A quick note from Gary...

Oh No! Not the “H” Word

In case you haven’t noticed, the Holiday Season is already rearing its ugly head. The moment Halloween ended, up went the decor. And so did the stress. And the calories. And our blood sugars.

Diabetes doesn’t take holidays. It’s always there, and it doesn’t care how well you manage it the rest of the year. Mess up just once, and KABLAB! Off the charts. But that doesn’t mean YOU can’t take an occasional holiday. There really IS a benefit to managing your diabetes well most of the year: The occasional errant reading has minimal impact on your long-term well-being. It’s OK to indulge in potato latkes or chug some eggnog now and then. It’s OK to miss an occasional workout in order to attend the holiday show at your kid’s school. It’s even OK to let your opinionated relatives stress you out at family get-togethers. That’s what diabetes holidays are for: to let our guard down for a little while and just let life happen.

Of course, if the occasional holiday becomes not-so-occasional, the repercussions can be much more severe. Not to toot our own horn (well, maybe a little), but our team is downright MASTERFUL at teaching people how to manage their diabetes in any situation. So if you find yourself struggling to take care of your diabetes this time of year, please give us a call. You don’t even need to come in to the office – we can work things out just fine over the phone or via the internet.

A happy and healthy holiday season to you and your loved ones!
Afrezza continues to show benefits, worth a try?

Recent study highlights benefits of rapid Afrezza action, is it right for you?

Read the article!

STILL WANTED: Old Medtronic Pumps & Supplies

If you happen to have an old Medtronic pump in any condition, consider donating it to our office.

Specifically, we are looking for Medtronic Paradigm pumps manufactured between 2006 and 2012.

Learn how you can help!

For teens: is dinner, the most important bolus of the day?

Forget breakfast being the most important meal of the day! When it comes to young people and diabetes, a new study shows: dinner is where it’s at!

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.

For November, we have 3 delicious recipes:

- **Cozy Autumn Wild Rice Soup**
- **Barbecue Pulled Jackfruit Sandwiches**
- **Sausage and Apple stuffed Acorn Squash**

How does insulin hold up with changes in temperature and humidity?

A recent study looked at the effect of both temperature and humidity on insulin action in adults with type 1 diabetes.

[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!!

Get the new book!!

**Open enrollment: Tips on how to find the right coverage**

Health insurance coverage is one of the biggest headaches of living with chronic disease. So how can we reduce the stress and improve out financial stability during open enrollment season?

[Read the article](#)
ADA insulin Accessibility Petition: Add YOUR Name!

You can add your name to over 360,000 others who have joined the American Diabetes Association’s call for action!

Learn More!

Welcome to the team!!

Integrated Diabetes Services is delighted to announce the addition of Kristen Garron to our clinical team.

Learn more about Kristen!

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.

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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!

My family, immediate & extended knows that Thanksgiving is not an opt-out holiday. It’s my favorite. My daughter has only been excused once, because she was on her honeymoon!

(I made 2 Thanksgiving dinners that year) My son runs himself ragged to both sides so we can be together.

I’m always grateful for this gathering. I love this get-together, because it’s everybody’s holiday. We all celebrate it! I always start dinner by asking everyone around the table to tell us what they are grateful for. Mine are the usual sappy same, with some teary additions.

On an everyday basis, I realize when I come to work how grateful I am to the staff here for the incredible contribution they make to the diabetes community.

The difference that they make to our existing and new patients continues to astound me. No matter how many times I hear it, it sounds like the first time.

It may be because each patient’s situation is different and needs that special attention.
I will add this to my “what I am grateful for “when we go around my table at Thanksgiving this year, because Integrated Diabetes Services has made a difference for my sisters too.

Happy Thanksgiving

Nancy
Office Manager

Holiday Gifts for the Little Ones!

Our close friend and client David Sosenko is the owner/operator of Circle Time Products, where he's offering quality activity booklets for kids.

Get the PROMO code and receive 20% off here!

Gary's Trivia Time!

Congratulations to Mary Patricia Mowat, a 38-year veteran of type-1 diabetes in the process of moving from New Jersey to Florida. Mary supplied the closest answer to last month’s trivia question: What percentage of people diagnosed with diabetes have Type 1?

Answer: 5.6%. Even though the incidence of type-1 diabetes has been increasing steadily, the rise is overshadowed by the increase in type-2. Nearly 30 million Americans have been diagnosed with diabetes, with the number increasing by about 1.5 million annually.

This Month's Trivia Question:

Having spent the last week lecturing across Canada, I became accustomed to seeing blood sugar values such as “5.8” and “9.3”. Of course, these are expressed as mmol/l, not the mg/dl format used in the United States. The fact is, much of the world, including
the majority of Europe, measures blood sugar in mmol/l.

For trivial fame, how does one covert blood sugars in mmol/l to mg/dl?

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

Submit Your Response

The Survey Says...

In last month's edition of Diabetes Bites we asked you to tell us 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.

There were 156 responses. And it looks as though T1D wins... I mean loses. I mean... well, you get what I mean.
This Month’s Survey:

This month, we’d like your thoughts on the progress being made in diabetes research. After all, we all heard “5 years ‘til the cure”... how many years ago? And here we are. So what say you?

A. I’m DEEPLY disappointed! There must be a conspiracy, because there should have been a cure for diabetes long ago.

B. I’m disappointed, but there is reason for optimism. Progress is being made; we just have to be patient.

C. I’m pretty happy with what’s happened so far. We don’t have a cure yet, but the latest technologies and treatments have made it easier to live with diabetes.

D. I’m excited! We can now manage diabetes so much better than in the past, and a cure is right around the corner.

Take the Survey!
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.

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Integrated Diabetes Services
333 E. Lancaster Ave. (suite #204)
Wynnewood, PA 19096

PHONE: (610) 642-6055
TOLL FREE: (USA) 877-735-3648
Outside the US: 011-1-610-642-6055
Visit our Website