A quick note from Gary...

We Are What We Choose

Decades ago, in my first real job in the diabetes field, I heard a wise old endocrinologist tell his patients repeatedly, “You can out-eat any medical therapy I put you on.”

Back then, I didn’t think much of this statement. After all, can’t you just up your insulin to compensate for what you eat? The problem was that I was taking the statement too literally. The true meaning has to do with the importance of our lifestyle choices and the impact they have on our quality of life.

Being physically active, nourishing ourselves well, and handling life’s pressures in a productive (rather than destructive) manner are all essential to quality living. Lifestyle choices go way beyond mere blood sugar control; they play a key role in enhancing our vibrancy, productivity, and longevity.

Making and applying the right lifestyle choices isn’t always easy. But with some effective strategies and support, you can do it. Personally, I’ve committed to cut down on nighttime binge eating, especially when I’m recovering from low blood sugar. With the aid of my colleagues, I have a specific plan in place, and I’m following it. Whatever it is that you’re looking to achieve, when you’re ready to talk about it, give us a call. Our clinical team includes experts in nutrition, exercise, stress management, and a host of other specialty areas. We live with this dreaded condition just like you, so we get it.

Together, there is nothing we can’t accomplish.
Diabetes Tune-Up Special

Now is the perfect time to:
✓ Tighten up your blood sugar control
✓ Start using new technology
✓ Cut down on the highs & lows
✓ Work towards a fitness or weight loss goal

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Call today to schedule a phone, video or in-person appointment with one of our talented (and modest) clinicians!

Current/Past Patients:
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Making your insulin pen "Smart"!

Taking a closer look at the Companion Medical InPen:
With Companion Medical's Dec. 17th announcement that they are now selling their Inpen on the commercial market, insulin pens have made the leap into the modern app filled era!

Read the article!

Notes from Nancy Siegel, Office Manager
Yeah, Yeah, Yeah, We all make New Year’s Resolutions....But I’m not doing it anymore!
I’m just going to say “make a lifestyle change”. Meaning? Whatever works for you. The corrections should be a fit for you, something you can live with, a goal you can reasonably achieve.

That’s where we can help. Our clinicians are here to help make it happen. They guide you through a specific plan for you. Tweaking, resetting, and revising.

The Diabetes world is transitioning and advancing every day. I want Integrated Diabetes Services to bring this to your lifestyle improvements. Let’s take the ever growing developing Diabetes journey together.

Call me (inside the U.S. 610-642-6055), (outside the U.S. 001-610-642-6055) Mobile +1-610-642-6055 or email nancy@integrateddiabetes.com with questions and concerns.

Sincerely,
Nancy

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Food and Mood – Does age make a difference?

Jenny’s Journal:

We all need a bit of a change in our food as we get older – a switch in nutrient needs to meet the change in metabolism. But, differences in the actual food we eat can also impact our mental status as we age too...

Read Jenny's article!

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Free Online Video Targets Heart Health for People with Type 2 Diabetes

We like to share resources! Here's a free online video which targets heart health for people with type 2 diabetes, supported by an educational grant from Novo Nordisk.

Read the article!
FEATURED PRODUCT: Guide to Raising a Child with Diabetes

The 3rd edition of ADA Guide to Raising a Child with Diabetes, by Jean Betschart Roemer, MN, MSN, CRNP, CDE features the latest advances in diabetes care and parenting advice from the diabetes experts.

Full of problem-solving examples and easy-to-use tables, the book shows parents how to adjust insulin to allow for the foods children like to eat, care for a child with type 2 diabetes, handle sick days, and plan meals that are nutritious and balanced.

Purchase the book online

Scholarships for Type 1 Diabetes Students in 2018

Diabetes doesn’t come with a lot of payoff, but it can help you pay for school!

Learn where to apply for 2018 scholarships if you are a Type 1.... But hurry, applications are due by April 15th!

Read the Article!

Trivia Time!

