A quick note from Gary...

I May Have Discovered the Missing Link!

In last month’s edition of Diabetes Bites, the trivia question asked how many adults with type-1 diabetes are meeting the ADA’s A1c goal of less than 7%. The answer, posted in this issue, is an embarrassing 25.6%. That means that roughly three out of four adult type-1s are not meeting this important goal. THREE OUT OF FOUR... despite the fact that we have a collection of brilliant technologies and effective new medical treatments at our disposal.

Which begs the question (rhetorical, not trivial), why are we doing so poorly? Do we not have access to what we need to manage diabetes? In some cases, perhaps. Are most people just not motivated to take care of themselves? Again, this can be the case sometimes. Or is the goal simply unattainable?

To that last question, I say NO. Personally, I believe the reason most people can’t manage their diabetes is that they don’t know how to properly utilize the tools that are available to them. Consider this: Our practice focuses a lot of energy on helping people make more effective use of pumps, CGMs, data, and the variety of medications that are available. We teach basic-to-advanced self-management strategies and coach on everyday blood sugar control. As a result, NEARLY 80 PERCENT OF OUR PATIENTS ARE MEETING THE ADA’s A1C GOAL.

True, our patients tend to be more motivated than the average person, but the vast majority came to us not meeting the goal. So just being motivated
doesn’t guarantee anything. If you want results, you have to work for them. And you have to surround yourself with experts who know what they’re doing.

So no excuses. Whatever your goal... whether you want to reduce your A1c, spend more time in-range, have fewer lows, or not have to think about your diabetes quite so much... let’s connect and make it happen.

- Gary Scheiner MS, CDE
  Owner & Clinical Director
New Omnipod Hybrid Closed Loop System in Development

Insulet

In February Insulet released results of a hybrid closed loop (HCL) system using their Omnipod insulin pump and Dexcom sensor technology.

Here's what we found out...

Read the article!

Implanted CGM has top accuracy, but is it worth it?

What do you think of implantable technology for diabetes management?
What would it take for you to go under the knife?

Read the article!

Notes from Nancy Siegel, Office Manager

It's Not Easy Being Teen (or pre-teen, or post-teen)

It's tough enough being a teenager, college student or young adult without diabetes. Adding diabetes to the mix is like throwing gasoline on a fire.

Navigating through these years can take a toll on not just the person living with diabetes, but those around them as well. In just the past week, I must have received half a dozen calls from moms and dads desperate for answers. Of course, figuring out the teenage mind is no small task!
Nevertheless, our team was determined to figure out a way to make things
better. So here’s what we’ve come up with.

(drum roll, please...) **Introducing the MIND OVER METER program**, specifically tailored to the teen/young adult who is struggling with their diabetes. We recognize that having the right mind-set is fundamental to success, so this program includes a steady dose of sessions (six in all) with our amazing clinical psychologist, Dr. Dana Lehman, over a three-month period. Dr. Lehman has type-1 diabetes personally, and is an expert at helping young adults to develop a healthy mental approach to living with diabetes and reaching personal goals.

But that’s not all (sorry, no free steak knives). The **Mind Over Meter program** also includes unlimited access to our expert clinicians (all of whom also have type-1 diabetes) for working on improving blood sugar levels. Our team of Certified Diabetes Educators is ready to review data downloads, offer helpful suggestions and answer questions via phone, text or email. We have found that this unique collaboration between psychologist, diabetes clinicians and young adults with diabetes creates the ideal “incubator” for moving things in the right direction.

**Mind Over Meter** is a 3-month flat-fee program that is available to teens, preteens and young adults anywhere in the world. All participants must complete an initial assessment/consultation with one of our Certified Diabetes Educators prior to entry into the program.

For more information, please give me a call. I can’t wait to hear from you!

Sincerely,

Nancy Siegel  
*Office Administrator*

*(610) 642-6055*  
nancy@integrateddiabetes.com

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**A Flash (meter) in the pan: My Review of Freestyle Libre Flash Glucose Monitor after 10 days**

With so many new and emerging technologies I
have been testing out a lot of different methods for managing my diabetes recently. So, when I got an emailed offer for all Dexcom users to get a free Freestyle Libre sensor and scanner I gave it a whirl.

Read Alicia's article!

**Diabetes-Focused Mental Health Services at IDS**

*Living with diabetes can be tough.* It’s like having another demanding (and sometimes frustrating) 24/7 job on top of everything else in your life. It’s no wonder that people with diabetes are at an increased risk for depression, anxiety, eating disorders, and a variety of other mental health issues.

