A Quick Note From Gary...

March Madness, Diabetes-Style

As a sports nut, I just love this time of year. Basketball and hockey playoffs are right on the horizon. Spring training is in full-swing. And football... well, football never sleeps. But the biggest event this month is the NCAA basketball tournament, complete with brackets, brackets, and more brackets. Imagine if there was a diabetes management tournament: Could a young upstart like Tandem knock off top-seeded Medtronic? Which meter and CGM systems would prevail? And for that matter, which member of the diabetes care team would win out? I can envision endocrinologists wiping out primary care providers before facing a tough test against nurse-practitioners who barely survived a scare from the scrappy dietitians.
It would be fun to complete an entire 64-team bracket made up of diabetes products and services, with those deemed most valuable advancing to the final rounds. Opinions and personal perspectives would obviously play a role in deciding the winners, but one thing that everyone should be able to agree on is that YOU are more valuable than any device or resource. Your skills, energy and motivation are the most powerful forces in the diabetes world. So bet on yourself! Invest in the best tools you can access, and learn how to use them with the proficiency of an all-star.

We're here to coach you every step of the way – just give us a call. Remember, there's nothing we can't accomplish if we work together.

I hope you and yours enjoy all the “madness” March has to offer!

Owner & Clinical Director

Gary Scheiner MS, CDE

Would you recommend us to a friend?
My personal adventures in health insurance verification...

Have there been any documented deaths from waiting too long on hold with an insurance company?

I may have come close a few times. The hold times can be anywhere from a lucky few minutes to my all-time record of 37 minutes. Speaking of, I am currently in minute 23 as I type.

How Diabetes Affects my Conscious Thought

Ever consider how much you DON'T think about consciously?

I've realized diabetes is a much unseen condition to live with. We have an inner monologue to our daily routine of management that requires a lot of thought, but most people don't hear what we are consciously thinking about.
Get In The Zone... Glucose Zone!

Everyone with at least half a brain knows that exercise is helpful, if not essential, for people with diabetes. If you find it difficult to start and maintain an exercise program, GlucoseZone may be just what the diabetes educator ordered.

Recipes for Type 1 & Type 2 Diabetes

- [Chicken Avocado Lime Soup Recipe](#)
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.

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

Technology is changing rapidly! From our phones, to our cars, to our insulin pumps and CGMs. Massive amounts of money are poured into Research and development every year! Millions are then spend on marketing, and sales.

But again and again we are seeing Diabetes Tech companies really missing the mark in the area of customer service.

GET PAID FOR YOUR OPINION!

Read the Article

Gary’s TRIVIA TIME!

Last month, we asked you to identify how many children the IDS staff (clinical & administrative) has all-together.

NOBODY guessed the right number!
Answer: 18

Gary has 4: Marley (age 23), Jackie (21), Benjamin (18), Nalani (15)
Jenny has 2: Oscar (6), Conan (2)
Alicia has 1: Asher (almost 2)
Kristen has 2: Grace (5), Sadie (3)
Diane has 2: Jackson (13), Lauren (10)
Nancy has 2: Scott (39), Blair (37)
Karen has 2: Denise (50), Dan (46)
Annette has 2... no, make that 3! Rubin (4), Oley (2), and Lusia is just a few days old. Congratulations Annette!

NEW QUESTION:

In the early days of diabetes treatment, the name of the game was simply survival. But that all changed when sharper minds came to the realization that mere survival wasn't enough.

Name the physician who first pioneered the approach of strict control of blood glucose, frequent monitoring and daily exercise to prevent diabetes complications.

Click to Submit Your Response to gary@integrateddiabetes.com
You De$erve a Di$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.

- Frio cooling pouches
- Pinkery OmniPod covers
- Genteel lancing devices
- Myabetic fashion cases
- GrifGrips adhesive patches
- GlucoLift glucose tablets

Get My Discount Codes!

The Survey Says!

In last month's edition of Diabetes Bites we asked for your preferred way to deliver the blood sugar-raising medication glucagon:

A. The current version that has to be constituted (mixed) and injected is fine
B. A premixed, ready-to-inject version
C. An inhaler that is placed in the nostril
D. It matters not. I would never use it anyway

150 People shared their opinion, and it looks as though the preference is evenly split.
New Survey Question: We'd like your thoughts about Insulin prices...

This month, with pharmaceutical companies under fire for high prescription drug prices, we would like to know what you think about insulin companies charging $250-$300 for a vial of insulin?

Looking at the "Big Picture"

The most important concern we have here at Integrated Diabetes Services is that everyone we speak with knows we want to help them manage their diabetes. We will structure a plan for YOU. Our expert clinicians look at the “big picture” for clear steering to a course of action tailored to your
个体需要引导你在正确的方向上更好地管理糖尿病。

灵活的支付选项始终可用。服务费用的支付永远不会成为你糖尿病成功的障碍。

访问我们的网站integrateddiabetes.com以获取有用资源、书籍、信息和用品。

我可以通过办公室电话610-642-6055或电子邮件nancy@integrateddiabetes.com与您联系。我期待您的反馈。

永远最美好的祝愿，
南希

March 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

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

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.

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

Integrated Diabetes Services
333 E. Lancaster Ave. (suite #204), Wynnewood
United States

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