A Quick Note From Gary...

Changing the Subject to... Diabetes?

Now that we’re more than a month into the pandemic, I think I can safely say that we’re all a bit overwhelmed by the threat of COVID-19 and all the information being thrown our way. So we’re making a special effort in this issue of Diabetes Bites to steer clear of more coronavirus news. Instead, you’ll gain some insight into our personal lives and how we’ve all been coping.

Personally, I still come into the office daily. It’s a “clean zone” here since everyone else is working from home and all our patients are working with us remotely for the time being (as a healthcare practice, we applied for special permission from the state to continue operations through the crisis). It’s been a bit challenging dealing with all the administrative aspects of running the practice (I miss Nancy & Karen SO much!), but I’m getting organized and learning as I go. I have to brown-bag my lunch each day since all the local eateries are closed, so I’m probably eating healthier than usual. Each night, I try to get in a workout. With the gym closed and the weather less-than-cooperative, I’ve taken to running on the treadmill, using a stationary bike, and lifting weights using buckets filled with different-sized rocks. I call it my “Neanderthal routine.” We also set up a ping-pong table in the dining room to keep the kids distracted and a little entertained.

I’m proud to say that our experience with remote/virtual care has put our practice ahead of the curve when it comes to working with people with diabetes. In fact, we have never been busier. And with good reason: given the increased susceptibility to (and difficulty recovering from) illness among those with elevated blood sugar, IT HAS NEVER BEEN MORE IMPORTANT TO MANAGE DIABETES. If you ever needed a little extra incentive to lower your A1c or improve your “time in-range,” now is the time.
Please reach out if you need any assistance. The virtual doors remain open.

Owner & Clinical Director

Gary Scheiner MS, CDE

DON'T MISS:

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

Recipes for Type 1 & Type 2 Diabetes

- Spring Pea & Radish Salad
- Spanish Potato Omelet
- Deviled Chicks Eggs
- Mini Paleo Salmon Cakes & Lemony Herb Aioli
- Chocolate Fudge Banana Skillet Cake

Adapting to This New Normal: Coping with Stress while Quarantined

As we are adapting to the new normal of quarantine, I look at what stress does to the body and how we can cope better.

If diabetes management was math
it’d be easy!

As people with diabetes, we can’t become fixated on the math. But, I have some eye-opening realities about the numbers we should become focused on.

The Language and Stigma of Diabetes

How we see ourselves matters more than we think. Diabetes doesn’t define you. It can make you stronger!

Changing Habits - What Food Products To Stock Up On During COVID-19

When it comes to diabetes management and as life changes, it can throw a wrench in things!

I have some tips on what food products to stock up on during our stay-at-home orders that will make meal prep easier.

How to Stay Physically Active from Home

I think most of us can agree that it’s tough being stuck in the house. If you’re running out of things to do, I have some ideas to stay active
Complimentary Personalized Exercise Prescription

Learn How To Reserve Your Spot!

Diabetes news

Limited Time: $0 Copay for GvokeTM PFS
Xeris Pharmaceuticals announces a limited time $0 Copay for GvokeTM PFS for People With Diabetes.

Health & Exercise

Can Walking Make You Live Longer?
A new study reveals how to lengthen your life one step at a time
Gary’s TRIVIA TIME!

Last month, we asked you to identify the diabetes medication that generated the most sales (just over $5.5 billion) last year. Congratulations to Ryan Shick, a Philadelphian with type-1 diabetes for 23 years (and soon to be DIY Loop user) for being the first with the correct answer: JANUVIA.

Januvia belongs to a class of drugs called DPP4 inhibitors. It is an oral medication that helps increase levels of a hormone called glucagon-like-peptide (GLP), which in turn helps slow digestion, blunt appetite, block glucagon production and enhance the pancreas’ ability to secrete insulin. It is approved/indicated for people with type-2 diabetes.

Interestingly, many people thought metformin (an oral medication that reduces the liver’s production of glucose) was the correct answer. Metformin is the most widely prescribed medication for diabetes, but because it is available in an inexpensive generic form, its sales are far less than Januvia’s. And the insulin with the greatest sales last year (Lantus) came up a few billion dollars short of Januvia.
NEW QUESTION:

Let's get away from pharmacology for a moment and test your knowledge of geography. IDS has been serving the diabetes community worldwide via remote/virtual means since the year 2003. We've worked with people from all 50 US states and several dozen countries.

CAN YOU NAME ONE OF THE NATIONS THAT WE HAVE YET TO SERVE?

Click to Submit Your Response to gary@integrateddiabetes.com

You Deserve a Discount!

Clients, colleagues and friends of Integrated Diabetes Services are entitled to special discounts on some of the best product & devices in the diabetes industry.

- Frio cooling pouches
- Pinkery OmniPod covers
- Gentle lancing devices
- Myabetic fashion cases
- GrifGrips adhesive patches
- GlucoLift glucose tablets

Get My Discount Codes!

The Survey Says!

In last month's edition of Diabetes Bites we asked how you're dealing with the coronavirus outbreak. There were 139 responses:

- 2% A. I'm really not worrying about it or doing anything differently
- 39% B. I'm just using common sense – handwashing
more, staying away from sick people, etc.

- 49% C. I'm following all of the recommendations – frequent sanitizing, no face-touching, avoiding travel and group events
- 10% D. I'm pretty much avoiding all exposure to the outside world

Interestingly, most people responded around the time the pandemic was first hitting the US. We would probably see the results skewed much more heavily towards C and D today.

New Survey Question:

THIS MONTH: Since we can all use a silver lining, which of the following do think is the single biggest ADVANTAGE (besides slowing the spread of the virus) to all the social restrictions that have been put into place?

Take The Survey!

We are here for you...

I always knew how special our “diabetes family” was, but it wasn't until the past few weeks that I have seen just how special you all are. I have not worked from home in over 30 years, and like most of you, it has been a challenge in many ways. I have had the pleasure of speaking to our prospective, new, and old patients on the phone and online, and hearing how they are all managing. We are all in this together - the keyword being, TOGETHER.

I am immensely proud to be a part of Integrated Diabetes Services. Our staff of extraordinary clinicians have worked above and beyond normal hours of the workday to meet the needs of both patients and people who need information at this demanding time. It has been their focus to ensure, in addition to caring for family at home, that the diabetes community is well informed and cared for. We are here for you, and nobody is alone. I am an email away at nancy@integrateddiabetes.com or leave a message on our office phone 610-642-6055. Please go to our website
So, in closing as I continue to Zoom with my family, my very wise Mom who celebrates her 93rd birthday April 22nd told me many years ago (The queen of sayings!) “This too shall pass”.

Be safe.
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.

- 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.

integrateddiabetes.com for more information.
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