A quick note from Gary...

It’s In The Way That You Use It

Back in 1986, Eric Clapton’s song “It’s In the Way That You Use It” was a big hit. I was in college at the time, probably falling asleep in classes, and just getting used to life with diabetes. Little did I know that those song lyrics would apply so perfectly to my practice in 2018.

Case in point: Insulin pumps, CGMs and hybrid closed loop systems represent marvels of biomedical engineering, yet most people who use these devices fail to achieve the kind of results implied by the smiling faces on the brochure covers. That’s where we come in. Our clinical team specializes at helping folks to truly benefit from these and other mechanical marvels. As we like to say, “Don’t just survive... THRIVE!”

For instance, we’ve put together a comprehensive tips/pointers guide for 670G users to help our patients overcome some of the struggles that they face in “Auto Mode”. And we’re always available to help fine-tune basic pump settings and get the most of out the latest CGM devices. We can also discuss off-the-radar options such as Open-APS and the Loop app. In fact, you might enjoy my latest Think Like A Pancreas blog comparing FDA-approved devices (like the Medtronic 670G) to do-it-yourself systems (like Looping). Our team has used and instructed patients on both, so we can offer you insight on the pros & cons each has to offer.

Anyway, enough about us. 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.
Read the entire May Newsletter online

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**Plant vs. Animal Protein:**
Which is Better For Your Cardiovascular health?

**Hamburger or nuts?**

Which is Better For Your Cardiovascular health, Plant or Animal Protein? New research shows plant based protein sources, such as nuts and seeds, might be better than you think.

[Read the article!](#)

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**New Diabetic Retinopathy Research Discovery**

A recent study may give us some ammunition in the prevention of retinopathy.

Diabetic retinopathy is one of the most disabling complications of diabetes and the leading cause of new cases of vision loss among adults.

[Read the article!](#)
Low Carb, No Carb...How should I eat?

I have a lot... A LOT of people ask me what the best “diet” is for diabetes. Literally, it is one of the first things asked when I start to work on diabetes management with someone. “What should I eat? Should I do low carb or Paleo or Mediterranean, etc.?

So what's my answer...?

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 we have 2 fabulous recipes:

- Low Carb Pancakes
- Mock Mac n Cheese
Get Exclusive Discounts!

Notes from Nancy Siegel, Office Manager

Spring seems to mean cleaning closets, opening up the windows to allow the fresh air to flow and welcome the new season in, and just a general tune-up from the long winter.

If a tune-up is what is needed for you or a loved one to bring your diabetes management up to date

Call me 610-642-6055 or email me. I can explain how our clinicians will shake out those cobwebs, keep you current and in mint condition!

Let me tell you what is “hot off the presses”. Established patients, new patients, or thinking about becoming a patient ... We are a phone call, or an email away.

Sincerely,

Nancy Siegel
Office Administrator

(610) 642-6055
nancy@integrateddiabetes.com

Getting the right diagnosis:
my 6 year diagnosis story

I was a 20 year old in college, and like most motivated college kids I was burning the candle at both ends. But it got to the point that I could not get through a day without a nap.....

Read the Article!

Get paid for your opinion!

Providing patients and caregivers a voice

Patients (14 and older) and Caregivers (family, friends) of any disability, disorder, syndrome, disease or condition are provided an opportunity to voice their opinions through surveys and interviews to improve medical products and services.

Find out how you can give your opinion!

FEATURED PRODUCT: Mod you Pod!

OmniPods are amazing devices, but they look BORING! Spice up your pods with Pinkery Pods: 3D printed covers designed for the Omnipod insulin pump!

Better yet, friends of Integrated Diabetes Services receive a 10% discount on all Pinkery Pod orders.

Get the Discount Code!
Trivia Time!

For the first time, nobody answered the last trivia question correctly: How many different categories (not brands) of bolus / mealtime insulin are there?

Answer: 5

1. Ultra-Rapid (Fiasp) which peaks in about an hour and clears in 3-4 hours
2. Rapid (lispro, aspart, glulisine) which peaks in just over an hour and clears in 3-5 hours
3. Regular (human recombinant) which peaks in 2-3 hours and clears in 6-8 hours
4. U-500 Regular (concentrated human recombinant) which peaks in 4-8 hours and clears in 8-12 hours, and
5. Technosphere (Afrezza – inhaled) which peaks in less than an hour and clears in about 2 hours.

This Month's Trivia Question:

There is NO question that diabetes is a costly disease to treat and manage. As of 2017, according to the Centers for Disease Control, what was the average annual medical expenditure for people with diabetes in the United States? (please don’t look it up... take your best guess)

The person who comes closes to the actual amount wins their choice of book from our online or in-office store.
The Survey Says...

In last month’s edition of Diabetes Bites we asked you to share how the Trump political environment has 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

There were 143 responses. Here’s what you had to say:

F 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, along the lines of my Think Like A Pancreas blog, we would like to know what you think about the
government’s role in furthering the treatment of medical conditions like diabetes:

A. Stringent government regulation is ESSENTIAL for ensuring that only safe, effective treatments are made available. Protect the consumer!

B. The government needs to get out of the way and allow companies to develop & market new products and devices. Let consumers make their own choices!

C. Much better collaboration needs to exist between government and industry.

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

Our Websites

Integrated Diabetes Services provides diabetes education and management consulting in-person or remotely via phone and the internet for children
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.

**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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