A Quick Note From Gary...

A Plea for Diabetes UN-Awareness

Here in the States, November is officially “Diabetes Awareness Month.” I think our forefathers at the American Diabetes Association intended this as a way to get people to recognize the symptoms of diabetes and be screened for a possible diagnosis.

After all, there are millions of people out there who are unaware that they are walking around with diabetes – and not treating it can produce many serious health problems.

For those of us living with type-1 diabetes (or any form of diabetes for that matter), we know all about the work required to manage it: The glucose monitoring, the food counting, the dosage calculations, preventive care, and so-on. One group of patients actually counted the number of times they consciously thought about something related to their diabetes management, and not surprisingly, they averaged over 40 diabetes thought-points per day. In computer terms, diabetes doesn't just slow down processor speed. It also occupies a great deal of memory.

While attending the DiabetesMine Innovation summit in San Francisco a few weeks ago, a number of people came up to me and asked why so much attention is being given to developing hybrid closed loop systems. These systems automate certain aspects of insulin delivery and tend to produce outcomes that are pretty good – lots of time in-range, low risk of hypoglycemia, etc. Why question the value of these systems? After all, most of our clients are already achieving similar (or better)
outcomes by applying the self-management skills we teach them. I believe the
greatest value of these systems has nothing to do with numeric outcomes. It's the
freedom from having to think about diabetes quite so much (what I call diabetes UN-
awareness). Because the hybrid closed loop is watching over things and making
subtle adjustments on the user's behalf, it alleviates the user from a great deal of the
usual micro-management. And that allows us to use our brainpower for things that
are really important – like sports statistics and music trivia. ;-

There are a number of hybrid closed-loop options out there – some are
regulated/government-approved while others are not. If you would like to learn more
about them, please give us a call and set up some time to speak with one of our
clinicians. We promise to be impartial and share the pros and cons so that you can
make a decision that is in your best interest.

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

- Almond Flour Pizza Crust
- Crispy Oven Roasted Balsamic Brussel Sprouts
- Roasted Turkey
Saving up for a rainy day, could leave you out in the storm.

How to find your WHY in diabetes management

What's The Story of Your Diabetes?

Degludec May Offer Benefits Over Other Long-acting Insulins

New Life Insurance Product for People With Diabetes

The product will offer premium discounts and other rewards to policyholders with type 1 or type 2 diabetes who do things like eat nutritious foods, exercise or meditate.
Gary’s TRIVIA TIME!

Last month, we asked you to estimate how many cups of popcorn fit in the enormous bucket from my local movie theater. Congratulations to 38-year-old father-of-five (at last count) David Rubenstein of Valley Village, California for being the first to answer correctly.

**ANSWER: 24 CUPS.** At 5g carb per cup, that comes to... well... you do the math.

Clearly, this was not an easy question. We received dozens of guesses, ranging from 10 to 32 cups. Even our own IDS staff had a hard time figuring it out! Annette Valle came closest, estimating 22 cups. Just goes to show that carb counting is as much art as it is science.

**NEW QUESTION:**

Since this is National Diabetes Month here in the States, let's get in the wayback machine to 1923, when the original researchers who discovered insulin sold their patent to the University of Toronto so that manufacturing could begin. **How much were they paid for the original insulin patent?**
Many styles.... for Kids & Adults

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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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**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**
The Survey Says!

In last month's edition of Diabetes Bites we asked whether diabetes has ever gotten in the way of your sexual relationship with your partner. There were 129 responses.

A. Diabetes has never interfered with my sex life: 14%
B. Low blood sugar sometimes gets in the way: 31%
C. My diabetes equipment sometimes gets in the way: 10%
D. Both B and C: 45%

Bottom line: Diabetes interferes with the sex life of the vast majority of people with diabetes. But it doesn’t have to! Have an open discussion with your physician or diabetes educator. There are practical solutions for just about any challenge.

New Survey Question:

This month, tell us which Thanksgiving delicacy is most worth it even if it causes a stubborn high blood sugar:

A. Stuffing
B. Sweet/mashed potatoes
THANKS FOR THANKSGIVING

You're probably waiting for me to give my usual pitch for Integrated Diabetes Services and my suggestions of how to manage your diabetes better. I will continue to encourage you to call us and take advantage of our incredible services and exceptional team, however not today.

This is my number one holiday. Surrounded by my favorite foods. It is open to everyone in my life. Friends and family, welcome. Thanksgiving brings everything I love together for one day. My family knows coming for dinner is not optional, it's MANDATORY! We gather together one way or the other, be it dinner, dessert, a little late maybe because some have had to stop elsewhere, but we are together. I look around the table at the very crowded room and see my sisters, children, grandchildren, nieces and nephews, and their children and most importantly my almost 93 year old mother, beautiful as ever! There is much to be grateful for.

I have been here long enough at Integrated Diabetes Services to know that our clinicians will enjoy their dinners and be stuffed to the brim like everyone else. I will leave you with that spotlight. They are my heroes.

I wish for you a bountiful table filled with wonderful food, family, and friends. Enjoy!

Best Always,

Nancy
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.