With the launch of Tandem’s Control IQ last month, we now have four (count ‘em, FOUR) hybrid closed loop (HCL) systems: Two that are FDA approved and marketed commercially (Medtronic 670G and Tandem Control IQ), and two of the build-it-yourself variety (Loop and Open APS). You might be asking yourself, “What the heck is a hybrid hoozawhata?” These are systems that take data from a continuous glucose monitor and then make subtle adjustments to a pump’s insulin delivery to help avoid extreme highs and lows. Users still have to bolus for carbs and make adjustments for stress, exercise, etc, but the automated adjustments tend to produce more stable blood sugars overall.

I’ve had the pleasure of trying all of these systems out, and they do work nicely. Some require a bit more work than others, but ultimately, it’s nice to have some computerized help with my diabetes management.

One thing all of the HCL systems have in common is that they can’t do the job alone. The user needs to go into it with a good handle on their insulin settings and be able to navigate the various HCL features to achieve the best outcomes. That’s where we come in. Our clinical team has plenty of experience with the various HCL options, so we can help you to determine which (if any) is best for you, prepare you for a successful transition, and utilize them to their fullest.

If you’re interested in learning more about the HCL landscape, give us a call and let’s set up some time to talk: **610-642-6055**. There’s nothing you can’t accomplish... with a little help from your friends at Integrated Diabetes!
DON'T MISS:

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

Recipes for Type 1 & Type 2 Diabetes

- Brown Butter Butternut Squash Pasta
- Pan-fried radishes with bacon
- Zucchini Cookies
- Vegan Low-Carb Chocolate Pudding

Old School Tools Have a Place in New Age Diabetes Management

Some old ways of managing diabetes may be a good backup method for new technology.

What are some "old-school" tools to have in your toolbox!

Diabetes News
Ozemipic’s new indication, what does this mean for type 1 diabetes management?

Novonordisk announced an additional indication for Ozempic.

Is There a Link between Diabetes and Cancer?

Have you ever noticed that whenever you read a list of risk factors for a disease, diabetes is almost always there? We discuss who is more at risk and what you can do to minimize your risk of cancer.

New Insulin Discount Options and Where to Find Them

How to find new cost-saving insulin options now from Novo and Lilly as well as ones that have been previously available.

Diabetes & Fitness
**Which is Better? Being Physically Fit or Having a Low BMI**

A new study uncovers which will help mortality rates among Type 1’s.

---

**Kettlebells Burn Calories Fast!**

Short on time and want to get a good workout in? Learn why kettlebells could be your new best friend.

---

**Join The IDS Social Media Fitness Challenge!**

---

5 winners will be chosen!
We’re excited to announce that we will be doing a fitness challenge on social media March 2nd-March 6th with great prizes to give away!

Learn More!

Call today!
1-866-244-3026

The medical world is full of acronyms!
Did you know there is an entire course in
decoding medical acronyms?

We wanted to let you know about a recent acronym change you will be seeing from the educators at IDS.

Gary’s TRIVIA TIME!

Last month, we asked HOW MANY GRAMS OF CARB were in the giant apple I picked up at a cafeteria. The correct answer: 42 Grams.

How did we figure that out? I ate it and saw how much my blood sugar went up. Just kidding. We weighed it and multiplied by the carbohydrate factor for apples, which is 0.13. If you’d like to know more about this technique (there are carb factors for hundreds of foods), reach out to one of our clinicians for a quick tutorial.

Congratulations to Joan Lundblad of Mechanicsburg, PA, USA for coming up with the exact answer. Joan has had T1D for 60 (that’s right, SIXTY) years, and is a semi-retired nurse/certified diabetes educator. BTW, the IDS staff member who guessed closest was Annette Valle, who guessed 45g.

NEW QUESTION:

Two things we know for certain. First, continuous glucose monitoring is beneficial to just about everyone with diabetes. And second, the health care system in the United States is a bass-ackwards wreck.

Given those two facts:

HOW MANY STATE MEDICAID PROGRAMS (out of 50) COVER CGM FOR PEOPLE WITH TYPE-1 AND TYPE-2 DIABETES?
The Survey Says!

In last month’s edition of Diabetes Bites we asked for your opinion about DIET BEVERAGES with artificial sweeteners.

There were 178 responses, and they were as varied as flavors of Diet Coke.

19% Great taste and no carbs? Drink ‘em with reckless abandon!

33% Hey, we didn’t ask to get diabetes. Let us enjoy an occasional diet beverage.

30% With the long-term effects not really known, consume sparingly.

18% They’re like sucking down poison! Stay away from diet drinks entirely.
New Survey Question:
This month, we would like to know
WHAT IS MOST IMPORTANT TO YOU WHEN IT COMES TO YOUR GLUCOSE MANAGEMENT?

Take The Survey!

A Brighter February ....

The heaviness of February is upon us. It can weigh on us emotionally and physically. It can wreak havoc on our mood. We know how that can affect our BG levels so I thought I might suggest ideas to give a lift:

Try eating more salads incorporating citrus and dark greens giving us more antioxidants.

Exercising is difficult when it's cold and dreary outside. I find 20 minutes of whatever makes you happy and moving is great! Utilize your phone's Apps if need be. Take that walk. It is so important to get that light outside this time of year.

We are so connected to our technology. Disconnect!!!! Take some deep breath. 3 deep ones. Do it again!

I love watching a great comedy, nothing heavy, laugh, smile. Something that might
take you away from the day to day routine.

Oh, one of my favorites, meeting up with friends. No matter how tired, busy or out of sorts I am, this is the one that seems to recharge me.

These are suggestions that work for me this time of year. Keep in mind, when it becomes too much, we are here to help on every level, clinically and emotionally.

Call me in the office 610-642-6055, visit our website www.integrateddiabetes.com for our service and resources.

Enjoy your Valentine

❤️

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

---

**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
and distributed to more than 10,000 individuals in the diabetes community.

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
PA 19096 United States

You received this email because you signed up on our website, added your name to our email list, corresponded with a member of our staff or made a purchase from us.

Unsubscribe