

Diabetes Bites

April, 2011 Edition



Integrated Diabetes Services presents a quick synopsis of the latest diabetes discoveries and happenings. Send your comments or questions to:

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Type-1 U Expanding Curriculum

Type-1 University, the online school of higher learning for people with type-1 or type-2 diabetes who use insulin, will soon be expanding its course offerings. T1U (located on the web at www.type1university.com) already features 8 unique classes on a variety of topics pertinent to diabetes self-care. In the coming months, watch for two new courses:

- Pregnancy & Type-1 Diabetes Management
- Practical Pramlintide: Making Optimal Use of Symlin



Each T1U class is approximately 45-50 minutes long and is available individually. “Live” courses, which cost \$29.95, are scheduled twice weekly and include webex-style powerpoint presentations, live streaming audio and video of the presenter, pdf copies of the slides, and

opportunities to post questions and participate in polls during the class. Recordings of previously-held classes are available for \$19.95, and offer the viewer the opportunity to pause, rewind, and watch the class anytime, anywhere.

The “live” class schedule for May, 2011 is as follows:

Mastering Pump Therapy: Tuesday, May 3, 8pm EST

Advanced Carb Counting: Thursday, May 5, 1pm EST

Getting the Most from Your Continuous Glucose Monitor: Tuesday, May 10, 8pm EST

Blood Glucose Control During Sports & Exercise: Thursday, May 12, 1pm EST

Hypoglycemia Prevention & Management: Tuesday, May 17, 8pm EST

Weight Loss for Insulin Users: Thursday, May 19, 1pm EST

Fine-Tuning Basal Insulin: Tuesday, May 24, 8pm EST

Strike the Spike: After-Meal Glucose Control: Thursday, May 26, 1pm EST

T1U class participants have shared how much practical information they learn from the classes. They have also told us that they like being able to focus in-depth on a topic that is of particular interest rather than having to sit through an entire general diabetes education course.

For more information or to enroll in a class, visit www.type1university.com or call us at 877-735-3648. You can also check out Type-1 University on Facebook: <http://www.facebook.com/pages/Type-1-University/191612930853897>

News Youz* Can Use

(*Philly for “you all”)

Medtronic Announces Mac Compatibility



Great news for devotees of Apple computers. Medtronic diabetes (makers of the Paradigm & Revel insulin pumps, MiniLink CGM transmitter and Guardian RT CGM) has announced the launch of CareLink Personal 5.4 with Mac compatibility. CareLink Personal (Medtronic’s web-based program for downloading and analyzing data from pumps, meters and CGMs) is now compatible with Mac OS 10.5 and 10.6 and Safari web-browser versions 4 and 5. All meters supported through CareLink Personal will be supported on a Mac even if they are not supported by their meter manufacturer. You can find specific upload instructions at www.medtronicdiabetes.com/carelinkupdate. Please note that CareLink Personal is not [®] currently available on iPad, iPhone or any other mobile devices. Having been frustrated by the complexity and security problems inherent in Windows-based systems, let’s hope all other diabetes device manufacturers follow Medtronic’s lead in serving the needs of the growing Mac-using population.

Avoiding Complications for 50+ Years

Over time, diabetes can wreak havoc on the eyes, kidneys, nerves, heart and feet (is there a body part that *isn't* affected?) Why, then, do some people cruise through life with diabetes virtually unscathed? A group of scientists at the Joslin Diabetes Center studied more than 350 recipients of Joslin's 50-Year Medal for possible answers.

Amazingly, 43% of the 50-Year Medalists were free of significant eye disease; 87% from kidney disease, 39% from nerve disease, and 52% from cardiovascular disease. The researchers believe that there are protective mechanisms that fight against the toxic effects of high blood sugar over many decades in some individuals.

Although the Joslin Medalists, as a group, maintain careful control of their diabetes, long-term freedom from complications did not appear to correlate with glucose control. Instead, development of complications seemed to be the result of two specific types of AGEs (advanced glycation end-products) – protein compounds that are altered by the presence of high levels of sugar in the bloodstream. The study also showed that the presence of two other AGEs is associated with protection against complications.

Thus it appears that blood sugar control still plays a major role in the long-term health of people with diabetes. However, individual responses to elevated sugar levels can vary considerably, and further study of AGEs may hold the key to the ultimate prevention of diabetic complications.

Nicotine Raises A1c

If you're still a smoker, listen and listen good. Scientists at the 241st meeting of the American Chemical Society have reported the first strong evidence showing that nicotine raises blood sugar levels in people who have diabetes. The effects apply to smokers as well as those who use nicotine-replacement therapy (gum, patches, etc...) in an attempt to stop smoking.

Healthcare professionals have known for years that smoking increases the risk of developing several diabetic complications. Studies have also shown that smokers have higher A1c levels than nonsmokers. Now it appears that nicotine is the culprit.

