A Quick Note From Gary...

No Place for Judgment

As Yom Kippur, the Day of Atonement (and basal testing) comes to a close, I find myself marveling at how great my blood sugars have been for the past 24-hours. It was my first “no hitter” in quite some time: not a single CGM data point above or below my target range. Of course, I haven't eaten a thing for 24 hours. Nor have I exercised. And stress was nonexistent. Certainly, a far cry from the topsy-turvy days I’m used to, with blood sugars that reflect the peaks and valleys of the days' events. So I probably should not read too much into how well I'm managing my own diabetes based on just the past day.

Since this was a day for atoning one's sins and (hopefully) being inscribed into the “Book of Life” for another year, the word “judgment” comes up a lot. Year-round, it is my job to evaluate others’ diabetes management and offer insight for helping them reach their personal goals. Along the way, I know I've acted in a judgmental manner – accusing patients of not doing their best or failing to follow through on recommended courses of action. For this, I apologize. Unless you are an official “judge” (or the Almighty), there simply is no place for being judgmental. We all have our reasons for doing what we do, and none of us is perfect, least of all me. If I have ever treated you in a judgmental way, please forgive me.

We try really hard to make Integrated Diabetes Services a "judgment-free zone". Having clinicians who live with diabetes personally goes a long way towards achieving that goal, but it also comes from the down-to-earth personalities of our team.
members. We have more than our share of "quirks" when it comes to our own diabetes self-management, and we appreciate that you have yours as well. In fact, we wouldn't want it any other way!

No matter what religion you follow, no matter your race, gender, nationality or football team loyalty, I wish you a happy and healthy year ahead. As always, I hope you 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

DON'T MISS:

- **Gary's TRIVIA TIME!**
- **The Survey Says!**
- **Services en Español**
- **Special Discounts!**

Read the full newsletter online

Recipes for Type 1 & Type 2 Diabetes

- **Berry French Toast Bake**
- **Instant Pot Vegetarian Thai Mushroom Soup**
- **Garlic Roasted Cherry Tomatoes**
- **Tomato Salad W/Avocado, Tuna, Cilantro & Lime**
Navigating the Winds of Change: Seasons Effects on Diabetes

Glucose Control is Getting... WORSE

Improving Glycemic Control Can Decrease Risk of Fractures

Recent Research That Impacts the Type 1 Diabetes Community

Maternal and infant Gluten intake: associated risk for type 1?

The Diabetes Social Media Community

Gary’s TRIVIA TIME!

Last month, we asked you to identify the three most common autoimmune conditions (out of a possible 30) that are found in people with type-1 diabetes.
Many styles.... for Kids & Adults

SALE: Pump Wear Pouches!

Check out these stylish Pump Wear. Inc. pouches! They can fit Tandem or Medtronic Pumps w/ the Riley Link and are on sale now at $4 + shipping.

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

Answer: (1) Thyroid disease (specifically Hashimoto's hypothyroiditis), (2) Systemic rheumatic disease (specifically rheumatoid arthritis), and (3) gastrointestinal disease (specifically celiac sprue). Other common autoimmune conditions include alopecia, lupus, psoriasis, colitis and fibromyalgia.

Congratulations to Therese Hrncirik, a registered dietitian and certified diabetes educator from Madison, Wisconsin, for being the first to supply the correct answer.

NEW QUESTION:

In a recent trivia question, I revealed that popcorn is my favorite food. In most cases, popcorn has about 5g carbohydrate per cup. Now if we could only know how many cups we're eating! Here's a picture of a large bucket from the movies. Guess how many cups it contains.

Click to Submit Your Response to gary@integrateddiabetes.com
In last month's edition of Diabetes Bites we asked is you have a plan in place for taking care of your diabetes in the event of an emergency/disaster. There were 153 responses.

Having an emergency plan can make the difference between life and death (or at a minimum, effective diabetes management and major stress). Developing a plan doesn't take long. It should include provisions for meds/supplies, communication, and fallback planning. Talk with your diabetes care provider or reach out to us for assistance in putting one together.
New Survey Question:

This month, let’s talk about SEX. Has your diabetes ever gotten in the way of your sexual relationship with your partner? (don’t worry... survey responses never have any identification)

A. Diabetes has never interfered with my sex life
B. Low blood sugar sometimes gets in the way
C. My diabetes equipment sometimes gets in the way
D. Both B and C

Take the Survey

Look to your left, look to your right

These are extraordinary times we are living in at
present. Our world brings another layer of stress to the equation. Our hectic lives and responsibilities that go along with it seem to bombard us, making it harder to achieve a normal life. Throw diabetes in the mix and now you have a whole bag of tricks.

Not, necessarily. Integrated Diabetes Services has help for everyone. There isn't a problem that doesn't have a solution. Our clinicians are on target with the latest technology and all facets of diabetes management. A call to our office 610-642-6055 or a visit to our website integrateddiabetes.com can start your journey to better control.

Please take a look at our recipe corner. We have put in some great ideas. One of the most frequently asked questions we receive is “I don't know what to eat”. Email me nancy@integrateddiabetes.com. Call me in the office and we can go over the numerous options here. New or previous patients, welcomed.

Best Always,

Nancy

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 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
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 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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