A quick note from Gary…

**Excuse My Spanish.**

Around this time of year, many businesses evaluate their success by checking their year-end balance sheet and comparing it to the goals established before the year started. Personally, I prefer to go back and re-read the mission statement I penned more than 20 years ago: *Do everything in our power to empower people with diabetes, especially those who must use insulin.*

Nowhere does it say that we should limit our services to people who live in a certain area, have a certain amount of disposable income, or speak a certain language. We've already established services globally through a variety of communication media. We're flexible with our fees (perhaps to a fault) so as not to exclude anyone for financial reasons. Now, for the first time, we're ready to tackle the language barrier.

As you'll see in the article below, we have brought a bilingual clinician to our practice, whose sole mission is to serve the needs of Spanish-speaking patients. Annette Valle, RN/BSN/CDE, is more than just a nurse and certified diabetes educator who happens to have some Spanish skills. She's a certified medical language interpreter who uses Spanish every day. She also has type-1 diabetes and is intimately familiar with all the latest gadgets and technologies.

The way we found Annette was a bit of a miracle. After a long discussion with a patient in Panama about the unmet needs of Spanish-speaking Type-1s, our team got together and decided that we should try to find a bilingual clinician. THE VERY NEXT DAY, I received an unsolicited email from a nurse in Utah who was looking for work. She was a Certified Diabetes Educator. And she had a lifetime of
personal experience living with type-1 diabetes. And she was into all the latest technology. And she had a wonderful personality. And she knew Spanish better than I know English.

Today, Annette is part of our team and available to work with anyone you know who speaks Spanish. Thanks for helping us spread the word!

And may you enjoy some Holiday Miracles of your own.

- Gary Scheiner MS, CDE

Owner & Clinical Director

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Pearly whites and A1C?

Can you improve your diabetes management by seeing your dentist? A recent study looks at good oral health and how it helps us maintain healthier blood sugars!

Read the article!

More evidence for going beyond A1C

Time in range more accurately predicts complication risk than A1C.

Read the article!

Tis the season: Tips to planning your holiday schedule around diabetes

The holidays are hectic! Read some tips on how
to manage your health and make it through another holiday/end of year season...

Read the article!

The right tools for the job: We can get more refined results by using more than 2 insulins.

One question we get a lot is whether someone should change from multiple daily injections (MDI) to pump therapy to improve their blood sugar management. My answer on this subject is almost always “no”.

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!!

Nancy & Jenny's Recipe Bites

Winter inspired recipes! We hope you find these as delicious as we do!

For December, we have 4 delicious recipes:

- Best Ever Mushroom Soup
Welcome to the team!!

Integrated Diabetes Services is delighted to announce the addition of Annette Valle to our clinical team.

Learn more about Annette!

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
‘Tis the season to give thanks!

Here at IDS we are so grateful to our patients for their continued support. Our relationships with the people we have met through our practice makes for a wonderful “diabetes family”. We feel truly blessed to be a part of this community and want you to know how rewarding that has been for us.

Speaking of BLESSINGS.... I cannot express enough the amazing CLINICIANS, I work with every day. I have watched them help make a difference in so many lives, I feel very privileged to be a part of Integrated Diabetes Services. This year we have been lucky enough to have two new clinicians, creating an even more exceptional staff, Kristen Garron and Annette Valle. We're growing every day to make a difference for you.

In the spirit of giving presents, might I suggest the gift of an initial appointment to a family member or friend, or a retainer package to an existing patient? Please call me in the office and I can explain all options available. (610) 642-6055.

I wish you a wonderful holiday season surrounded by family and friends filled with good times and whatever makes you happy!

Best Always,

Nancy
Office Manager

Gary's Trivia Time!

Congratulations to Cora Von Hampeln of Ottawa, Ontario, Canada for being the first to correctly answer last month’s trivia question. Cora has had T1D since 1966
(Zowie! That's the year I was born!) and has been managing her diabetes through a dual kidney-pancreas transplant since 2008.

**The question:** How does one covert blood sugars in mmol/l to mg/dl?

**Answer:** Multiply by 18. Technically, the true conversion is to multiply by 18.018018018 (etc etc), but who has time for that? My shortcut, since we work with so many people who live in countries where the mmol/l units are used, is to double the number, add a zero to the end, and then deduct 10%. Hey… it works for me!

**This Month's Trivia Question:**

Let's take a trip to Tinsel Town. Diabetes has played a central role in a number of Hollywood movies (often with inaccurate or inappropriate depictions).

*Cana you name 3 movies that featured a character with diabetes?*

Home movies don't count. The first person with a correct answer wins their choice of book from our online or in-office store.

**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!*
The Survey Says...

In last month’s edition of Diabetes Bites we asked for your thoughts on the progress being made in diabetes research.

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.

There were 154 responses. We’ll call it a split decision.

This Month's Survey:

This month, with the New Year closing in, what you think would be the nicest “surprise” in the diabetes world in 2019?

A. The insulin companies will all get together and
collude on significant price reductions.

B. Government entities will accelerate approval of diabetes meds and devices that pose minimal risk to qualified patients.

C. Health insurers will eliminate pre-existing condition clauses and not restrict access to patients' choice of treatments.

D. Someone will invent glucose tablets that taste just like your favorite pizza.

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.