

the child should be cautioned to avoid high-fat and high-sugar/high-carbohydrate items; for example, the child could choose a plain hamburger instead of a double cheeseburger.

Children should use sugar substitutes in moderation in items such as soft drinks. Artificial sweeteners have been shown to be safe, but if there is any question about amounts, the physician, dietitian, or nurse specialist can provide guidelines based on body weight. Sugar-free chewing gum and candies made with sorbitol may be used in moderation by children with DM. Although sorbitol is less cariogenic than other varieties of sugar substitutes, it is an alcohol sugar that is metabolized to fructose and then to glucose. Furthermore, large amounts can cause osmotic diarrhea. Most dietetic foods contain sorbitol. They are more expensive than regular foods. Also, although a product may be sugar free, it is not necessarily carbohydrate free.

Traveling

Traveling requires planning, especially when a trip involves crossing time zones. A number of tips are included in pamphlets available free of charge. Suggestions for traveling encompass what will be needed from the practitioner before leaving, what and how much to take along, needs in transit, what to consider at the destination, and planning for when the child returns home. Planning is needed no matter what type of travel is considered—automobile, plane, bus, or train.

Insulin

Families need to understand the treatment method and the insulin prescribed, including the effective duration, onset, and peak action. They also need to know the characteristics of the various types of insulins, the proper mixing and dilution of insulins, and how to substitute another type when their usual brand is not available (insulin is a nonprescription drug). Insulin need not be refrigerated but should be maintained at a temperature between 15° and 29.4° C (59° and 85° F). Freezing renders insulin inactive.

Insulin bottles that have been “opened” (i.e., the stopper has been punctured) should be stored at room temperature or refrigerated for up to 28 to 30 days. After 1 month, these vials should be discarded. Unopened vials should be refrigerated and are good