A quick note from Gary...

I’ve never been much of a businessman. In fact, the smartest business move I ever made was asking my wife for advice on “human resource” stuff (that’s really her thing). She taught me that you can always teach skills, but you can’t teach personality. How true is that!? Being a dutiful husband, I’ve taken her advice. And what did it get me? A team that I am SUPER proud of.

**Jenny Smith is our longest-tenured clinician.** She’s like a big (actually petite) sponge, absorbing skills left and right, constantly building on her already-impressive talents. She has single-handedly created an outstanding type-1 pregnancy management program and continues to work with patients of all shapes and sizes on adopting healthier lifestyles. Her latest endeavor involves coaching patients on adoption of the latest DIY hybrid closed-loop technologies.

**Alicia Downs joined us a couple of years ago intent on focusing her nursing skills in the diabetes arena.** Talk about a quick study! I’m happy to say that her talents now surpass mine when it comes to teaching and managing patients with complex health backgrounds. Despite raising a toddler and taking on every difficult assignment I can throw her way, she managed to complete her Masters in Nursing this past month. Congrats Alicia!

**Diane Herbert recently returned to IDS after a stint in the corporate world.** How much more can you say about a mom raising a child with diabetes who also happens to possess amazing gifts for listening, relating, and building up everyone around her.
The newest member of our team, Kristen Garron, brings incredible passion for helping the sometimes-overlooked type-2 patient. We’re all going to learn a lot from her. But she’s not limiting herself to her “comfort zone”. Kristen is taking it upon herself to learn all the nuances of type-1 management as well.

And I don’t want to overlook the invaluable contributions of our office staff - Karen and Nancy. They are committed, competent and caring. But more importantly, they’re fun to be around.

Bottom line, I’m glad I listened to my wife. Otherwise, I’d be surrounded by a bunch of drones with no personalities. Technological advances are great, but it still takes the right personality to succeed.

As always, please reach out if there is anything we can do to assist you or a loved one with diabetes. I hope you enjoy this issue of Diabetes Bites! Your feedback is always welcome.

- Gary Scheiner MS, CDE

Owner & Clinical Director

Read the entire October Newsletter online

Glucagon: dusting off that old rescue kit to see what’s new!

Soon we might have more options for guarding against dangerous lows than the old red and orange boxes...FDA Approves New Changes!

Read the article!

WANTED: Old Medtronic Pumps

You may have heard that some IDS clinicians are using the do-it-yourself “Loop” app to create a hybrid closed-loop system.
That’s where YOU come in.

If you happen to have an old Medtronic pump collecting dust in the back of your closet, consider donating it to our office.

Learn how you can help!

Impact of Exercise on honeymoon period in type 1 diabetes

According to a recent study, male participants who were diagnosed with type 1 diabetes and engaged in intensive exercise in the first few months after diagnosis saw a honeymoon period that lasted 5 x longer than those who were not exercising.

Read the article!

Nancy & Jenny's Recipe Bites

We are sharing some fave Fall inspired recipes! These are low-carb/low-sugar and high in taste. This month we have 4 recipes:

- Pumpkin Turkey Chili
- Pumpkin Risotto with Goat Cheese & Dried Cranberries
- Pumpkin Gingerbread
- Instant & Smooth Chocolate Chia Pudding

Life Expectancy reduced and Heart disease risk increased with Early Type 1 Diabetes Diagnosis

A nationwide, register-based cohort study of people with type 1 diabetes was done comparing those with diabetes, to matched controls in the general population

The goal: Look at how age at diagnosis of type 1 diabetes relates to
cardiovascular disease and mortality.

Read the article

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!!

Thank You Diabetes Educators

Diabetes educators are amazing people. But when you find one who also lives with diabetes, the experience can be truly magical.

Read the article!

SGLT 2 use in Type 1 diabetes benefits and risks.

How to make the most of, and stay safe on oral SGLT2i medication in combination with insulin management.

Read the Article!

Why you NEED a doctor when you are WELL

We have all heard the analogies that our body is like a car, we need to fuel it, keep good tires on it, and take it for an oil change every so often....

Read the Article!
Whole30 Plan Completed

I started and finished following the Whole30 plan as I talked about in my last Journal message in the September Bites newsletter.

Here is what I learned...

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!
Notes from Nancy, Office Manager

What’s in a website?

We don’t often bring it up, but we have some excellent resources on our website (integrateddiabetes.com).

Among the more popular are our insulin pump comparisons, electronic log-sheets, mealtime dosage calculator, “Thinking Like A Pancreas” blog, and quizzes to test your knowledge of carb counting and diabetes in general. Take your time navigating through our pages and getting to know who we are and what we do. Don’t forget to check out our staff bios, including secret facts about our outstanding Clinicians. I still think the best thing about our clinicians is their compassion. They live with diabetes every day, so they get it!

The website contains details about all of our services, but sometimes there’s no replacement for a human voice and a personal touch. If you ever have questions about how our practice works, please contact me (610-642-6055), nancy@integrateddiabetes.com, and I will explain everything.

Our tricks always lead to good treats.
We’re never scary!!  BOO!
I look forward to hearing from you! Your success is our success.

Nancy
Office Administrator

FEATURED PRODUCT:
Myabetic Kids Cases

Adorable! Diabetes supply cases for kids. We have many styles available.

Please contact our office for pricing!!

Trivia Time!

Congratulations to Dave Little, a low-carber and CGM user from Ontario, Canada, for correctly answering last month’s trivia question: Which two former NFL quarterbacks have type-1 diabetes?

Answer: Jay Cutler and Wade Wilson. Jay enjoyed a successful 12-year career playing for the Denver Broncos, Chicago Bears and Miami Dolphins, throwing for 227 touchdowns and over 35,000 yards. Wade’s QB career spanned 17 seasons, mostly with the Minnesota Vikings, where he also served as the team’s emergency backup punter. Just goes to prove that diabetes doesn’t have to limit our accomplishments.

This Month's Trivia Question:

It’s always fun trying to explain the difference between type-1 and type-2 diabetes to people who know nothing about it.

Of course, type-1 diabetes is the clear minority.
According to a recent study conducted at the University of Iowa, what percentage of people diagnosed with diabetes have Type 1? (Please don’t look it up online! And provide your answer to the nearest tenth of a percent.)

The first person with the correct answer (or closest to the correct answer) wins their choice of book from our online or in-office store.

Submit Your Response

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**The Survey Says...**

In last month’s edition of Diabetes Bites we asked for your opinion of using diabetes as a means to receiving special treatment and privileges.

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, and should never be done.

For the second month in a row, we received a record number of responses: 337. Looks like we deal with a (mostly) law-abiding population.
This Month's Survey:

This month, with Supreme Court judges being... well... judged, we would like to know how you judge the different types of diabetes. Is one worse than the other? Or are they pretty much the same? Tell us your opinion.

Which form of diabetes is worse?

A. Having type-1 diabetes is worse than having type-2. Type-1 requires constant work and attention, and is almost impossible to manage all the time.

B. Having type-2 diabetes is worse than having type-1. Type-2 requires major lifestyle changes and is usually coupled with a lot of other health problems.

C. They both suck equally.

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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