Congratulations to Valerie Martinez, mom of three and pump/CGM user from Fredericksburg, VA.

Valerie correctly answered last month’s trivia question: What percentage of continuous glucose monitor users use sites other than the FDA-approved abdomen for their sensors?
Answer: 64%.
Researchers at the University of Utah School of Nursing analyzed hundreds of social media posts to find this out. Not-surprisingly, use of “alternate” sites produced similar failure rates and accuracy levels as use of the abdomen... Proving once again that the people are way ahead of the government when it comes to making things work.

This Month's Trivia Question:
One of the most bizarre (and morbid) sayings ever has to be “There’s more than one way to skin a cat.” When it comes to diabetes, this is certainly the case. How many different CLASSES of blood-sugar-lowering diabetes medications are there? Insulin is one, but there are many others – both oral and injectable.

The first person to answer correctly wins their choice of book from our online or in-office store, and will be named “cat skinner” of the month (yuk!).

“Give your fingers a break when checking blood sugar. I've used Genteel on myself, and it really doesn't hurt at all. Try it!”
- Gary Scheiner MS, CDE
Author, “Think Like A Pancreas”

USE CODE GARY10 FOR $10 OFF YOUR PURCHASE TODAY
Being a great Ringmaster: taking control of resources

How to take control of your resources to make them work for you as hard as you work for them.

Read Alicia's article!

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Integrated Diabetes Services now carries skin tone GRIFGRIPS for Dexcom, OmniPod and Pump Infusion Sets

Get Your GrifGrips! GRIFGRIPS are cloth adhesive patches that are both functional and fashionable. Perfect for keeping OmniPods, pump infusion sets and CGM sensors securely in place. They come in dozens of creative styles & colors, with pre-cut holes tailored to your pump or CGM device.

For a complete catalog or to order, go to grifgrips.com
Use discount code: INTEGRATED to receive 10% off!!

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Survey Says!

In last month's edition of Diabetes Bites we asked about your approach to ketone testing.

A. Ketones? Never heard of 'em
B. I’m aware of ketones, but never test for them
C. I check for ketones only when instructed to do so by my healthcare team
D. I check for ketones any time my glucose is very high
E. I check for ketones only with “unexplained” high readings

There were 164 responses. Clearly, the “Ketone Kops” need to get on some of you.
Just a quick point or two about ketone testing: Unless you know what to do with the results, there isn’t much point to it. The presence of ketones usually indicates that you have no insulin in your body, a severe infection, or too little nutrients to meet your basic metabolic needs.

Ketones can be measured in a urine sample, but it is much better to measure ketones in a blood sample (two fingerstick meters have ketone testing capability: Precision Xtra and NovaMax Plus). Depending on what caused the ketones, proper response is essential for preventing life-threatening ketoacidosis. Talk with your physician or diabetes educator about what to do.

This Month's Survey:

This month, let’s talk DATA.

Specifically, what you do with the gobs of data stored in your meter, pump, and/or CGM device. Most people with diabetes would rather scrape ice off their car windows than look at their own data, yet the information can be incredibly valuable and insightful. What is your approach to looking at your data?

A. I never look at my own data

B. I download, but only my healthcare provider looks at it.

C. I look at it once in a while but don’t do much with it.
We offer a number of promotional opportunities for reaching the diabetes marketplace, with a focus on patients and healthcare providers who utilize intensive insulin therapy.

- Website Advertising
- Blog Advertising / editorial
- Newsletter Advertising / Editorial

Diabetes Bites Monthly Newsletter is published electronically by Integrated Diabetes Services and distributed to more than 10,000 individuals in the diabetes community.

Our Websites

**Integrated Diabetes Services** provides diabetes education and management consulting in-person or remotely via phone and the internet for children and adults. Our blog, Thinking Like a Pancreas highlights articles from our own staff.

**Type-1 University** is the web-based school of higher learning for insulin users. Live and pre-recorded courses on a variety of topics.