A quick note from Gary…

**Good news!** The publisher of Think Like A Pancreas has asked me to start working on a 3rd edition. I *guess* that’s good news... at least it shows that somebody is actually reading it. One of my favorite aspects of the book is a graphic that my daughter Marley drew for me showing the three interlocking factors that are necessary for quality diabetes management:

**The right tools, The right skills, and The right attitude/mindset.**

That last item is really, really important. So many people go to diabetes classes and get the latest high-tech gadgets but fail to reach their goals. That’s why I’m thrilled to announce that Diane Herbert, MSS/LSW/CDE has rejoined our team to provide emotional health services for our clients.

Diane is a licensed medical social worker, certified family mediator and diabetes educator with a focus on helping individuals and families work through the clinical and emotional challenges of living with type-1 diabetes. Diane provides telehealth counseling for people of all ages, including family therapy. Her areas of expertise include diabetes distress/depression/anxiety, coping issues, and caring for children/partners/loved ones with diabetes. **PLEASE** contact us for information on Diane’s services and availability. Remember, when it comes to diabetes management, we’re only as strong as our weakest link.
Hope you enjoy this issue of Diabetes Bites! Your feedback is always welcome.

- Gary Scheiner MS, CDE
  Owner & Clinical Director

Support Our Walk Team!

They say the definition of insanity is doing the same thing twice and expecting different results.

WRONG.

The true definition of insanity is trying to hold a major fundraising event in Philadelphia AT THE SAME TIME AS AN EAGLES GAME.

Get all the info here!

We’re Accredited!

After a long and arduous process, Integrated Diabetes Services has been granted Accreditation by the American Association of Diabetes Educators’ Diabetes Education Accreditation Program (wow... that’s a mouthful)!!

Read all about it!

Insurance interruption has profound effects on our health

A recent study quantifies the impact we all fear when we lose health insurance coverage.

The study shows a direct correlation between persons with diabetes not having health insurance, and severe negative repercussions on our health and safety.

Read the article!
Amylin continues to show benefits

A recent study shows that Amylin infusion improves time in range and variability over insulin only artificial pancreas system.

Read the article!

Pre-exercise Basal insulin adjustment key to reduction in hypoglycemia

Exercise drives insulin to work more efficiently and thus the often seen effect is hypoglycemia during or after exercise. Does the time of insulin adjustment make a difference?

Read the article!

Nancy & Jenny's Recipe Bites

We are sharing some fave recipes! These are low-carb and high in taste. This month we have 3 delicious recipes:

- Sugar Free Coconut Milk Mixed Berry Popsicles
- Gluten-Free Zucchini Brownies
- Zucchini Pasta with Lemon Garlic Shrimp

Stepping Out of my Zone: the Whole30 plan

Want to try the Whole30 plan with me?

Pick up the book, do a power read and get started. At the end of September I’ll log my findings and write another article for our Bites newsletter. I’d love to hear from those of you doing it along with me, or perhaps from anyone who has tried it and found success!

Read the article!
Dia-Bullying- Back to school tips for students with Type 1 diabetes and their families.

Increased A1C, have you thought: Bullying?

As we settle into the school year and the changes of these first few weeks we often see rises in blood sugar or changes in eating patterns that seem to defy control.

Read the Article!

You DeServe 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!
How Accurate is G6, Dexcom’s factory-calibrated CGM system specified for 10-day wear?

Accuracy findings of a study that evaluated performance of G6, Dexcom’s factory-calibrated CGM system specified for 10-day wear in youth and adults with diabetes.

Read the article!

Notes from Nancy, Office Manager

The End of Summer....

Vacations are over and now we are gearing up for the coming fall year. That probably means a whole new hectic schedule. Kids are getting ready for school, we are returning to the work grind from time off, gone are our carefree days of summer.

Diabetes doesn’t take a vacation and we are here to help ease that overwhelming feeling.

Our clinicians will make management of your diabetes more confident and less stressful.

Get out your calendars, put us on your first order of business and call me for an appointment (610) 642-6055. Email me, nancy@integrateddiabetes.com. I want to be part of your agenda!

FALL into Integrated Diabetes Services.

Talk to you soon.

Nancy
Office Administrator

FEATURED PRODUCT:
Diabetes - How to Help

Your Complete Guide to Caring For a Loved One With Diabetes
Get the new book!!

**Trivia Time!**

Congratulations to Andrea Sidman of Thousand Oaks, CA, mom of 14-year-old Ian (who has had T1 for five years) for correctly answering last month’s trivia question: What percentage of time do DIY hybrid closed-loop system users spend in the 70-180 mg/dl (4-10 mmol/l) range?

The correct answer, based on data presented at the 2018 ADA Scientific Sessions, is a stunning 82%.

**Do-It-Yourself hybrid closed loop systems include Open APS and the Loop app.**

Both require a certain amount of technical expertise and some special equipment, but if you’re looking for some seriously tight glucose control, there’s nothing better. Our own Jenny Smith has become our resident expert on these DIY systems, so if you’re interested in learning more, contact us and schedule some time to speak with Jenny.

This Month's Trivia Question:
With (American) football season upon us, let’s see who can name two former NFL quarterbacks who have type-1 diabetes.

The first person with the correct answers 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 for 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.

Apparently, there is a lot of interest in this topic, and a lot of differences of opinion. A record 284 people submitted their responses. Here’s what you had to say:
The truth is, there is no right or wrong when it comes to dietary approaches. Your meal plan should be based on personal preferences, available options, and a certain amount of scientific evidence. What’s really important is to have a system in place that allows you to manage your blood sugar levels and remain healthy while following your chosen plan. Anyway, that’s our approach, and we’re stickin’ with it.

This Month's Survey:

This month, after moving the 3rd of my 4 kids off to college, I thought of all the kids with diabetes we’ve worked with over the years to make college preparations, including special accommodations (food, housing, test-taking) just for having diabetes. The fact is, some people like to use their diabetes for special treatment, while others prefer not to. I personally enjoyed “special assistance” privileges at Disney World when they were available! What’s your opinion?

A. Living with diabetes is tough! It is perfectly reasonable to “play the diabetes card” for special privileges any time.

B. Diabetes should only be used for special accommodations when it is TRULY needed.

C. Using diabetes to get special treatment hurts our reputation,
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.