The American Diabetes Association recently announced the launch of a new *Mental Health Provider Referral Directory*, which can help you locate mental health professionals in your area with demonstrated expertise in diabetes care. The listings are still a bit sparse, but that’s not a problem, because we have access to one of the best clinical psychologists in the diabetes world: Dr. Dana Lehman.

Learn more about this new service

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**Adjusting for fiber**

Fiber is good for the body for many reasons. Does this need to be considered when we eat meals high in dietary fiber? Should there be any insulin adjustment when we have a meal with more fiber?

Read the article!

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**FEATURED PRODUCT:**

*Myabetic Diabetes Cases for Kids*
**Fun cases for kids.** Carry your gear in style! These Myabetic Diabetes Cases can store what you need and also be a fun accessory. Designed by people with diabetes for people with diabetes. - $49

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**PHONE:** (610) 642-6055
**TOLL FREE:** (USA) 877-735-3648
**Outside the US:** 001-610-642-6055

[Call now!]

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**The Flash! The new take on CGM technology**

The world of glucose monitoring is currently divided into two options, finger sticks, and wearable monitors. The choice here is easy:

More information with less discomfort is the clear winner.

[Read the article!]

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**To pump or not to pump?**

**KIDS EDITION**

*Recent study sheds more light on pediatric insulin pump use.*
As pump therapy becomes more common for people with type 1 diabetes, more of us are starting on pumps earlier and earlier, including pediatric patients. Many parents struggle with making a decision about what is the right method of treatment for their kids.

Read the article!

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**JDRF Night At The Phillies!**

Please join me, my family and office staff on Saturday, May 12th, 7pm, at Citizens Bank Park for JDRF NIGHT AT THE PHILLIES when the Phils host the New York Mets. Tickets are available in the field section (110-111) as well as the upper deck (section 309), for $47 and $20 per ticket, respectively. There will also be:

* **T1D information tables on the main concourse**
* **Diabetes videos & messages on the “jumbotron”**
* **Carb counts posted at the concession stands** (close your eyes if you don’t want to know!)
* **First pitch made by a JDRF advocate**

Perhaps best of all, the Phillies will be making a generous donation to JDRF for each ticket sold.

You don’t have to be a Phillies fan (or a baseball fan) to enjoy this event. It’s a great opportunity to meet some nice people, support JDRF, and have a fun time at the ballpark. Invite your friends, family, co-workers, and anyone you can think of. Let’s “pack the house” and show the Phillies the power of the type-1 diabetes community!!!

For more information or to order tickets, go to [http://phillies.com/jdrf](http://phillies.com/jdrf)

I look forward to seeing you at the ballpark.

- Gary

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**Trivia Time!**

Congrats to Hilda Hernandez-Sepulveda, BSN, RN, CDE, coordinator of the diabetes program at Holy Name Medical Center in
Teaneck, NJ. Hilda came closest to answering last month’s trivia question: what percent of adults who have had type-1 since they were children currently have an A1c below the ADA recommendation of 7%?

Answer: 25.6%. Given all we've learned over the years and all the technology at our disposal, this shows how difficult it really is to manage diabetes. I guess that’s why I still have a job.

This Month's Trivia Question:

Ingenuity aside, money is the fuel that drives research efforts to prevent & cure diabetes, and improve the lives of those living with it. What organization, public or private, provides the most funding for diabetes research? Be as specific as possible.

The first person with the correct answer wins their choice of book from our in-office or online store.
Nancy & Jenny's Recipe Bites

We are sharing some fave recipes! These are low-carb and high in taste and we're sure you'll love them!

this month is Jenny's recipe:

Black Bean Brownies!

...That's right: Black Beans.

Learn how to make this recipe!

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Integrated Diabetes Services now carries skintone 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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The Survey Says...

In last month's edition of Diabetes Bites we asked about your usual approach to handling all the sugary sweets that present themselves on “special” occasions such as birthdays, holidays and family events:

A. I avoid the candy entirely
B. I might partake in a small treat
C. I eat what everyone else eats, and compensate with insulin
D. I tend to over-indulge. But that’s what special occasions are for!

There were 141 responses. It looks as though a lot of people are
carb counting and using insulin-to-carb ratios. Sweet!

This Month's Survey:

This month, let’s focus on “kryptonite” foods: Those tasty dishes that cause blood sugars to run amok. Which of these have you, personally, found to be the most challenging?

A. Pizza
B. Pasta
C. Chinese Food
D. Mexican Food
E. Chocolate / Cake
F. Salty Snacks (Popcorn, chips, etc...)
G. Fast food in general

Take the Survey!
Advertising Opportunities

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.
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