According to Xiao-Chuan Liu, PhD, who conducted the studies examining nicotine's effects, reported that nicotine can raise A1c by as much as 34%, and the higher the nicotine level, the greater the increase. The bottom line: if you smoke, quit. If you can quit without using nicotine supplements, all the better, but quit regardless. And if you don't smoke, please don't start. Remember, nicotine doesn't just raise blood sugar, it is also more addictive than alcohol, cocaine and heroin.



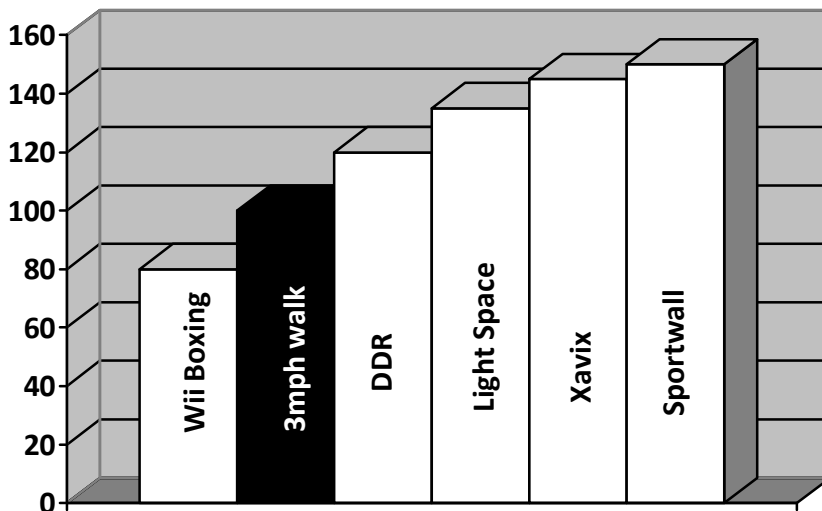
“Exergaming” Burns Big Calories

Just when you thought video games were nothing but evil, turning the populous into a bunch of pale, overweight, out-of-shape blobs, along comes a whole new breed of video entertainment: EXERGAMES. These interactive games feature player movement such as jumping, throwing, swinging, running and dancing. But the question is, just how much “exer” is there in an “exergame”?

Apparently, quite a bit. But it depends on the specific game. The Exercise Sciences departments at Brigham Young University and the University of Massachusetts collaborated to measure energy expended by children while engaging in several forms of exergaming. They compared game participation to walking at a moderate pace (3 mph / 1.6 kph). Here’s what they found:

- ▶ Dance Dance Revolution: burned 20% more calories than walking
- ▶ Light Space (Bug Invasion): burned 35% more calories than walking
- ▶ Nintendo Wii (Boxing): burned 20% *fewer* calories than walking
- ▶ Xavix (J-Mat): burned 45% more calories than walking
- ▶ Cybex Trazer (Goalie Wars): burned 30% more calories than walking
- ▶ Sportwall: burned 50% more calories than walking

Relative Energy Burned



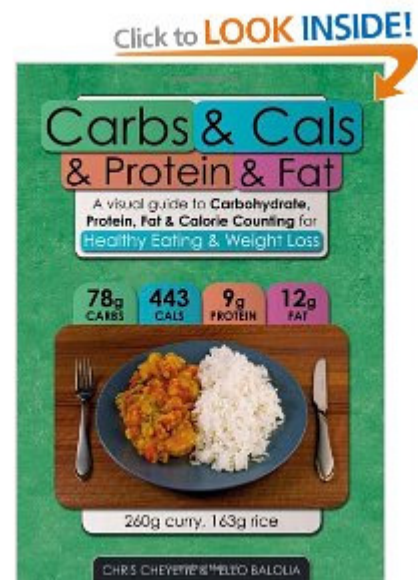
So if you want to get your workout electronically, choose your game wisely!

App Rap

Carbs & Cals & Protein & Fat

Our friends in Great Britain recently cued us in about this nifty little reference book and app for the I-Phone. The book, which is published in Great Britain, was written by Chris Cheyette, MSc, BSc, RD, a Diabetes Specialist Dietitian, and Yello Balolia, BA, a photographic artist. The book was written to help people with diabetes count carbs more accurately, especially when eating out or away from home. The fourth edition contains over 1200 color photos of foods with portion sizes. The photos really help to eliminate a great deal of the guesswork. The book contains info about carbs, calories and weight loss. The portions are listed in grams (not ounces or cups), which may present somewhat of a challenge for those not using metric

weights regularly. Carbs & Cals & Protein & Fat is for generally healthy eating and weight loss. Each food listed includes pictures depicting 6 different portion sizes. For example, 6 portion sizes of pasta, ranging from ¼ of the plate to spilling over the edges are shown with corresponding grams of carb, calories and metric weight. The books are available from Amazon.com and at www.carbsandcals.com. The I phone app contains all the photos in the book and also features a meal calculator. The app is not yet available for android phones, but it is in the works.



