



The Beacon



**The NC Family to Family Health Information Center
A project of The Exceptional Children's Assistance Center
Home to Family Voices of NC**



Welcome from the NC Family to Family Health Information Center (HIC)!

November, 2008

This monthly electronic newsletter is designed to provide parents with links, resources, information and activities of particular interest to the issues of children with special health care needs.

Volume 2, Issue 10

To be added or removed from "The Beacon" mailing list hic@ecacmail.org

Inside this issue:

General Info	2
Upcoming Events	3
Lifeline for Parents	4
Internet Links	5
Lending Library	6

Don't Miss...

The 18th Annual North Carolina Assistive Technology Expo

Free Exhibit Hall

December 4-5, 2008

North Raleigh Hilton

Raleigh, NC

For more information contact:

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The NC Family to Family Health Information Center

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Davidson, NC 28036
1-800-962-6817 ext. 35
Phone: 704-892-1321 ext. 35
Fax: 704-892-5028
E-mail: hic@ecacmail.org

We're on the web:

www.ecac-parentcenter.org

Support Group Information

You may now find support group information on our website by clicking here: [**SUPPORT GROUPS**](#)

If you would like for us to include details about a group that is not listed please email the meeting information to:

hic@ecacmail.org

Fact Sheets

Fact Sheets, which cover a variety of topics, are available on our website. Please give us a call at (800) 962-6817 ext. 35 if you have any questions about any of the information provided.

Click here to view all of our fact sheets:

[**FACT SHEETS**](#)

Care Notebook



Our newest packet is now ready and available online! Learn the importance of organizing and keeping your child's medical information. Easy to use format. Please see the link below for our **NEW record keeping system:**

[**CARE NOTEBOOK**](#)

Upcoming Events:



Date	Time	Location	Workshop Title
11-5-08	2-5pm	Raleigh NC	Transition from Pediatric to Adult Health Care
11-10-08	6-8pm	Shelby NC	Navigating and Negotiating Mental Health Services
11-12-08	5:30-7:30pm	Elizabeth City NC	Your Child's Medical Home
11-15-08	8am-4:30pm	Greensboro NC	Outgrowing your Pediatrician: Medical Care in Emerging Adulthood
11-20-08	10am-12pm	Bessemer City NC	Navigating and Negotiating Mental Health Services

For more information about these workshops and others that are available please see our [Resource Materials Brochure](#).

To register for our workshops please call **(800) 962-6817 ext. 35**.

ATTENTION Support Groups!

Now is the time to contact us for workshop presentations for 2009. If your support group would like for us to come out and provide a workshop mentioned in our Resource Materials Brochure please let us know. We are a state wide program and there is **no charge** for NC parents.

Our most popular workshops include:

Your Child's Medical Home (how to partner with your child's medical provider)

Transitioning from Pediatric to Adult Health Care

And

How to be An Effective Health Care Advocate

Call today (800) 962-6817 ext. 35 or email ward@ecacmail.org



Lifeline for Parents...

November is American Diabetes Month

Did you know?

- Based on 2002-2003 data, 15000 youth in the United States were newly diagnosed with type 1 diabetes annually and about 3,7000 youth were newly diagnosed with type 2 diabetes annually.
- Diabetes is not caused by eating too much sugar. The myth probably began when people with diabetes were absolutely forbidden from consuming sugar. Researchers no longer believe this.

What are type 1 diabetes and type 2 diabetes?

Type 1 diabetes is caused by an autoimmune disorder—a problem with the body's immune system. In a healthy body, specialized cells (called beta cells) in the pancreas make insulin. Insulin is a hormone that allows the body to use energy from food. In type 1 diabetes, the immune system mistakes beta cells for invaders and attacks them. When enough beta cells are destroyed, symptoms of diabetes appear.

In **Type 2** diabetes, the beta cells still produce insulin. However, either the cells do not respond properly to the insulin or the insulin produced naturally is not enough to meet the needs of the body. So insulin is usually present in a person with type 2 diabetes, but it does not work as well as it should. Some people with type 2 diabetes can keep it under control by losing weight, changing their diet, and increasing their exercise. Others take one or more medications, including insulin.

Symptoms of Type 1 diabetes may occur suddenly, and can include:

- Frequent Urination
- Increased thirst
- Extreme hunger
- Unexplained weight loss
- Extreme weakness
- Urinating at night
- Burred vision
- Numbness or tingling in the hands or feet
- Fruity odor on the breath

For more information about Diabetes, including a parent section, a section just for children and youth and a section for schools, please visit the **American Diabetes Association** website at www.diabetes.org or call 1-888-DIABETES (1-888-342-2382) Information is available in English and Spanish.

Other websites with information on diabetes:

Defeat Diabetes Foundation, Inc.: www.defeatdiabetes.org

Juvenile Diabetes Research Foundation International: www.jdrf.org

On this website you can find the North Carolina Chapters of the Juvenile Diabetes Research Foundations.

Inter'NET' Links



Topic	Link to Web Article Simply click on title to be taken directly to the web page!
Children and Youth with Special Health Care	<u>Traumatic Brain Injury</u>
Transition	<u>Healthy Transitions</u>
Monthly Health Topic: Diabetes	<u>Children with Diabetes</u>
Disaster Preparedness/ Emergency Planning	<u>Emergency Preparedness videos in ASL and accessible Hazard Alert System</u>
Financial Concerns Insurance Issues	<u>Families USA</u>
Parent Professional Collaboration: Medical Home	<u>Parents Partnering with Managed Care Plans</u>
Advocacy	<u>Questions to ask Caregivers</u>
Record Keeping	<u>Record Keeping for children with chronic medical conditions and disabilities</u>
Legal Information	<u>Information and Technical assistance on the American with Disabilities Act</u>
Provider Issues	<u>For Current Medicaid Residents</u> <u>Find a Doctor or Dentist</u>
Leadership Tips	<u>How to Write your Congressman or Congresswoman</u>



Lending Library

The NC Family to Family Health Information Center is adding health and disability specific books to the lending library at The Exceptional Children's Assistance Center. Our library has over 2,000 books which are available to NC parents at no charge. To borrow a book or other library item, please call Shandra Umazar, ECAC's librarian at **(800) 962-6817 ext. 13**.

Health related books/materials added this month:

- ***Raising A Child with Diabetes*** by Linda Siminerio, RN,MS,CDE & Jean Betschart, RN,MN,CDE
- ***Dealing with Food Allergies in Babies and Children*** by Janice Vickerstaff Joneja, PhD.,RD

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"A beacon for families of children with special health care needs."

Parents and families with children that have special health care needs often need help navigating the complicated issues surrounding health care.

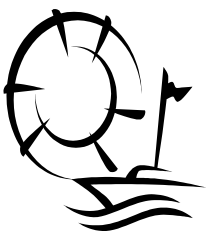
The NC Family to Family Health Information Center (HIC) can help you and your family by providing the information needed so you can make the best choices.

We provide information, education, referrals, workshops and training classes to families, support groups and providers on a variety of topics **at no charge!**



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The purpose of the e-letter is to assist families and the professionals working with them to better understand issues and resources related to health care for children and youth with special needs so that they may make informed choices. Funding comes, in part, from the U.S. Health Resources and Services Administration (HRSA). The views and opinions herein do not necessarily reflect views or policies of HRSA, The NC Family to Family Health Information Center, or The Exceptional Children's Assistance Center.