

Diabetes Bites

March, 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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What's New at Type-1 U?

After just two months, Type-1 University (www.type1university.com) has provided higher learning for insulin users on six different continents! And things just keep getting better.

Starting in March, attendees at any of our scheduled classes receive a pdf of the entire slide set along with their login information – perfect for taking notes or reference purposes after the class is over. And did we mention... 10% of the registration proceeds for the entire month of March are being donated to the CWD (Children With Diabetes) Teens for Change fundraising campaign to provide scholarships for the annual meeting in Orlando. So if you haven't tried T1U yet, now is a great time. For more information, visit [CWD Teens for Change \(Through Diabetes Scholars\)](#) on Facebook.



In other news, the T1U website is now verified secure, so credit card payments can be made directly without worry (paypal is also available for making payments for classes and recordings of previous classes).

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. The schedule for the upcoming month is as follows:

- Tues, March 22nd, 8pm EST: **Fine-Tuning Basal Insulin**
- Thurs, March 24th, 1pm EST: **Strike The Spike - After-Meal Glucose Control**
- Tues, April 5th, 8pm EST: **Advanced Carb Counting**
- Thurs, April 7th, 1pm EST: **Mastering Pump Therapy**
- Tues, April 12th, 8pm EST: **Blood Glucose Control During Sports & Exercise**
- Weds, April 13th, 1pm EST: **Getting the Most from Your Continuous Glucose Monitor**
- Tues, April 19th, 8pm EST: **Weight Loss for Insulin Users**
- Thurs, April 21st, 1pm EST: **Hypoglycemia Prevention and Management**

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, handout notes, and an opportunity to post questions and participate in class polls. Recordings of the sessions are available to view at any time by clicking on the “prerecorded” tab at www.type1university.com. For more information, visit the website or call us at 877-735-3648.

News Youz* Can Use

(*Philly for “you all”)

CGM Technology Updates

Medtronic Diabetes provided a demonstration of its new **Enlite** Continuous Glucose Monitoring Sensor at the 4th International Conference on Advanced Technologies and Treatments for Diabetes in London last month. The “Enlite” sensor, which appears to offer some major advantages over the current “Sof-Sensor”, isn’t on the market yet but is expected to be available in the U.S. in the next 12-18 months. Enlite is designed for six-day use, compared to the current three-day sensor. The Enlite sensor requires a much smaller (10.5 mm) and thinner (27-gauge) introducer needle, a 90-degree insertion, and a simpler automated inserter that hides the needle completely during insertion. Preliminary data also indicates better overall accuracy, particularly in the hypoglycemic range.

Bayer is also getting ready to enter the CGM market. The company presented its preliminary CGM product, which features a receiver that resembles the currently available Contour USB blood glucose meter. It comes with a built-in Contour glucose meter and a built-in USB port with pre-installed software for convenient data upload (similar to the Contour USB meter). Bayer’s sensor has a seven-day life (similar to Dexcom), one-minute data updates (similar to Navigator), a 10-foot receiver range (also similar to Navigator), and twice-daily calibration (similar to Dexcom and Medtronic). The gauge of the sensor looks to be very small (31-gauge at its widest point). The receiver/display guides the user through the various steps of the sensor insertion process. Look for Bayer’s CGM to be available in the States within the next couple of years. –ST



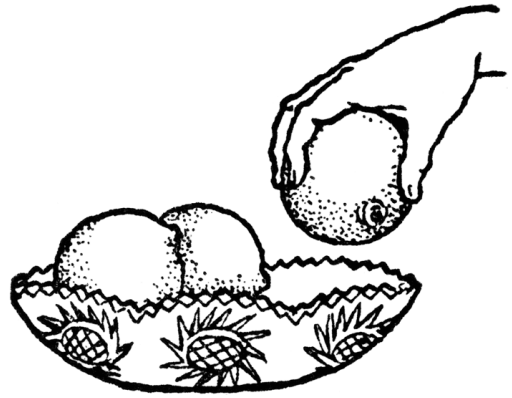
Dexcom is in the process of bringing a fourth-generation sensor to market (the current Seven Plus is the company’s third-generation product). Reports indicate that the fourth-generation sensor will be more accurate than the SEVEN PLUS (including 25% better accuracy in the hypoglycemic range), be 50% smaller, have a significantly stronger sensor wire (eliminating the risk of possible breakage under the skin), and have a startup time of one hour rather than two. Dexcom plans to start clinical trials in the first half of 2011, and the company is hoping to receive FDA approval before the end of the year.

