A quick note from Gary...

On My Way To ADA

As I sit (and sit and sit) at gate A17 at Philadelphia International Airport waiting for my flight to Orlando for the American Diabetes Association’s annual Scientific Sessions, I can’t help but think about past conferences. Seems that at least 90% of the meeting content is drug-focused: detailed analyses of pills for this and injectables for that. Devices such as CGMs and hybrid closed loop systems get a little bit of exposure, but the meeting (and most of its sponsorship) is all about big pharma.

Is it just me, or is there something wrong with this picture? The last time I checked, management of diabetes is heavily dependent on individual behaviors and lifestyle. So where’s that? Why is there so little emphasis on behavior change at these conferences? Wait... what’s that? Behavior change is hard, and there’s no money to be made on it? Oh, now it makes sense.

We here at Integrated Diabetes Services haven’t forgotten about the power of a healthy lifestyle. As my first true mentor in endocrinology, Dr. William Fore, so eloquently stated to many of our patients at the Joslin clinic: “Y’all can out-eat any drug therapy I might put you on.” Medications can help. Devices can help. But without sound lifestyle choices, they are unlikely to get you where you want and need to be.

So as you hear and read about the latest medical discoveries and FDA approvals, don’t forget that a healthy lifestyle remains the cornerstone of effective diabetes management. If you’re looking for some guidance in this
area, please reach out.

As always, I hope you enjoy this month’s edition of Diabetes Bites. Your feedback is greatly appreciated.

- Gary Scheiner MS, CDE
Owner & Clinical Director

Read the entire June Newsletter online

Learn How SymlinUsers Can Earn $200

Are you a Symlin User? Can you use some extra cash?

A market research company is looking for current Symlin users to evaluate a new medication delivery device.

Read the article!
There's a AN APP for that!

The Guardian Connect Smart CGM system pairs the Guardian Continuous Glucose Monitor (CGM) with a companion app. SugarIQ is set to do limited launch this summer.

So what are the highlights and reviews?

Read the article!

Simple Strategies for Glucose Management with Restaurant Meals

Great tips on how to take charge of your management when eating out at any restaurant.

Find Out How!

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!!!

A Novel use of Glucagon to avoid hypoglycemia in exercise

We all know the benefit of exercise. We work out, try to reap the overall health benefit of exercise – cardiovascular benefit, weight management, insulin sensitivity – and what happens?

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 a delicious recipe:

**Low Carb English Muffin Recipe**

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**Diabetes Confidential:**

I have to thank the late Anthony Bourdain for my giving me the desire to write and delve into the “in the box” management of diabetes here in the States which is controlled by many groups, such as FDA and the product/medication corporations....

**Read the article!**

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**How to Improve Your Eye Health**

We workout for lots of reasons, but did you know that if you have retinopathy, a good workout might actually help to improve your eye health!? 

**Read the article!**

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**Developing a "language of diabetes"**

I can often be heard reminding patients that their doctors work for them, not the other way around! Diabetes education should start as young as possible, and we should develop a "language of Diabetes"....
To our readers: Get exclusive discounts on supplies you use every day including supply cases, pump accessories, lancing devices and specialty adhesives.

Notes from Nancy Siegel, Office Manager

I wanted to make everyone aware of the many wonderful products, informative books, and resources that are available on our website.

In our online store you’ll find many options for your convenience and solutions to everyday diabetes struggles.

Our clients, colleagues and friends of Integrated Diabetes Services are entitled to special discounts on some of the best products and devices in the diabetes industry like:

- **Pinkery Pods** (Stylish snap-on, reusable covers for omnipods.) Use code IDS10 to receive 10% off your order (click on “apply shop discount code before proceeding to checkout”)  CLICK HERE
- **Genteel** (hands down the most comfortable and customizable finger lancing device on the market) Use the code INTEGRATED to receive $15.00 off your purchase  CLICK HERE
- **Myabetic** (The most fashionable and functional diabetes organizers
Integrated Diabetes Services offers support and education for everyone in the diabetes community.

Our practice focuses on diabetes management tailored for our patients specific needs. We are like a great pair of jeans, "just the right fit for you".

Single visits and retainers are available.

Please call me, (610) 642-6055, or nancy@integrateddiabetes.com so I can explain how we work.

Nancy Siegel
Office Administrator

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!

Congratulations to Steve Burgo, an engineer and T1 x 21 years from Berwyn, PA, USA for coming closest to answering last month’s trivia question: According to the Centers for Disease Control, what was the average annual medical expenditure for people with diabetes in the United States? Many people ventured guesses, ranging from $1,700 to $26,000.

The answer: $16,750.

This Month’s Trivia Question:

For father’s day, my family treated me to dinner at the Outback Steakhouse. Believe it or not, the menu includes the calorie content of just about every item, including their world famous BLOOMIN’ ONION – a large onion that has been sliced into a floral shape, dipped in batter, deep-fried and served with creamy dipping sauce (picture Homer Simpson drooling). Without looking up the answer online, how many calories are contained in the Bloomin’ Onion appetizer?

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 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.

There were 108 responses. Here’s what you had to say:

Clearly, most of our readers aren’t big fans of government oversight, at least in its current form.
This Month's Survey:

This month, let’s grant everyone a wish. Long-term diabetes complications are something we all try to avoid. Glucose control, genetics, and lifestyle all play a role, so even if we do all the right things, there are no guarantees. But what if you could make a wish and guarantee that you would never experience a certain complication. Which one would it be?

A. **Retinopathy** (my eyesight is too important to me)

B. **Nephropathy** (keep me away from dialysis and transplant surgery)

C. **Neuropathy & Foot Problems** (unlike my feet, pain/numbness are something I can do without)

D. **Heart disease** (if the engine stops working right, nothing works right)

[Take the Survey!]
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.

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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