

Diabetes Bites

January, 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

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Insulin Users: Class Is In Session!

Tired of the same old diabetes education classes? Want something super-convenient that helps you take your diabetes self-management to the next level? Type-1 University is for you!

Located at www.type1university.com, T1U is the school of higher learning for people who use insulin. And because the campus is in cyberspace, you can participate in courses from the comfort and convenience of your home or office.

Each 40-60 minute course includes a dynamic powerpoint-style presentation with accompanying audio and video of the presenter, along with an opportunity to post questions. The “live” courses are held on Tuesdays and Thursdays in the afternoon and evening (EST). Recordings of the sessions are available to view at any time.



According to Gary Scheiner MS, CDE, founder and “Dean” of T1U, “This is nothing like a basic diabetes education class. These courses are for insulin users who want focused, expert information that can be put into use right away.”

The current T1U “syllabus” includes the following courses:

- 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

“Tuition” is on a per-course basis, and similar price-wise to most medical office visit co-pays. For more details, to register for a live class, or to access recordings of previous classes, please visit www.type1university.com.

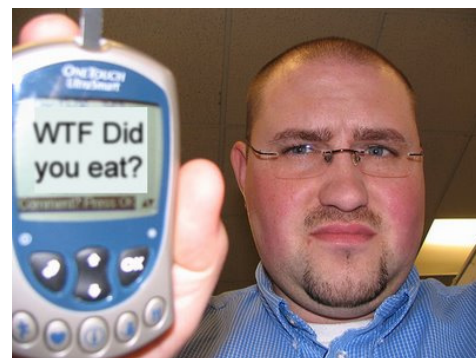
Type-1 University is now on Facebook!

Please visit our Facebook page and “like” it (assuming you do!). Feel free to post a note about us on your wall, share with friends, and spread the word so that everyone knows about this great resource. Our Facebook page can be found here: <http://www.facebook.com/pages/Type-1-University/191612930853897>

Diabetes Online



This month, we focus on www.ScottsDiabetes.com, the creation of long-time friend and colleague Scott Johnson. ScottsDiabetes features a combination of information/news and Scott’s own personal slant on life with the Big D. We’ve known Scott since his days as the tech support guru at Smiths Medical, working to assist users of the Deltec Cozmo insulin pump. Even after he left Smiths, Scott has continued to serve as a valuable resource, helping us to solve a variety of diabetes software glitches. We learned about Scott’s sense of humor many years ago when he posted (through the photo to the right) on his blog about the frustration of having one of those absurd high readings that plague us all from time to time..



Anyway, Scott wants everyone to know that he has created a facebook page for his site at <http://www.facebook.com/l/0a1b1hWs0qd1CgNaXdvAneiPi8A;ScottsDiabetes.com>. Please visit and "like" it, if you do.

In the News

Freestyle Strips Get Even Better

Abbott recently released a new generation test strip for its Freestyle Lite glucose monitoring systems. The new strips look slightly different from the old ones in that they are tapered at the ends and have small pointy protrusions on the sides to help draw the drop into the strip more easily. They call this “Zip-Wik” technology. (just trying saying “Zip-Wik” without smiling. I dare you. See! You couldn’t do it!) The new strips also feature improved coloumetric technology to improve heat/cold tolerance, GDH/FAD chemistry to eliminate maltose interference, and an osmium mediator to prolong meter battery life. (How’s that for stretching our science vocabulary!) What it all means is improved accuracy: 95.5% of readings are within 10 mg/dl of lab values, and 72% are within 5 mg/dl.

Camp Updates

The American Diabetes Association is recruiting counselors for Camp Freedom (formerly Donovan McNabb camp... he plays quarterback for the enemy now) in Southeastern PA June 17-24. If you or someone you know is over age 18, this is an excellent opportunity to gain leadership experience and mentor kids with diabetes. Contact Kate Nichter, Manager of Community Outreach, at (610) 828-5003 x-4657, or knichter@diabetes.org.

Diabetes DESTINY (Diabetes Exercise Strategies Together in Network with You... now that's a mouthful!) will be holding its next Extreme Weekend for Children with Diabetes on May 13-15, 2011 at NorthBay Adventure Camp in North East Maryland on the Chesapeake Bay. The weekend is open to boys and girls ages 8-17. The program focuses on team-building skills, fitness, glucose management during exercise, sharing experiences, and much more. For details visit www.diabetesdestiny.org or contact Ron Denunzio at (717) 471-4636.

