We at the Pediatric Diabetes Center at the Children’s Hospital University of Illinois are dedicated to the treatment of children and adolescents with diabetes and other endocrine disorders.
BEHAVIORAL HEALTH/PSYCHOLOGICAL SUPPORT

Are you newly diagnosed with diabetes, and not knowing what to expect?
Wanting to be more involved with your diabetes management, but don’t know how?
Feeling burnt out, frustrated, or overwhelmed by the demands of diabetes?
Wanting more help, but unsure how to ask?
Struggling to fit diabetes into your already busy life (school, friends, family)?

If so, working with our health psychologist may help you and your family navigate the challenges of diabetes management and promote health and wellness.

Let’s work together to learn healthy behaviors that lead to diabetes success and prevent future problems.

We are here to help coach and support the family so you can MASTER diabetes!

NUTRITION AND DIABETES

When it comes to food and diabetes, nothing is different.

Let a registered dietitian show you how...
• All foods can fit into your food plan
• To eat low fat and be heart healthy

We can also help you with the following if:
• Your weight has increased
• You have concerns about growth
• You are spilling protein from your kidney
• Your blood pressure is increasing
• Your cholesterol is high
• You have celiac or other GI concerns
• You participate in sports or like to exercise

Plus be YOUR FOOD BUDDY FOR SUPPORT!

IMPORTANCE OF DIABETES EDUCATION

Diabetes Self Management is as powerful as the person who is using it. That’s you, YOURSELF with DIABETES. However, your parent or the adult in your family needs to support YOU throughout the entire learning process.

At the University of Illinois Pediatric Diabetes Center, the Certified Diabetes Educators (CDE) want you to learn to live with diabetes in a healthy way. We want your parents and other adults to learn to provide you with the support you need.

So now, what do you need to learn?
• How to KEEP good blood sugars in your body
• How to LOOK at your blood sugars to make any changes
• How to know what to do to PREVENT any serious diabetes problems
• How to ADVOCATE for your diabetes
• How to USE important tools to be diabetes SMART