Attention - Parents of T-1 Kids

If you have ever been concerned about leaving your insulin-dependent child with a friend or loved one, help is here! Integrated Diabetes Services now offers individualized educational sessions for grandparents, aunts/uncles, friends, babysitters, nannies, school personnel, and temporary caregivers. Sessions can cover subjects such as diabetes basics, treating hypoglycemia, blood glucose monitoring, basic pump programming (including site changes), carb counting, calculating insulin doses, exercise adjustments, and any other topics that are important to you. We'll also make our team of CDEs available to your child's caregivers for backup support while you're away from your child. As is the case with all IDS services, caregiver sessions can take place in our office, on the phone, or via e-mail or skype. To schedule an appointment, please call (877) 735-3648.

This Month's Web Gem: DiabetesHealth.com

From the people who brought you Diabetes Health magazine comes <http://diabeteshealth.com/> -- the website designed to "Investigate, Inform and Inspire". Find out about the latest products and research for both type-1 and type-2 diabetes, in a format that is easy to understand. The site features a variety of personality profiles, editorials, fun diabetes cartoons, and expert columns (including Gary Scheiner's "Fleeting Moments of Clarity"). The product reference guides and comparison charts make this well worth the visit.

Interesting Events

College Bound? This Course Is For U!

On Wednesday, June 8th, the JDRF (Juvenile Diabetes Research Foundation) SE Pennsylvania Chapter and Integrated Diabetes Services will team-up for the 3rd annual TAKING DIABETES TO COLLEGE program. The free event will be held from 7-8:30 pm at Integrated Diabetes Services, 333 E. Lancaster Ave., Suite 204, Wynnewood, PA. It is designed for high school students who will soon be heading to college, along with their parents/caregivers. Topics include:

- Working with the student health service
- Dorm & dining hall issues
- Storage & safeguarding diabetes supplies
- Sex, drugs & alcohol
- Lifestyle changes
- Special accommodations

Local college students with diabetes will be on hand to spend time with the students, discussing college life and answering their questions. For more information or to register, please contact Betsy Hanway, Development Manager at JDRF, 610-227-0359, or ehanway@jdrf.org.

Are You Ready For Some WIFFLE Ball???

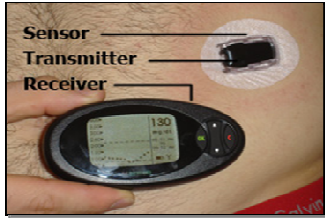


From the people who brought you parentingdiabetickids.com comes the 1st Annual Slam Diabetes Wiffle Ball Tournament. Twelve teams will compete in front of fans and spectators at the world's greatest Wiffle Ball venue, Little Fenway and Little Wrigley in Essex, Vermont on Saturday, June 25th. Events include opening ceremonies, playoffs, a home run derby (for anyone interested), a Kids & Celebrities game, awards presentations, and a silent auction. To participate, you can form a team, enter the free agent draft, volunteer at the event, sponsor a team, or just come out and watch. Proceeds will benefit JDRF, Joslin Diabetes

Center, the Barton Center for Diabetes Education, and the Diabetes Research Institute. To find out more, call 802-899-3070 or visit info@slamdiabetes.com.

Sample a CGM

Use of Continuous Glucose Monitors is growing steadily as the systems become more accurate & user-friendly, and insurance coverage expands. Still, many people are hesitant to purchase a system outright without knowing if it's really worth all the effort. If you're interested in trying a CGM (and learning some things that can improve your control), Integrated Diabetes Services offers a CGM Trial Service. This service is available just about anywhere since we can ship the necessary



equipment to you and talk you through the sensor attachment process via phone or video chat (skype). Select either a two-week Dexcom Seven-Plus trial, or a one-week Medtronic sensor-augmented pump trial (you must have a Medtronic 522, 722 or Revel pump). The trial service includes a detailed analysis of your sensor data as well as specific recommendations for fine-tuning your glucose control.



The cost for the service is \$249, including all necessary equipment, initial training and data analysis. Details can be found at http://www.integrateddiabetes.com/cg_trialserv.shtml. Call 1-877-735-3648 to schedule.

TRIVIA QUESTION (jeopardy style)

They are acidic compounds produced when we metabolize fat for energy. When too little insulin is present in the body, they can be produced in excessive amounts and be highly toxic.

For the question, visit www.type1university.com and click on "trivia answer" on the home page.



Parting Thoughts

Many of our friends and clients have been kind enough to donate diabetes supplies for those in need. If you or someone you know lacks insurance coverage and are in need of diabetes supplies, please let us know.

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