Sleep Less, Weigh More

Common sense has always told us that there is something intrinsically "good" about a "good night's sleep". Now there is substantial research to back it up.

Chronic sleep deprivation has been found to decrease levels of the hormone leptin, and increase the hormone ghrelin. This combination leads to increased hunger and, ultimately, weight gain. Poor sleepers, in general, are more likely to meet the criteria for abdominal obesity. Short sleep duration also raises cortisol levels, leading to insulin resistance. Hypertension (high blood pressure) has been associated with sleeping less than five hours per night. And lack of sleep has been linked to high triglycerides and low HDL levels in women. Put it all together, and the odds of developing metabolic syndrome (a combination of health problems that contribute to stroke and heart disease) are 45% higher in those who sleep only 5-6 hours per night compared to those who sleep 7-8 hours per night.

There are many effective strategies for combating chronic sleep problems. If getting enough sleep has become a concern for you, talk to your physician or discuss it at your next appointment with one of our diabetes educators.

JDRF Holding Research Summit

The Capitol (DC-area) Chapter of the Juvenile Diabetes Research Foundation will be holding a one-day conference designed to educate individuals and families affected by Type-1 diabetes on their latest research finding. Several top scientists and physicians will be presenting on topics such as:

- Development of new kinds of insulin
- The artificial pancreas project
- Prevention of type-1 diabetes
- Challenges to raising a child with diabetes in the U.S.

The program will be held on Saturday, January 29th, from 10am-3:15pm at the Bethesda North Marriott Hotel & Conference Center. For more details or to register, go to <http://www.jdrfcapitol.org/summit/>

Don't miss this unique opportunity for education and dialogue with leading experts & prominent researchers in the type 1 diabetes field!

Babysitters Wanted

If you have type-1 diabetes or know a lot about managing diabetes, your skills are needed by parents of type-1 youngsters. If you like to babysit and would like to be on our resource list, please e-mail Debbie@integrateddiabetes.com with the following information:

- your name
- age
- hometown
- whether or not you drive
- which pump(s) meter(s) or CGM(s) you are comfortable with
- if you have taken a babysitting course
- any other specific skills you have

This resource list is not published anywhere; we keep it in-house and only use it to direct individual parents who are looking for babysitters locally.

Stats & Facts

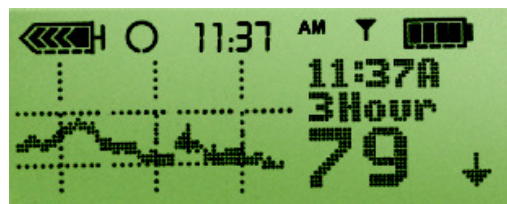
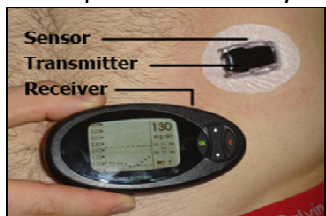
Did you know that as of 2010, families that visit the CWD (Children With Diabetes) website, www.childrenwithdiabetes.com, check their kids' blood glucose an average of seven times a day? That's up from five times a day in 2000 and six times a day in 2003... but the same as it was in 2007. Here are some other interesting finding from the CWD poll, published in the 2010 "Friends for Life" conference program:

Among kids who use insulin pumps, 63% report changing infusion sets every 3 days; 16% change every 1-2 days; and 21% wear their sets for four days or more.

Among families using CGM (continuous glucose monitors), 41% still prick their fingers to check blood glucose during the night every night. Among families not using CGM, 49% still check blood glucose every night.

Sample a CGM

Use of Continuous Glucose Monitors is growing steadily as the systems become more accurate & use-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 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 Time

What TWO hormones are secreted by the beta cells of the pancreas?
(hint: one answer is the opposite of “amateur” insulin)

E-mail Gary with your answer: gary@integrateddiabetes.com

Parting Thoughts....

Congratulations to our former nurse-practitioner and Diabetes Bites editor, Sarah Kangas, for passing her CDE exam. Sarah has moved on to bigger and (hopefully) better things in the healthcare field. We wish her all the best!

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