



May 2020

Editorial



Looking ahead to a better future

The COVID-19 pandemic has hurt us all. However, a few good things have emerged. Whether it is enjoying meals with family, and having, finally, enough time to talk and play with the children, finding new hobbies and rediscovering our younger ones: those children who have powerful adjusting skills, much more than we may think. They are so resilient.

Just like them, **Fred** had to adjust to this new reality and find different ways to keep in touch with you and help inform and support all Quebec's diabetic children's families. We know how comforting it can be to rely on someone else.

So **Fred** keeps by your side, always on the move, to meet your needs, and our actions are always aiming to help.

#It is gonna be all right !

Claire Rousse, Executive Director

The thought of the month



May is time to celebrate all Moms

Mommy

Thank you for having always been there for me [...] and for loving me just the way I am.

Your daughter Amylee

[Read more](#)

When a child is born to a mother, it feels simply normal to her to devote her life and efforts to love him and care for him to help him grow up and feel blossomed.

What is not part of the deal, at least at the beginning, is the numerous medical appointments at the diabetes clinic. Or the meetings with school and daycare directions to explain to the teachers the condition of the child, inform them and make them aware of his specific needs. It is the thousands of tricks you need to figure out in order for your child to live a 'normal' life through diabetes. It is all the sleepless nights when you wake up to make sure your child's sugar blood is not too high or too low. Or the hundreds of insulin injections you need to inflict each month, that hurt you much more than your child, to keep him healthy.

We would like to take a moment to celebrate all these brave mothers and wish them a marvelous month of May.

[Watch the video \(in French only\)](#)

Latest news

Continuous Glucose monitoring Systems (CGM):

A safe way to prevent the spread of the virus?

The state of emergency and the need to prevent the spread of COVID-19 have led to consider news ways to reduce the exposure of the medical staff while treating patients by extending the use of some diabetes management equipment. Hence Health Canada has advised Dexcom that it would authorize the company to supply temporarily Continuous Glucose Monitoring systems (CGM) to treat critically ill patients, in order to support sanitary efforts during COVID-19 pandemic.

Dexcom Continuous Glucose Monitoring systems are approved for home use and within healthcare facilities however they were not approved for use with critically ill patients.

[Read DEXCOM's Press Release](#)

Info-Diabetes

Coronavirus : Science, facts and you

Should your children go back to school?

Primary schools and daycares are reopening their doors. The medical teams of Saint Justine Hospital and Montreal Children's Hospital are stating that Type 1 diabetic children are not more likely to get infected than other kids. Neither are they more at risk to have medical complications should they get infected, unless they already have a pre-existing condition. Schools and daycares were mandated to implement safety measures adjusted to the situation.

Many children are looking forward to see their friends and teachers. They also want their life to get back to normal.

Nevertheless, it is up to the parents to decide whether or not they should send their child to school. **Fred** has sent a communication to the Ministry of Education to explain the concern of the parents and to know the measures that have been implemented to prepare diabetic children's return to school.

As for those who will decide to send their children back to school, here are a few [advices](#) to make it a success.

[Listen to Dr Geoffroy \(Available in French only\)](#)

What should I do if my child gets infected?

It has been said and repeated. Type 1 diabetic children whose diabetes is well managed and who have no kidney, heart or lungs issue, are not more likely to get infected than other kids. Neither are they more at risk of getting any complication should they be infected.

What are the symptoms of COVID-19 and what are the actions to take if the Type 1 diabetic child is infected?

[Symptoms](#)



What to do

As for any infection, it is important to watch more frequently the sugar blood and its trends. It is also important to check whether there are any ketones if glycaemia is over 15.

If you are feeling worried or unsure about what to do, it is crucial to contact your doctor and/or attend the diabetes clinic.

A few tips to better deal with stress

While the situation is worrisome, it is hard to keep calm when you hear the alarming news about COVID-19. For parents of a Type 1 diabetic child, it is even more worrying. Your child also feels stressed and keeps his fears by himself. It gets hard to get to him and you don't know anymore how to comfort your child.

Dr Leiba, Phd, OPQ, Psychologist, provides you with a few tips to better deal with the situation.

[Watch the video](#)

My T1D teen is employed in essential services

While government is recommending to work remotely, some jobs require to show at the workplace. The employer though needs to implement **safety measures**.

At the moment, all government financial supporting measures do not apply when a T1D person decides not to show at her workplace. It is strongly suggested to discuss with the employer for an agreement. A medical note might be required.

**Image courtesy of Enrique Lopez-Garre from Pixabay*

ACTIVITIES



Take up the challenge for Fred

The Scotiabank Challenge that should have been held at the end of April, has rethought its operating process to follow the social distancing guidelines. A new option has emerged: The virtual race.

We have good news for you.

The Scotiabank challenge organizers have decided to extend the registration to the virtual race.

For those who would like to stay fit while helping the diabetic children and their families, it is the perfect opportunity to combine both by subscribing to the race. The virtual race should be held **between May 25 and August 31**. The platform will allow you to write down your time. You will receive your shirt and your medal by regular mail.

[I register](#)

Thank you for helping the diabetic children of [Fred](#) ☐

News from the camp

Summer 2020 Stays at the camp are canceled

The health and safety of our campers are, as always, our priority. With the pandemic, many restrictions are disrupting the normal operations of a summer camp. Hence, it is with great regret and



deep sorrow that Camp Carowanis won't be offering stays at the camp for summer 2020. We are convinced that this decision is in the best interest of our campers and we will stay by their side and their families'.

Nevertheless, the camp remains there for the families and the campers. The team is redirecting

its efforts to create a program of virtual activities that will allow our campers to gather and grow together safely.

Follow our publications for more details.

[Watch the video \(in French only\)](#)



You have questions about Type 1 diabetes? You would like to know more about some aspects? A specific topic is dear to you and you would like to see it covered at one of our dinner-meetings or at the T1D Discovery Corner?

Send us an email at info@diabetes-children.ca.

Fred | www.diabetes-children.ca/

