

Diabetes Bites

February, 2011 Edition



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

info@integrateddiabetes.com*

**this e-mail goes to office administration. To reach Gary Scheiner directly, e-mail gary@integrateddiabetes.com. To reach Karen Franey directly, e-mail karenf@integrateddiabetes.com*

©Copyright 2011, Integrated Diabetes Services LLC

Type-1 University Educates First 100 “Students”

Just six weeks into our inaugural “semester,” Type-1 University has surpassed 100 student enrollments for live online classes. If you haven’t toured the “campus” yet, visit www.type1university.com and see what you’ve been missing.

T1U is the school of higher learning for people with type-1 or type-2 diabetes who use insulin. Each class focuses on a topic that is of particular interest to insulin users, such as:

- Mastering Pump Therapy
- Advanced Carb Counting
- Blood Glucose Control During Sports & Exercise
- Weight Loss for Insulin Users
- Getting the Most from Your Continuous Glucose Monitor
- Strike The Spike: After-Meal Glucose Control
- Hypoglycemia Prevention and Management
- Fine-Tuning Basal Insulin



Plans are underway to add additional courses to the curriculum, such as overcoming diabetes burnout, incorporating Symlin (pramlintide) into intensive management, and type-1 diabetes care through pregnancy. Also, watch for special “guest” presenters in the coming months. **If you have an idea for a topic that you would like to see covered at T1U, please send a note to T1U’s “Dean of Diabetes” Gary Scheiner:** gary@integrateddiabetes.com

You can participate in each 45-60 minute T1U course from the comfort and convenience of your home or office. The webex-style presentations include powerpoint slides, live streaming audio and video of the presenter, and an opportunity to post questions and participate in class polls. Registrants may also receive supplementary handout materials along with their login/access codes prior to the class. The “live” courses are held on Tuesday evenings and Thursday afternoons (EST). Recordings of the sessions are available to view at any time by clicking on the “prerecorded” tab at www.type1university.com.

News Youz* Can Use

(*Philly for “you all”)

Colds and Type-1 Diabetes

According to research published in the British Medical Journal, people with type-1 diabetes are ten times more likely to acquire the enterovirus, which produces typical cold-like symptoms.

Wing-Chi G. Yeung, from the University of New South Wales in Sydney, Australia, writes, "Type 1 diabetes is believed to result from a complex interplay between genetic predisposition, the immune system, and environmental factors. Prospective studies have shown more enterovirus infections in children who developed islet autoantibodies or subsequent diabetes, or both."

The study authors found a clinically significant association between enterovirus infection and autoimmunity/Type 1 diabetes. However, the mechanism of the association is yet to be explained. The link may involve an interplay between viruses, pancreatic beta cells, the immune system, and the genotype of the patient.

Given that people with type-1 diabetes are at high risk for infections (including common cold viruses), it is worth taking preventive measures. Strategies that have been proven to be successful for preventing colds include:

Tight blood glucose control (elevated BG creates an optimal breeding ground for bacteria & viruses)

Getting outdoors (indoor, re-circulated air contains high levels of airborne germs)

Frequent handwashing (to prevent accidental contamination when touching one's own eyes, nose or mouth)

Use of a humidifier (dry air can cause cracks to form in the sinus passages, allowing germs to enter the body)

Ultra-Long-Acting Basal Insulin

In Type 1 diabetes patients, degludec, a new ultra-long-acting basal insulin has been found to control blood sugar levels as well as insulin glargine but with less hypoglycemia. And with a peakless action profile that lasts approximately 40 hours or more, the possibility exists for taking basal insulin every other day or three times weekly, rather than every day. These results from phase III clinical trials have set the stage for the launch of Novo Nordisk's degludec and DegludecPlus in 2013.

The ultra-long effect of insulin degludec results from the slow release of individual insulin molecules from hexamers (clusters of six molecules) that form after subcutaneous injection. HbA1c levels for degludec users were found to be comparable with those using glargine. However, the incidence of hypoglycemia was approximately 25% less.

The clinical trial showed that insulin degludec, used in combination with mealtime insulin aspart, is a well-tolerated and efficacious treatment when used in people with Type 1 diabetes, providing comparable glycemic control to insulin glargine at comparable doses, but with lower rates of hypoglycemia and less frequent injections.

