

Diabetes Management, Screen Time in Pediatrics

Special Edition



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*Welcome to a very special edition of **psi's** Paradigm! Read on for important information on diabetes management in schools and screen time and pediatrics.*

The Complexities of Diabetes Management

Diabetes in school-aged children is not an uncommon finding. It is estimated that **over 200,000 Americans under the age of 20** carry this diagnosis. In healthy individuals, the pancreas automatically produces insulin in response to the ingestion of carbohydrates (also known as sugars) in the diet. In diabetics, the pancreas fails to meet this demand, so these patients must not only limit their sugar intake but also use injectable insulin to help the body metabolize dietary carbohydrates.

Ideally, carbohydrates in food provide an energy source for cell function. However, if the sugars in the diet don't get properly metabolized, these molecules build up in the blood causing hyperglycemia, or high blood sugar. Clinical symptoms of hyperglycemia include headaches, blurry vision, frequent urination, excessive thirst, or even coma. Chronically high blood glucose levels can cause irreversible damage to the nervous system, eyes, heart, and kidneys.

(Continued on pg. 2)



IN THIS SPECIAL EDITION: *Diabetes Management & Screen Time*

GENERAL INFORMATION

MONITORING AND DEVICES

CARE PLANS & COMPLICATIONS

CDC RECOMMENDATIONS

CHANGES OVER THE PANDEMIC

BRAIN CHEMISTRY & SOCIAL INTERACTION