

## Helping Children with Diabetes Stay Healthy

(NAPSA)—Parents of children with diabetes know their child can be at risk for developing complications due to his or her disease. In fact, almost 100,000 cases of diabetic coma or diabetic ketoacidosis (DKA), a life-threatening condition in children with diabetes, are reported every year. Blood ketone testing, combined with blood glucose monitoring, is an accurate and effective method that may help detect and prevent the onset of diabetic coma.

However, a recent survey conducted by Children With Diabetes, in conjunction with Abbott Diabetes Care, found that one out of three parents of children with juvenile diabetes, also known as Type 1 diabetes, is unaware of a simple blood ketone test that can be used at home.

Ketones form in the blood when fat is broken down into fuel for the body due to insufficient insulin levels to effectively use glucose. Because children with Type 1 diabetes produce little or no insulin, they have a high risk of developing ketones, especially during illness or when blood glucose levels are persistently high.

“Testing blood ketone levels is an important part of diabetes management along with frequent blood glucose monitoring and becomes crucial during sick days,” said Lori Laffel, M.D., MPH, Chief of the Pediatric, Adolescent and Young Adult Section at Joslin Diabetes Center and Harvard Medical School associate professor.

Essential tips for managing Type 1 diabetes during times of ill health include:

- Monitor blood glucose and ketone levels every two to four hours or as advised by your



**For children with Type 1 diabetes, frequent testing of blood ketones is essential during sick days.**

health care team. A hand-held system for routine home use, such as Precision Xtra™, offers a convenient way to get accurate, real-time blood ketone and blood glucose results in the same meter.

- Log both blood glucose and blood ketone results.

- Keep a close watch on ketone readings.

- Follow your health care team's instructions if ketone readings are between 0.6 and 1.5 mmol/L as this may indicate the development of a problem.

- Contact your health care team immediately if your child's ketone readings are above 1.5 mmol/L or if your child experiences vomiting.

- Make sure your child drinks plenty of liquids to avoid dehydration.

- Don't stop insulin shots or diabetes medications without consulting your health care team.

With consistent blood ketone and glucose monitoring and the support of a diabetes care team, parents of children with diabetes can manage the condition during illness and avoid more serious complications. To learn more about blood ketone and blood glucose monitoring, visit [www.ketone-testing.com](http://www.ketone-testing.com).