

### A Quick Note From Gary...

## My My, Hey Hey. Here's the News from ADA.

*(apologies to rocker and fellow T1 Neil Young)*

It was an unusually hot week in San Francisco, where the ADA's Annual Scientific Sessions were held last month. Many of the hotels (including mine) had no air conditioning, and the price of food was off-the-charts. But YOU don't have to suffer... that's my job! Think of me as your star reporter, on the scene to capture real-time happenings and separate fact from fiction.

The sessions featured research from all corners of the globe. There were exciting studies from the field of closed-loop technology, with an emphasis on the interoperability of the various components. Immune suppression was shown to be a viable option for preventing (or at least delaying) type-1 diabetes. The potential role of faster insulin formulations was discussed, and the risks/benefits of low-carb and ketogenic diets were hotly debated. There was even groundbreaking research involving exercise – a refreshing break from the incessant focus on medications.

I had a chance to sit down with the heads of several important companies, including Dexcom, Senseonics, Ascensia and Lilly, just to talk shop and pick their brains. For a detailed report from this year's ADA Scientific Sessions, check out my latest post in the Thinking Like A Pancreas Blog: [New Diabetes Innovations and Discoveries at 2019 ADA's Scientific Sessions](#)

On behalf of everyone here at Integrated Diabetes Services, we hope you're having a

fun and relaxing summer. And to our clients in the southern hemisphere (where it's winter), ha ha! It's SUMMER here! Just kidding. We'll be knee-deep in snow before too long.

As always, enjoy this edition of Diabetes Bites. Despite this being summer (at least for us), we know that diabetes doesn't take vacations. Please reach out if there is anything we can do to assist. Together, there is nothing we can't accomplish!

Owner & Clinical Director

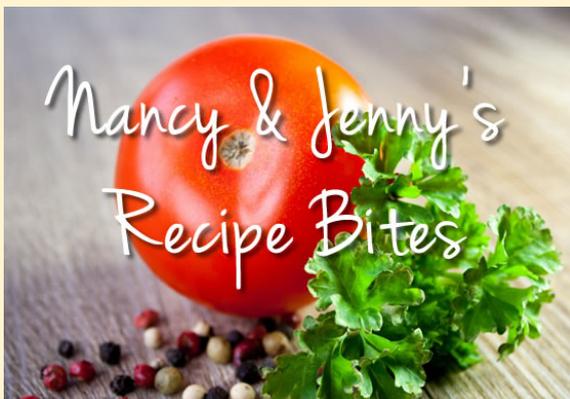
**Gary Scheiner MS, CDE**



### WHAT'S IN THIS ISSUE

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Read the full newsletter online



### Recipes for Type 1 & Type 2 Diabetes

- [Best EVER Zucchini Bread](#)
- [Cinnamon Sugar Bagels \(Keto/Gluten-Free\)](#)
- [Creamy Cauliflower Salad](#)

[Why Get Involved?](#)

[The Bluetooth](#)



The benefits of diabetes advocacy are outward and inward!



### InPen

Why we recommend it to anyone on (MDI) therapy.



### Which diet improves memory with Diabetes?

A recent study in the US gives some insight.



### Are You In?

Are you interested in a camp for Type-1 ADULTS?



### Copays, caps and cost savings?

A look at recent "apparent" efforts to reduce the cost of living with diabetes.



### Ultra-processed food vs whole food's impact on weight

Which diet is the best?



# Byram

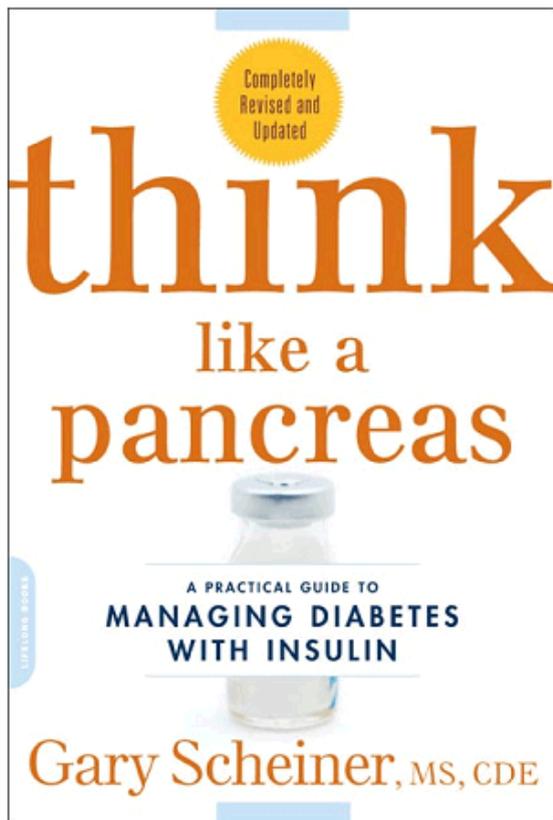
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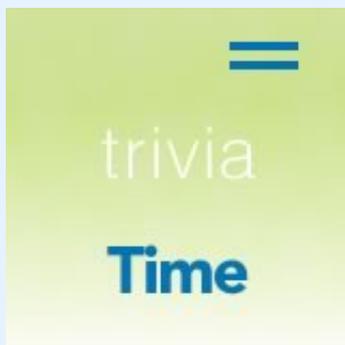
## Get PAID For Your Opinion!

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 interviews to improve medical products and services.

Join the community on-line and **earn a Dunkin Donuts, Starbucks or CVS gift card.**

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Get a copy while supplies last.



