A quick note from Gary...

On My Way BACK from ADA

Since the purpose of Diabetes Bites is to inform and inspire as many people as possible about the latest/greatest approaches to diabetes management, I would be remiss if I failed to share a little bit about the findings from this year’s ADA Scientific Sessions. For a full report, go to our latest blog post: 2018 ADA Scientific Sessions Report. Don’t forget to check out the photo of yours truly (taken at Orlando’s famous “Ice Bar”) at the end of the article!

This year’s meeting was captivating, to say the least. Type-1 diabetes seemed to receive more than its usual lack of attention. CGM is being touted as the new standard of care (at least from a monitoring perspective), with new systems and analytics getting involved for achieving pattern recognition. There were lots of new product launches: Tandem’s X2 pump with predictive low glucose suspend, Insulet’s Dash programming platform, Medtronic’s Guardian Connect CGM system, and Senseonics’ three-month implantable sensor, just to name a few. Even big pharma is getting into the type-1 scene, with oral medications (SGLT-1/2 and SGLT-2 inhibitors) that can lower overall glucose levels and delay the blood sugar rise that occurs after meals. There was also considerable debate about the merits and drawbacks of low-carb and ketogenic diets.

With all that’s new, now would be a good time to make an appointment with your diabetes doctor or Certified Diabetes Educator. Take full advantage of the latest findings and innovative products! They are here to make your life better.
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

**My thoughts on the American Diabetes Association’s 78th Scientific Sessions**

As usual, this year’s American Diabetes Association Scientific Sessions didn’t place much emphasis on a healthy lifestyle. There was food _everywhere_, and trust me, we’re not talking fruits & veggies. And given the oppressive Orlando, FL summer climate, the only running we did was to get a seat near the a/c.

But there was a great deal of research presented on diabetes medications and devices.

**Get paid for your opinion!**

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.

Join the community on-line and earn a Dunkin Donuts, Starbucks or CVS gift card!

**SIGN UP HERE**

*Just one requirement: Type “IDS” in the “How did you find out about Rare Patient Voice” block when you sign up!*

Your information is confidential, and your email/name is never shared. You
may be invited to participate in surveys from time to time, where you will earn cash.

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**Retreat for Women with Diabetes**

Sometimes a bit of time away with others who really “get it” makes a difference.

If you are a woman looking to get back to caring well for yourself, take a peek at this unique retreat opportunity.

[Learn More!](#)

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**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 delicious recipes:

- [Easy Sheet Pan Fajitas](#)
- [Balsamic Chicken](#)

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**Less time for Diabetes Management, More for Life**

**How do you juggle diabetes and life at the same time?**

A typical day with 2 kids, a dog, 2 cats, a full time job, meals to prep, exercise to fit in, and a house to take care of can easily take up all the waking minutes of a day. Oh – and yes, diabetes management is a sneaky little piece in all of this time management.

[Read the article!](#)
Post THIS not THAT: A basic guide to sanity and civility for we people with diabetes.

I'd like to share my experience with interacting with the diabetes world online without feeding the trolls.

Read the Article!

You De$erve a Di$count!

Clients, colleagues and friends of Integrated Diabetes Services are entitled to special discounts on some of the best product & devices in the diabetes industry.

To our readers: Get exclusive discounts on supplies you use every day including supply cases, pump accessories, lancing devices and specialty adhesives...

and now: great tasting Glucose tablets!
Notes from Nancy Siegel, Office Manager

These are the carefree days of summer. We can smell the flowers, enjoy walks, savor our favorite recipes from the bar-b-que, and take those long awaited vacations.

What doesn’t take a vacation is our diabetes. That’s why we are here to help you enjoy the glorious days of summer (and all-year-round too!).

I know I’m relentless, my family tells me all the time to BUG-OFF. Just like that annoying fly that keeps buzzing in your ear, I do it for a reason. I love them and want only the best care for the management of their diabetes. So here I am again to tell you the many options that are available at Integrated Diabetes Services. We provide services for all ages with Type 1 and Type 2 diabetes. Support is available for families of loved ones and friends as well.

Speaking of which, hot off the presses, Gary has collaborated with Diane Herbert and written a new book: Diabetes - How to Help

Our clinicians live with diabetes every day. They get it! Call me, 610-642-6055 or Email me (nancy@integrateddiabetes.com), I will explain how our services work. There is a program here at IDS for everyone.

Hoping your summer is super sunny, spontaneous and rejuvenates your spirit!

Nancy Siegel
Office Administrator

FEATURED PRODUCT:
Diabetes - How to Help

Your Complete Guide to Caring For a Loved One With Diabetes

by, Gary Scheiner, MS, CDE and Diane Herbert MSS, LSW, CFM, CDE

($18) Please contact our office for your copy!!
Get the new book!!

Trivia Time!

Congratulations to Lisa Haaf of Lancaster, PA (and mom to an 11 y.o. boy with T1) for coming closest to estimating the calorie content for the infamous (yet delicious) Bloomin’ Onion appetizer: a whopping ONE THOUSAND NINE HUNDRED AND FIFTY CALORIES. That’s more than an average day’s total calories recommended for most adults!

Guesses ranged from 150 to 4,200 calories; Lisa estimated 2000.

This Month's Trivia Question:

Besides a number of FDA and EU-approved hybrid closed loop systems, do-it-yourself (DIY) systems such as “Loop” and “Open APS” are gaining in popularity due to their enhanced capabilities. According to data presented at the recent ADA Scientific Sessions, on average, what percentage of time do DIY hybrid closed-loop system users spend in the 70-180 mg/dl (4-10 mmol/l) range?

The first person with the correct answer 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 which diabetes complication you would most like to avoid, if given the power to prevent it.

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)

There were 132 responses. Here’s what you had to say:

All cause a certain amount of worry and concern, but apparently the eyes have it. The good news is that with proper self-care, the risk of ALL diabetes-related complications can be reduced substantially. And with regular screenings and early detection/treatment, we can keep most complications from having a major impact on our quality of life.
This Month's Survey:

This month, whether you’ve tried one or not, we’d like to know your opinion of LOW-CARB DIETS.

A. Eating low-carb is essential for keeping blood sugars in control.
B. Moderation is the key to long-term success.
C. The type of carb is far more important than the amount.
D. There is really no reason to limit one’s carb intake.

Take the Survey!

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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.