A Quick Note From Gary...

There’s Nothing Like Hangin’ With Your Homies

About 30 times a year I have to travel to deliver presentations. Sometimes the trips take me to fascinating far-away lands, and sometimes, well, not so much. San Diego is a city I’ve been to many times, for a variety of reasons. It’s a wonderful place to visit any time of year. My dream job is to be the weatherman in San Diego – just point to a map and say, “It’s gonna be pleasant and sunny today, high in the 70s, maybe a few puffy clouds, and a gentle breeze.” Tomorrow, put on a new tie, and rinse, lather, repeat.

My latest trip to San Diego was something special. Endocrinologists Steve Edelman and Jeremy Pettus (of TCOYD fame) put together an annual “One Conference” specifically for adults with type-1 diabetes. (go to https://tcoyd.org/one-2019/ to find out more) This year, for the first time, they invited me to attend and deliver a presentation on how to keep blood sugars from hitting the ceiling after meals. The talk went fine, but it was the rest of the meeting that really stood out. Dr. Edelman and the other presenters were hilarious, poking fun at life with type-1 as they taught. Everywhere you looked, all you could see were smiles, heads nodding, and incredible camaraderie. We exercised together, attacked the buffets together, and shared our anecdotes with pride. Even the younger tech gurus kept busy revealing their secrets (and programs) with older attendees.

What I learned at the conference, to paraphrase, is that diabetes truly loves
company. There’s nothing quite like being around others who understand what you’re going through... without having to say a word. Maybe that was my motivation for staffing my practice with clinicians who live with diabetes personally. There’s a certain comfort level in working with someone who truly “gets it”. If you haven’t had the experience of working with a clinician who has diabetes personally, give us a try. I can’t promise you puffy clouds and a gentle breeze, but I can promise you a level of empathy and expertise that is hard to find anywhere else.

As always, enjoy this edition of Diabetes Bites. Please reach out if there is anything we can do to assist you or someone you care about. Together, there is nothing we can’t accomplish!

Owner & Clinical Director

Gary Scheiner MS, CDE

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Read the full newsletter online

Recipes for Type 1 & Type 2 Diabetes

- Breakfast Burritos
- Chicken Piccata
- Ultimate Ginger Cookies
Baqsimi Nasal glucagon gives a new option, but don’t abandon the needle!

Did you know that Integrated Diabetes now offers services en Español?

FDA approves Eyelea in all forms of Diabetes related retinopathy

As a Person With Type 1: Why I Can’t Eat Cereal

Can Sun Actually Reduce Stress?

How Can Diabetes Pump or CGM Users Avoid Skin Issues?

Gary’s TRIVIA TIME!
Last month, I asked you to identify MY favorite food.
Answer: POPCORN. Especially the movie-theater kind, but I also pop a mean batch on the stovetop at home (it helps ease the pain while watching my Philly sports teams). Congrats to Karen Yadgar for coming up with the right answer. Karen is a late-onset T1 from Denver, Colorado, USA, who happens to be a big fan of the popped stuff herself.

NEW QUESTION:

People with type-1 diabetes are at a substantially higher risk for developing additional auto-immune diseases. Personally, I've dealt with hypothyroidism and psoriasis for many years. Researchers at the University of Missouri-Kansas City School of Medicine conducted a cross-sectional study and found 30 different autoimmune diseases present in the type-1 population. WHICH THREE ARE MOST COMMON?

Click to Submit Your Response to gary@integrateddiabetes.com

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.
The Survey Says!

In last month’s edition of Diabetes Bites we asked for 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

There were 173 responses. Looks as though glucose tablets are still used by the majority of people despite their “unique” taste and texture. And with good reason: Dextrose remains the fastest way to bring glucose levels up.
New Survey Question:

This month, following Hurricane Dorian, we'd like to know if you have a plan in place for taking care of your diabetes in the event of an emergency/disaster.

A. I don't have a plan. I'll deal with it if/when it happens.
B. I have a general idea of what to do, but nothing formal.
C. I have a written plan and emergency supplies ready to go.

Reflections....

Summer is now behind us, my favorite season. Here in Philly we head to the “Shore”. We wait all year to go to the beach. I'm no exception. Just the
thought of the ocean, sand & sun is soothing. A little time off from the roller coaster of everyday life.

What doesn’t take time off is our health. I’ve learned that whether we are caring for ourselves or a family member it is very easy to put priorities on the back burner. This can be a hazardous zone in diabetes management. That’s where Integrated Diabetes Services comes in.

We can help with better diabetes management. It is our hope this leads to optimal control. Allowing you to free up time to do the tasks at hand and be your most productive self. Call the office 610-642-6055 and I can explain our services. Please visit our website www.integrateddiabetes.com to see the amazing work we do!

Ready, Set, Go.... Bring on Fall..... Winter..... Before you know it we’ll be on our beach chair again. Let us help you make it 80 and sunny in your corner.

Best Always,

Nancy

Would you recommend us to a friend?

Let Us Know What You Think!

1 2 3 4 5 6 7 8 9 10

Not likely Absolutely!!

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.

About Us

Integrated Diabetes Services provides diabetes education and management consulting in-person or remotely via phone and the internet for children and adults.
Diabetes Bites Monthly Newsletter is published electronically by Integrated Diabetes Services and distributed to more than 10,000 individuals in the diabetes community.

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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