### **Gary's TRIVIA TIME!**

Last month, we asked for the **percentage of urban and rural residents that meet national exercise guidelines** (which call for 150 minutes per week of aerobic activity and strength-building exercise at least twice per week.>

**Congratulations to Valerie Martinez, a pump/CGM user in Fredricksburg, VA, USA, for being the first to answer correctly.** According to research conducted by the US Centers for Disease Control and Prevention, for the years 2016-2017, approximately 25% of urban residents and 20% of rural residents are meeting the exercise goal (up from 19% and 13% back in 2008-2009).

While improvement is always a nice thing, this is nothing to be proud of. Physical activity is important for everyone, and more-so for those of us with diabetes (I'll spare you the long list of reasons why). Regular exercise can be challenging from the standpoint of finding time, managing blood sugar, performing it safely, and making it fun. Our staff features several clinicians who are experts in the field of diabetes and exercise, so feel free to reach out for some personalized guidance.

## NEW QUESTION:

Lately, readers have been getting creative and looking up the answers to our trivia questions online, so here's one you CAN'T look up! And it's simple. **What is MY favorite food?** (hint: I am NOT on the low carb bandwagon, unless the wagon is carrying plenty of snacks)

[Click to Submit Your Response to gary@integrateddiabetes.com](mailto: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.

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- > GrifGrips adhesive patches
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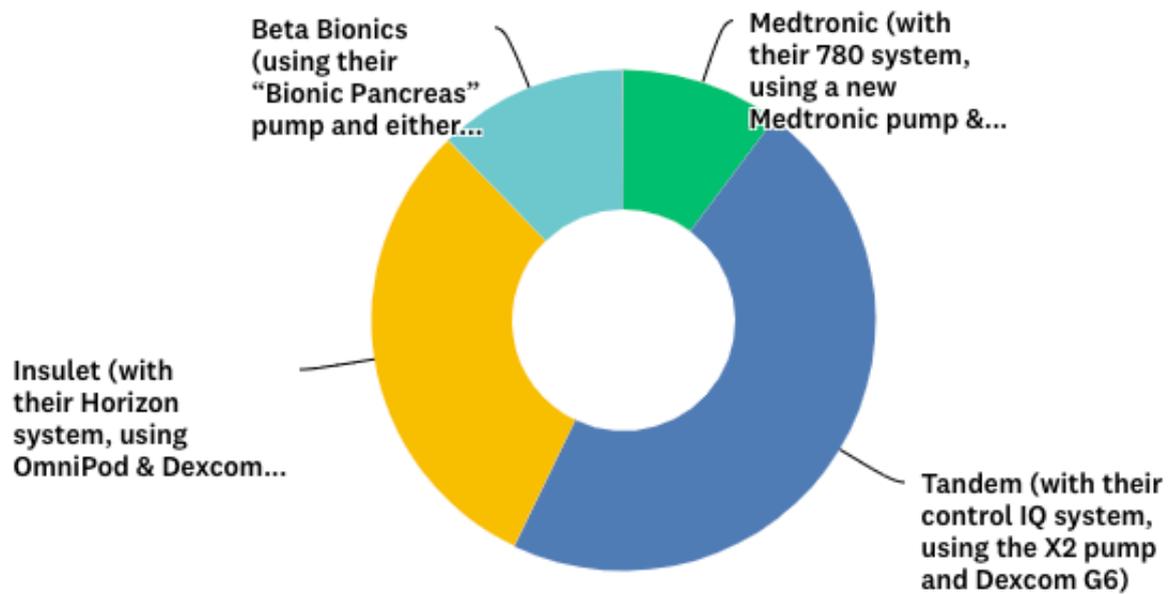
### The Survey Says!

In last month's edition of **Diabetes Bites** we asked who you believe will launch the **BEST** hybrid closed-loop system in the next year or two.

- A. Medtronic (with their 780 system, using a new Medtronic pump & sensor)
- B. Tandem (with their control IQ system, using the X2 pump and Dexcom G6)
- C. Insulet (with their Horizon system, using OmniPod & Dexcom G6)
- D. Beta Bionics (using their "Bionic Pancreas" pump and either Dexcom or Senseonics sensor)

E. Bigfoot Biomedical (using the Asante pump and Libre sensor)

**149 People chimed in. Here are the results:**



## New Survey Question:

**This month**, we'd like to know your usual treatment for low blood sugar:

- A. Dextrose (glucose tablets, etc.)
- B. Juice or another sugary drink
- C. Starchy food (such as bread, crackers, cereal)
- D. Chocolate, ice cream, or other "comfort" foods
- E. Snack/energy bars
- F. Something entirely different

[Take the Survey](#)

## How I Made Out With My Awareness....

I promised last month that I would get back to you with my progress on being more aware of my



surroundings. So here's how I did:

I planted more flowers and have enjoyed watching them grow as I water them having morning coffee. I listened closer as the Pilates instructor spoke. I played with my grandchildren (delicious). The most fun was lying on a raft in a pool last Sunday looking up at the beautiful blue sky (fabulous). Did you take awareness time? I hope so. I truly hope the results were beneficial!

While the awareness techniques might not be sufficient enough to bring control, we can certainly help in that department. Our unique practice helps to guide our patients through more manageable solutions.

If you haven't been in touch for a while, want to be in touch with us or want to know how to be in touch with us, reach out to me. [nancy@integrateddiabetes.com](mailto:nancy@integrateddiabetes.com) . [610-642-6055](tel:610-642-6055).

Best,  
Nancy

P.S. Many Thanks to our patient Georgie Moss who brought in her home grown zucchini for the delicious zucchini bread for this month's recipe XO! (Please try it ,super yummy)



## Would you recommend us to a friend?

Let Us Know What You Think!



Not likely

Absolutely!!

### Advertising Opportunities

We offer a number of promotional opportunities for reaching the diabetes

### About Us

[Integrated Diabetes Services](#) provides diabetes education and management consulting in-

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.

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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