Meanwhile, Dexcom continues in its quest to integrate with the OmniPod PDM and Animas insulin pump. However, in the fall, the FDA requested additional data before approving these products, causing a delay in their timelines. The Animas/Dexcom integrated pump/CGM, which will use Dexcom’s fourth-generation sensor, will follow approval of the new sensor. Both the fourth-generation sensor and the pump/CGM combinations are already undergoing regulatory review in Europe, where Dexcom and Animas anticipate that they will be available by mid- 2011. The combined Dexcom CGM/Insulet Omnipod PDM may take a bit longer. Insulet will likely wait until their smaller next-generation OmniPod (and new accompanying PDM) are available and then resubmit the Dexcom/PDM integration for approval, which would probably not receive FDA clearance until after the middle of 2012.

Fruit and Test Strips Don't Mix

After handling fruits and using an alcohol swab to clean the finger before testing, you can still get falsely elevated blood sugars on your monitor.

Researchers in Tokyo have found that invisible bits of fruit on your hands, embedded within fingerprint grooves, can make blood sugar levels look higher than they really are. That's because sugars from fruit will stay on your fingers until you wash them with tap water, a new study shows. Even alcohol swabs don't solve the problem. The researchers found that peeling fruit (such as oranges, grapes and kiwi) right before using a blood sugar meter, or eating fruit with your hands, could lead to an inaccurate reading even if you rub your finger with alcohol first.



The study showed that when fruit peeling was followed by hand washing, blood sugar readings were the same as before volunteers had peeled any fruit. But when volunteers peeled fruit and took a blood sugar reading right away, the levels shown by the blood sugar meter shot up by an average of 80 mg/dl after peeling an orange, 90 mg/dl after peeling a kiwi, and 270 mg/dl after peeling a grape. If the peelers swabbed their finger with alcohol in between peeling and finger pricking, the readings were still higher than normal. Even swabbing five times didn't produce correct results.

The take-home message: if you've been handling fruit, wash your hands before checking your blood sugar, or you could be in for an unpleasant (and inaccurate) surprise.

Diasend Your Animas Pump Data

Users of Animas pumps (models 1250, 2020 and Ping) can now download their pump data, review, generate and print reports on the secure www.Diasend.com website. Diasend generates a variety of useful graphs and statistics from the data, including modal day glucose charts, insulin usage summary reports, and "logbook" type displays. And best of all, because the data is downloaded to a website, it can be shared/viewed by your favorite healthcare provider.

In order to download your Animas pump, you will need an infrared reader that plugs into a USB port on your computer (contact Animas if you need one). The link for accessing the Diasend "Uploader" can be found at www.diasend.com/animas. During the registration process, if you want to share your data with a CDE at Integrated Diabetes Services, enter Clinic ID 91-14799 when prompted to do so.

Recent Recalls

Three products pertinent to insulin pump users have been recalled in recent months. Roche Insulin Delivery Systems has recalled **ACCU-CHEK FlexLink Plus** infusion sets due to potential crimping of the cannula upon

insertion. This can lead to under-delivery of insulin, hyperglycemia, and potentially life-threatening ketoacidosis. If you have FlexLink Plus infusion sets, contact Accu-Chek Customer Care at 800-688-4578.

Animas recently announced the recall of certain lots of **Animas insulin pump cartridges**. The company says its 2.0 mL insulin cartridges delivered between 11/30/10 and 1/4/11 may leak insulin, causing under-delivery for the user. The recalled cartridges have these lot numbers:

B201575 B201576 B201581 B201582 B201583

All pumpers affected by this recall should receive new cartridges from the company. If you have not received replacement cartridges, contact Animas Cartridge Fulfillment Center at 1-877-280-2339.

