A Quick Note From Gary...

This is UNACCEPTABLE.

The results of the T1D Exchange Registry are out, and they're not good. As reported in Diabetes Technology & Therapeutics (2:2, 2019), data collected from more than 22,000 people with type-1 diabetes shows that only 17% of children and 21% of adults are meeting the A1c targets established by the American Diabetes Association (<7.5 in kids, < 7.0 in adults). Average A1c's are about the same as they were six years ago, before we had widespread access to CGM and hybrid closed loop technologies. Except in adolescents, where control is actually worse today than it was six years ago.

Forgive my French, but WTF?? There simply is no excuse for this. Anyone can manage their diabetes effectively, given the right tools, proper skills, and a little bit of motivation. I recognize that our patients at Integrated Diabetes Services are a “unique” breed – generally able to access and apply the latest technologies. But the self-management skills and motivation are something that comes from training and elbow grease. Proud to say that, overall, more than 70% of our patients (young, old, and in-the-middle) meet their A1c goals. More importantly, for those who came to us with A1c levels above 8% at the time of initial consultation, 40% were within ADA targets a year later.

We all know that A1c doesn't tell the whole story. Maintaining stable blood sugars, avoiding hypoglycemia and spending lots of time “in-range” are probably better metrics for quality diabetes management. However, A1c still correlates strongly with
risk of long-term complications, so we need to pay attention to it.

If your glucose control isn't where you want it to be, please reach out. There's no excuse not to. We work with people remotely via phone/internet, we're flexible with our fees, and most importantly, we get results.

Together, there's nothing we can't accomplish!

Owner & Clinical Director

Gary Scheiner MS, CDE

Read the full newsletter online

Would you recommend us to a friend?

Let Us Know What You Think!

Not likely Absolutely!!

What is the Impact of Diabetic Keto Acidosis (DKA)

How a Vitamin D Deficiency Affects Diabetes
on developing brains of children?

Diabetic Keto Acidosis (DKA) is the most life threatening complication of diabetes for young children.

A small, recent study show long term impacts of DKA in children.

More studies are being done on the implications of Vitamin D deficiency in persons with diabetes.

Research has now linked Vitamin D to every disease state from Asthma to depression, respiratory infections and, yes, diabetes.
awareness for people with type 1 diabetes who suffer from eating disorders.

what didn't. It inspires innovation. And it can give us a greater appreciation for how far we've come.

Setting a Fine Axe-ample

Question: What does the IDS staff do when not battling diabetes?

Answer: We throw axes!

Being in a relationship with Nutrition bars: Friend or Foe?
someone with diabetes can be a special challenge!

We all know that living with diabetes is hard and being in a relationship with someone with diabetes can be a special challenge!

They come in many forms: high fiber, high protein, low carb, no sugar added, gluten free, low glycemic, meal replacement, etc.

But how healthy are they for someone with diabetes?

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

Recipes for Type 1 & Type 2 Diabetes

This month we focus on low glycemic & gluten free recipes

- [Chicken Shawarma Bowls](#)
- [Oven-Roasted Cod with Tomato, Cannellini and Swiss Chard](#)

Integrated Diabetes Services is proud to announce that now offer our services en Español! All of our services will now be offered to any Spanish-speaker - children or adults. These services will be provided remotely by Annette Valle, RN, CDE. Her areas of expertise include:

- Pumps & CGM
Interviews to improve medical products and services.

Join the community on-line and earn a Dunkin Donuts, Starbucks or CVS gift card at Rare Patient Voice Cash for Patient Opinions. 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.

- Hybrid Closed Loop Systems
- Nutrition/Carb Counting
- Blood Glucose Regulation
- Exercise & Diabetes
- Pregnancy with Diabetes
- Preventing Lows & Complications
- Weight Control
- General Diabetes Education

LEARN MORE!

Gary's TRIVIA TIME!

Congratulations to Amy St. Clair and Jennifer Smith (not our Jennifer Smith!), a dog-adoring radiation therapist from Upper Michigan who has lived with T1 for 35 years. They were the first to correctly answer last month's trivia question:

**What is the most common reason cited by T1D Exchange survey respondents for not downloading their diabetes devices?**

**Answer:** It takes too much time. That's a surprise to us, because it usually takes less than a minute. Other popular reasons cited included “Don't know how,” “Software compatibility issues,” and “Didn't know I could”.

NEW QUESTION:

Here's a change of pace... The Integrated Diabetes Services clinical and administrative staff has grown to include eight people: Gary, Jenny, Alicia, Annette, Kristen, Diane, Karen and Nancy.

**How many children does the IDS staff have, all-together?**

Submit Your Response to gary@integrateddiabetes.com
The Survey Says!

In last month’s edition of Diabetes Bites we asked what 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.

There were 139 “dreamers” who responded.
New Survey Question: We'd like your thoughts about GLUCAGON

As you may know, glucagon is an injectable hormone that is administered to people who are experiencing severe hypoglycemia and are not able to eat/drink on their own. A number of newer (and presumably better/easier) glucagon formulations are on the horizon, so we would like to know what your preferred form of glucagon would be:

Take the Survey

(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're looking for Medtronic Paradigm pumps manufactured between 2006 and 2012.

Challenging as diabetes can be at times, flexibility is what we offer at Integrated Diabetes Services.

We wanted you to know that your HSA (Healthcare Spending Account; usually in the form of a credit card. We can also provide receipts for those who must submit for reimbursement from their HSA) is always an option here. I can be reached at all times for other payment arrangements.

We offer the preference of single visits or retainers, available in office and remotely throughout the states and internationally.

Our books and supplies are reinforcement to your management and are sold on our website storefront and in our office 610-642-6055.

Our mission is to assist, service, and guide your diabetes management to its fullest potential to bring about the best results for you.

The Integrated Diabetes Services team is here for YOU. We are determined that every individual patient succeeds and their goals come to fruition.

Contact me: nancy@integrateddiabetes.com, 610-642-6055.

Best Always,
Nancy
February Featured Products

Think Like a Pancreas

Diabetes - How to Help

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

About Us

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.
Diabetes Bites Monthly Newsletter is published electronically by Integrated Diabetes Services and distributed to more than 10,000 individuals in the diabetes community.

Type-1 University is the web-based school of higher learning for insulin users. Live and pre-recorded courses on a variety of topics.

You received this email because you signed up on our website or made a purchase from us.

Unsubscribe