A Quick Note From Gary...

Please Pass the Popcorn

I have two favorite Holiday movies. It's A Wonderful Life... and Die Hard. I know. They don't exactly spawn from the same movie genre. One is a sappy black & white classic, the other a shoot-em-up action flick. But they both bring out the best of the Holiday spirit and teach us some valuable lessons that can be applied to living with diabetes.

Let's start with Frank Capra's film from the 1940s. Jimmy Stewart's character learns in a most unusual way that the world is a much better place because of him. Despite temporary setbacks, he really does make a difference in the lives of those around him (and those around those around him, and so on). It's so easy to get discouraged when things aren't going our way. But no unexpected lab results, misplaced anger during a run of high readings or disappointing news during an annual exam can come close to matching all the good work we do for ourselves and others throughout the year.

Die Hard boasts its share of amusing one-liners juxtaposed with powerful suspense. Bruce Willis's character survives an onslaught of deadly challenges to save the day and win back the love of his life. And none of it would have been possible
without a little bit of stubbornness and a lot of persistence. It takes guts to get up every day and take on diabetes, especially knowing that there will be setbacks. That's what makes people with diabetes such a tough breed.

It is my Holiday wish that you can find time to enjoy a favorite movie with those you love. Make some popcorn on the stovetop, throw a few logs in the fireplace, and escape for a few hours. After all the good things you've done this year and all the stick-to-it-iveness you've shown, you deserve it.

As always, I hope you enjoy this edition of Diabetes Bites. If there is anything we can do to help make living with diabetes just a little bit easier and a little bit better, please reach out. Together, there's nothing we can't accomplish.

Happy Holidays!

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

- Instant Pot Butternut Squash Soup
How the holidays can be a great time for diabetes awareness.

Gift Ideas for Someone with Diabetes, caregivers, spouse, parent or friend!

One of my favorite diabetes related stories!

Dietary Supplements for Glycemic & Cholesterol Management

Cannabis Use Doubles Risk for Ketoacidosis in Type 1 Diabetes

Cannabis and DKA risk in Type 1 Diabetes: new information showing that it can double the risk of DKA.
NEW QUESTION:

Gary’s TRIVIA TIME!

Last month, we asked you to estimate how much Drs. Banting and Best were paid by the University of Toronto for the original insulin patent back in 1923.

More than 100 people had the correct answer ($1... Canadian). But nobody replied faster than Joanne Cunha from Dallas, Texas. Joanne is originally from Canada and is mom to a 12-year old daughter with type-1 diabetes. Congratulations Joanne!

Now, $1 might not seem like much. But remember this was in 1923. Back then, $1 could buy an entire 6-pack of beer (Moosehead?)... which Banting and Best probably split to celebrate.

New Question:

Our website https://integrateddiabetes.com features a slew of useful, informative and interactive components. Check out some of the content and then see if you can guess which page (other than the home page) consistently receives the greatest number of “hits” or "views"?

Click to Submit Your Response to gary@integrateddiabetes.com
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**HOLIDAY GIFT: Pump Wear Pouches!**

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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.**
In last month's edition of Diabetes Bites we asked which Thanksgiving delicacy is most worth it even if it causes a stubborn high blood sugar. The results prove once again that people with diabetes truly have the RIGHT STUFF(ing):

- **56% Stuffing**
- **8% Sweet/mashed potatoes**
- **3% Cranberry sauce**
- **33% Pie**
- **0% Bread/rolls**

**New Survey Question:**

Given that we're about to start a new year, we'd like to know which new year resolution best applies to you:

A. I resolve to work harder on improving my blood sugar control
B. I resolve to work LESS on my diabetes and devote more energy to other aspects of my life
C. I resolve to become more involved as a diabetes volunteer
Spread the Spirit Please....

The most important thing to remember about the holiday is the spirit. No matter how you celebrate it or with whom I'm hoping you have the chance to spend it with loved ones.

It's such a busy time of year. I always wish for more time to get the zillions of presents wrapped. I stop and realize eventually it will be finished and the family will be together. I'll look around, exhausted but grateful to share another holiday season. Spread that spirit thick as butter, give hugs out tighter than your last belt notch. Guess I'm still that little girl waiting for my name to be called for my present. I've come to realize my present isn't really wrapped in a box with a bow....

Wishing you a fabulous holiday filled with wonderful food, family, friends, and festivities.

As always, we are here whenever you need us.

Best,
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.