And in one of the more bizarre product recalls in the history of such things, Smith & Nephew has announced a recall of its **IV Prep** antiseptic wipes due to... now get this... concerns about potential microbial contamination. Use of contaminated wipes could lead to serious infection. The specific lot numbers involved in the recall are: 9K141, 9K142, 9K143; 0F131; 0F140; 0G249; 0G255, 0G256; 0G259; 0K139, 0K140, 0K141; 0K193; 0M180; 0M216; 1A212, 1A213. If you have any questions, please contact the Smith & Nephew Customer Care at 1-800-876-1261 8:00 AM EST to 6:00 PM EST. Serious calls only. Please save the jokes for your next support group get-together.

Interesting Events

The 2011 DiabetesMine Design Challenge

The DiabetesMine Design Challenge is an online competition to encourage creative new tools for improving life with diabetes. If you have an idea for an innovative new diabetes device or web application, this is your chance to win up to \$7,000 in cash and hands-on assistance to bring your product to market.

The brainchild of DiabetesMine founder Amy Tenderich, the Design Challenge welcomes entries from any individuals or organizations passionate about diabetes and product design — patients, parents, caregivers, students, entrepreneurs, developers, engineers, etc. Kids age 17 and under are also invited to submit entries, which will be judged in a separate category.

The competition is sponsored by the California HealthCare Foundation (CHCF), an independent philanthropy organization committed to improving the way health care is delivered and financed in California and beyond. The contest is supported by the world-renowned design and innovation firm IDEO, with headquarters in Palo Alto, CA, and also endorsed by Medgadget.com, the Internet journal of emerging medical technologies.

The contest is open for submissions until Friday, April 29, 2011, at 11:59 pm Pacific time. Winners will be announced on Monday, June 13th, 2011. Submissions are accepted in the form of a 2-3 minute video or a 2-3 page written “elevator pitch” plus supporting graphics.



For details on entering the contest, visit www.diabetesmine.com/designcontest/rules. To submit an entry, go to www.diabetesmine.com/designcontest/enter.

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.

This Month's Web Gem: Juvenation

If you're looking for a diabetes-related group that shares your special interests, look no further than juvenation.org. An offshoot of JDRF, Juvenation features more networking groups than you can shake a test strip at. Looking for a group to discuss diabetes and pregnancy? They've got it. Athletics & diabetes? Got that too. Funny stories? It's there. Want to meet sexy singles with diabetes? That's not there. But at last count, there were more than 60 different groups ready for you to join and enjoy. Or start your own specialized group if you like!



Phil Southerland: NOT DEAD YET

Our friend and colleague Phil Southerland has just finished writing a memoir about growing up with type 1 diabetes. In it, Phil tells the story of how he turned his diagnosis and his passion for cycling into a global movement to positively affect the lives of people with diabetes. The book is called *Not Dead Yet: My Race Against Disease from Diagnosis to Dominance*. Despite the clear violation of Monty Python title rights, this heartfelt story is sure to inspire and inform thousands of individuals and families around the world that anything is possible.

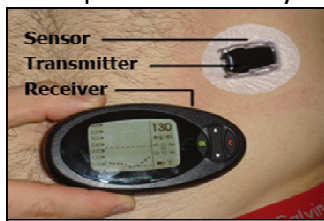
Diagnosed at just a few months old, Phil tells us how blindness, kidney failure and death were all predicted for him by age 25, but by learning to manage his diabetes from an early age he's had a healthy and successful 29 years and counting. He recalls how a chance encounter with an anonymous

man in a Starbucks helped launch Team Type 1, which started as a cycling team and now has grown to become a wide-sweeping organization that is radically changing the lives of diabetics around the world.

For a sneak peak at the first two chapters, visit www.teamtype1.org/book. To order a copy, go to http://amzn.to/Phil_Southerland or <http://barnesandnoble.com/Phil-Southerland>

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 QUESTION

With warmer weather just around the corner, thoughts around here turn to beautiful flowers, romance, and of course, protecting our insulin. According to the insulin manufacturers, above what temperature is insulin likely to start losing its potency?

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



Parting Thoughts

Things have become quite busy around here! We may be looking to add another super-amazing diabetes educator to the practice soon, so if you or someone you know is interested, send a resume and cover note to gary@integrateddiabetes.com.

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