A quick note from Gary...

Steer Clear of Snake Oil

Spring is (finally!) here, and that always means I’m on the road a great deal lecturing at various diabetes meetings.

Almost every meeting includes a “vendor area” where the various device manufacturers and pharmaceutical companies display their wares. If you think their websites are convincing, just wait until you get a look at their tradeshow displays and have a face-to-face discussion with the company reps! Marketing has become a science to them – they know just what to say, how to say it, and how to look in order to influence your opinion and decision.

All I can say is this: when it comes to your health, it is important to be an educated consumer. If you’re considering a new or different approach to manage your diabetes, seek out the advice of experts you can trust, and do your own research. There ARE differences between products! Case in point: we now have three choices for continuous glucose monitoring systems. How are you to know which one will meet your needs the best?

DO YOUR HOMEWORK BEFORE MAKING A DECISION.

To reiterate something I mentioned back in October last year, we work for our patients. Not a pharmaceutical company, not a device manufacturer, and certainly not the insurance industry. You can always count on us for fair, balanced and insightful information. We recently published an in-depth comparison of the Dexcom, Abbott and Medtronic CGM systems in our “Thinking Like A Pancreas” blog: integrateddiabetes.com/blog/. Check it out! And any time you would like to discuss a new diabetes device, medication or management approach, give us a call. We personally try out...
just about everything ourselves before offering an opinion.

I hope you enjoy this month’s edition of Diabetes Bites. If there is anything we can do for you or a loved one to improve life with diabetes, please reach out.

- Gary Scheiner MS, CDE
Owner & Clinical Director

Effect of Exercise on mental health parallels effect on insulin sensitivity.

Exercise does a body good – seriously. There are so many reasons to add a daily routine of activity to your life.

But in a recent article published, researchers found that women had more depressive symptoms than men and that symptoms increased the longer exercise had stopped.

Read the article!

Choosing a CGM: 3 Heads are Better Than One

The world of diabetes is chock full of 3-headed monsters. We have three insulin makers, three dominant meter manufacturers, three pump companies, and for the first time, three companies producing CGMs (continuous glucose monitors).

So how to choose which one is right for you?

Read the article!
Weight gain with pasta..or not!?

Weight loss recommendations often include education on cutting carbs – including sugars as well as starches like pasta, bread, rice, etc.

But are they correct?

Read the article!

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:

Kamish Bread (Similar To Biscotti)

Learn how to make this recipe!
Notes from Nancy Siegel, Office Manager

Things That Keep Me Up At Night.....

I know I am like many other people who go over their day in their mind when they finally get to bed.

For me, I am a worry-wart. It doesn’t take me much. So, when I go over my day I think about everything and of course my family, etc. My sisters, who both have diabetes, are always on my mind. The fortunate thing for me is I can always turn to one of our unbelievable clinicians and ask a question and BOOM my mind is eased.

It doesn’t stop there. I come to the office everyday and speak with so many people who need help with their diabetes. Some are already patients, some want to know how to become patients, and some just have questions in general. Honestly, they have come to the RIGHT place.

I take this very much to heart. I want to help, as does Gary, Alicia, Jenny, & Karen. Call me. I will explain our services and what we do.

Appointments can be remote or in-office. Retainers are available, offering unlimited access to our team in between scheduled visits. Single visits are always an option.

Let’s get a good night sleep. I’ll take something off your night list, and that
will give me one less thing to worry about. YOU!

Sincerely,

Nancy Siegel
Office Administrator

(610) 642-6055
nancy@integrateddiabetes.com

How to get past the gatekeepers of insurance denials

Lace up your Ruby slippers!

There are a lot of moments that unite people living with diabetes. But by far one of the most loathsome shared experiences is having an insurance company deny coverage for a medication or service.

So what opens the door when the insurance company says no?

Read the Article!

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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**Athletes with Diabetes Survey!!**

Do you exercise and have diabetes (any type)? Wouldn’t you love to share what you’ve learned about managing exercise with diabetes with others? Now is the time.

You have a unique chance to be part of the new edition of Dr. Shari Colberg’s book *Diabetic Athlete’s Handbook* which will be available in Spring of 2019.

Find out how you can take the survey!

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**FEATURED PRODUCT:** Myabetic Diabetes Cases for Kids

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**TOLL FREE:** (USA) 877-735-3648

**Outside the US:** 001-610-642-6055

Call now!
Trivia Time!

Congrats to Hilary Bonta, an English Professor at the University of Pennsylvania, T1 for 29 years and mom of a T1 teen. Hilary was the first to correctly answer last month’s trivia question: What organization, public or private, provides the most funding for diabetes research?

Answer: The US National Institutes of Health (NIH). More specifically that National Institute for Diabetes, Digestive and Kidney Diseases (NIDDK) allocates most of its nearly $1.5 billion annual budget to diabetes. This includes $150 million through the “Special Diabetes Program,” a unique appropriation that supports research on the prevention and cure of type 1 diabetes and its complications. Organizations such as JDRF and ADA play a crucial role in lobbying the federal government to continue and increase this essential funding, so contact your local branches to find out how you can support them in their efforts.

This Month's Trivia Question:

As the saying goes, there's more than one way to cover a potato. OK, I’m the only one who says that. Nevertheless, how many different categories (not brands) of bolus / mealtime insulin are there?
The first person to correctly name all the categories wins their choice of book from our in-office or online store.

Submit Your Response

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The Survey Says...

In last month's edition of Diabetes Bites we asked you to identify your “kryptonite” food: that special dish that seems to drive your blood sugar crazy.

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

There were 129 responses. Here’s what you had to say:
Fellow pizza lovers, I refer you to our high-budget YouTube video on how to carb count and properly cover the carbs and fat in pizza:

This Month's Survey:

This month, let’s get POLITICAL. Given the whirlwind turnover at the top of most federal agencies and debatable policies being pushed
down our throats, we’d like to know: HOW HAS THE TRUMP POLITICAL ENVIRONMENT AFFECTED YOUR HEALTH?

A. I love the changes! My health is better than ever.
B. The stress is having a negative effect on my health.
C. It is harder to afford/access what I need, and my health is suffering as a result
D. My health status really has not changed

Take the Survey!

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!!

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 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
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.

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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