it's no problem.

Q There are pumps that continually display the time on the main screen (which can be viewed without pressing any buttons). May one pick up the pump for the express purpose of viewing the time?

Yes.

Q Doctors recommend using the combination/dual wave bolus option for long meals such as the Shabbos seudah. Since a standard bolus would be sufficient, may one use the advanced bolus option which requires the pressing of additional buttons?

One can opt for the better choice, even though it would result in additional button presses.

Q Some pump models come with a remote control, which causes the pump to beep with each button press. It also requires one additional button push. May the remote control be used on Shabbos?

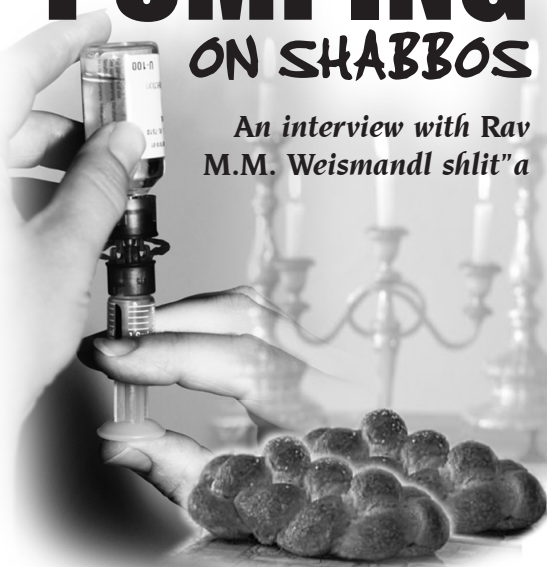
The remote may be used, as long as it does not cause any additional lights. However, it is not permissible to carry the remote outdoors on Shabbos, even with a shinui.

Q Newer pumps offer "wizards" to help the user calculate precisely how much insulin to administer, based current blood sugar levels and the exact amount of carbohydrates to be eaten. They also provide electronic food databases in which the user can find the carb contents of many foods. Is one permitted to make use of these advanced options, which require many additional presses, on Shabbos?

We live in a digital generation, & diabetes control should not be left behind. One can use all these pump functions just as one would throughout the rest of the week. The electronic food database may be used in case one does not have access to a handbook.

PUMPING ON SHABBOS

An interview with Rav M.M. Weismandl shlit"a



And Answers

PARENTS GATHERING

When FWD organized a gathering in Brooklyn for parents of children with diabetes, it is unlikely that anyone anticipated the wealth of information and chizuk that would be gleaned. The room was wonderfully appointed with a display of games and books for families dealing with diabetes. Presentations were offered by Dr. Ten of Maimonides hospital and representatives from Animas and Lifescan corp. As usual, Rabbi Meisels captivated the audience with practical pointers in his engaging style. The evening was truly crowned with a magnificent speech by Rabbi Pinchos Jung. In the words of on couple who came in all the way from Pittsburg, "the entire thing was worthwhile just to hear Rabbi Jung speak".

SUPPER FOR YOUNG MEMBERS

Children with diabetes ages 6 to 12, and their parents, benefited tremendously from a unique night out. Treated to a dinner in a retardant, the young participants received a hands-on and very age-appropriate lesson on counting carbohydrates in food. Many expensive prizes were raffled off at the event, and all participants left boasting a bag full of goodies, priceless nuggets of education, and the widest smiles around!

BOYS MELAVA MALKAH

Longing to be together again, even for just a short while, 30 boys were delighted to gather one Motzei Shabbos. Rabbi Aryeh Eisenberg shared his positive approach to dealing with lifes' challenges, in a warmly-accepted speech. The event also featured a slide presentation on advanced pump options. Animas representative Scott Scolnick present that night, asserted that he never saw such an advanced and well educated group. Thank you, Friends With Diabetes, for doing it again!

GIRLS TRIP

Grabbing the opportunity before the start of summer camp, several teenaged girls with diabetes gathered in a Monsey park. They were treated to an informative presentation on summer-related topics by Jewish pediatric endocrinologist Dr. Lebinger. The girls also wrote letters of encouragement and friendship to each other which were mailed out later during the summer.

Although initially approved as a 24-hour insulin to be administered at bedtime, many people have found that Lantus works better for them if taken in the morning, or even twice a day. Here are some practical suggestions for handling a fast on the various regimens:

- If you are taking your long-acting insulin as a single dose at night, you will need to decrease it as prescribed by your doctor. Commonly, the dose will be reduced by a third (although the reduction can vary significantly). If you normally take 24 units of insulin, for example, you might inject only 18 units. Note that by doing so, you will be receiving less insulin overnight as well, a correction dose of short-acting insulin might be necessary in the morning. Resume taking your regular dose following the fast.
- If you evenly split your long-acting insulin into a morning and evening dose, you will probably need to reduce only the morning dose. You may need to cut back a third, half, or even two-thirds of your usual insulin amount. If this is your first attempt at fasting, play it safe and eliminate two-thirds of your normal dosage. You can always correct using short-acting insulin if your blood sugars rise above acceptable levels.

If your dose is unevenly split, you may need to reduce both dosages by different amounts.

- It is trickiest if you take your long-acting insulin as a single morning dose. Here's one idea: Take your regular dose on Erev Yom Kippur. On the morning of the fast, take one-third of your normal dose, and compensate by taking an additional third of your long-acting insulin dose after the fast (you will be splitting your dose, although you don't normally do so.) Beware that, even if you implement this plan, it may still take several days for blood sugar to return to normal.

PUMPING ON YOM KIPPUR: an example

Due to the depletion of glycogen, the body's stored glucose insulin needs may drop significantly throughout a fast day. A pumper might reduce his normal basal rate by 20% starting early morning, 30% over the next few hours, 40% at noon time, and even 50% by late afternoon.



Normal

8 AM to 10 PM
= 1.0

Yom Kippur

8 am = 0.8
11 am = 0.7
2 pm = 0.6
5 pm = 0.5