Littler Pod On The Way

At the recent 2011 JP Morgan Healthcare Conference in San Francisco, Insulet (maker of the OmniPod insulin pump) previewed its new smaller pod, which won't hit the market until at least 2012 (thanks to holdups at the FDA). The new pod will be approximately 1/3 smaller and 25% lighter than the current pod, but with all the same basic features (a 200-unit reservoir, 80-hour pod life and self-inserting cannula) – see images below. Use of the smaller pod will require a different PDM (remote programmer) from the one currently in use.



Incidentally, Dexcom and Insulet are still working to integrate the Dexcom CGM with the OmniPod PDM (think they'll call it a CGMPDM??? No, probably not) so that the data from the Dexcom sensor will display on the OmniPod PDM. Delays imposed by the FDA may push back release of this product to 2012 as well.

Upcoming Events

Diabetes Tech Meeting

The next meeting of DIABETES TECH will be Wednesday, March 2nd at 7:30pm at Integrated Diabetes Services, 333 E. Lancaster Ave, Suite 204, Wynnewood, PA. The special topic for the meeting will be **OVERCOMING DIABETES BURNOUT**.

Special guest presenter Ginger Vieira will discuss creative ways to deal with the mental and physical challenges of managing diabetes over the long haul. Ginger is a health coach, motivational speaker, and author of "Your Diabetes Science Experiment." She has had type-1 diabetes for more than 12 years, and has set multiple records in women's powerlifting (so don't mess with her).

Attendees will have ample opportunity to socialize, ask questions, share ideas and see the latest in diabetes management technology. This is a FREE program open to anyone with diabetes (particularly those on intensive insulin therapy), along with family and friends. Refreshments will be served. For More Information, Call: **610 642-6055**

Community/Family Night in DE

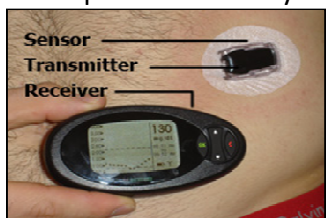
The Delaware chapter of JDRF has started a fun program called Community/Family Nights. The next one will be held on March 23rd at 6pm at the BBC Tavern & Grill in Greenville. JDRF Families and community partners are invited to come have a marvelous dinner and meet each other. The night is very casual. Each table pays their own bill so you don't have to worry about paying for a larger portion than what you and your family/friends order. Enjoy a game of diabetes trivial pursuit, bingo, raffles, and other fun interactive activities. The BBC Tavern is donating 25% back to JDRF. RSVP to JBeaver@jdrf.org.

Rockin' Docs for Diabetes Cure

Don't miss the Rockin' Docs bands from Children's Hospital of Philadelphia, Abington Memorial Hospital and Doylestown Hospital as they play their collective pancreases out in a benefit concert for JDRF in Eastern Pennsylvania. The program will be held Sunday, April 10th, 2011 from 1:30-5pm at Electric Factory, 421 N. 7th Street, Philadelphia. WMGK's Andre Gardner will serve as guest MC. Tickets are available in advance through JDRF (610-664-9255) or at the door. For more information, go to www.rockindocs.org, or www.jdrfeasternpa.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 hook themselves up to yet another device without knowing if it's really worth all the effort. To help you to find out if CGM is really for you, 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 hookup via phone or video chat (skype).



Select from 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.



Details can be found at http://www.integrateddiabetes.com/cg_trialserv.shtml. Call 1-877-735-3648 to schedule.

TRIVIA QUIZ

Movie Theater Popcorn. It tastes great and smells even better. But the calorie and fat content can be downright scary. For the average theater, see if you can estimate the grams of carb and calories for a small, medium and large popcorn.

For the solution, visit www.type1university.com and click on “trivia answer” on the home page.



Parting Thoughts...

With “Spring Ahead” time just a few weeks away, don’t forget to change the clocks on your pumps, meters and CGM devices. Having the right time settings will ensure that you receive your insulin according to the correct schedule, and your download reports will make just a bit more sense.

Advertisers:

Diabetes Bites is published monthly by Integrated Diabetes Services LLC and is distributed to more than 5000 individuals who either have or treat diabetes. For advertising opportunities, please contact gary@integrateddiabetes.com or call (877) 735-3648.

Integrated Diabetes Services LLC
333 E. Lancaster Ave., Suite 204
Wynnewood, PA 19096
(610) 642-6055
(877) 735-3648
Fax: (610) 642-8046
www.integrateddiabetes.com
www.type1university.com