

Diabetes Bites: August, 2010 Edition

Integrated Diabetes Services presents a quick synopsis of the latest diabetes discoveries and happenings brought to you by Sarah Kangas MSN, CRNP, APRN-BC, RN. Send your comments or questions to: sarah@integrateddiabetes.com



Diabetes Online!

This month, Integrated Diabetes would like to share another favorite website with you: <http://diabetestalkfest.com/blog/>. It is run by Gina Capone, a Diabetes Blogger, Diabetes Advocate, Insulin Pumper and a very active social networking person. Gina was diagnosed with type 1 diabetes on November 25, 2000 at the age of 25. As with the diagnosis of any chronic illness, coping with life's new changes can be difficult, so Gina started an online support group, DiabetesTalkfest, to connect with other people with diabetes.

In the News

DESTINY: Extreme Weekend for Children with Diabetes

The Diabetes Exercise Strategies Together in Network with You (DESTINY) is having a weekend for campers and athletes on October 15-17, 2010 on the Chesapeake Bay. They are there to provide people with diabetes the opportunity to maximize the ability to perform at the highest level in sports, fitness and life activities while maintaining optimal blood glucose control. This is a great opportunity for insulin using athletes of any age. Check out www.diabetesdestiny.org for more details.

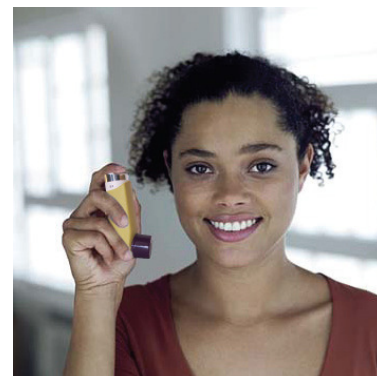


Product Updates!!

The FDA recently released an alert to the possibility of falsely elevated blood glucose results when using GDH-PQQ test strips on patients receiving therapeutic products (usually while in the hospital) containing certain non-glucose sugars. The GDH-PQQ glucose monitoring cannot distinguish between glucose, maltose, xylose, or galactose, which are found in certain medical solutions. This includes extraneal peritoneal dialysis solution, some intravenous immunoglobulins, Orenzia chemotherapy, Bexxar and 4% icodextrin. Testing with GDH-PQQ test strips while receiving any of the aforementioned medications can lead to falsely elevated blood sugars, which mask hypoglycemic events. The following test strips use GDH-PQQ methodology: Accu-check (Comfort Curve, Aviva, Compact, Go and Active strips), All Freestyle and Freestyle Lite test strips. If you are not using any of the aforementioned products, these strips should work fine.

Research Corner

- Generex, a company specializing in medication delivery systems, has developed Oral-lyn™, a spray mist used on the sides of the cheek to deliver insulin. It has been granted approval from the FDA for US use by



the Investigational New Drug program. At this time, there are no serious adverse effects or drug reactions reported. Testing of this medication will continue via clinical trials throughout Europe and the United States over the next year.

- Generex is also working to develop MetControl™, a Metformin chewing gum for use in the Type II population
- Adding a continuous glucose monitor system (CGMS) to an insulin pump delivery system better controls diabetes in adults and children than multiple doses of insulin, according to findings from the STAR 3 study by Medtronic diabetes. The study also showed that the integrated system led to decreased average HbA1c levels of 0.8%, up to 1.2% for people who wore the sensor for more than 81% of the trial time.
- JDRF is funding the development and testing of new insulin formulations and delivery systems to speed up insulin action. This new insulin would be used in an artificial pancreas system to more closely mimic a human pancreas. The plans include reformulating the insulin molecule to speed action times.
- JDRF-funded researchers at the University of Cambridge (England) showed that using a first-generation artificial pancreas system overnight can lower the risk of low blood sugar emergencies while sleeping, and at the same time improve diabetes control. The trial tested a first-generation artificial pancreas system used overnight in a hospital. The system was made up of a CGMS and insulin pump, controlled by a sophisticated new computer program that determined insulin dosage based on blood glucose levels. The study showed that the children and teens spent twice as much time during the night within targeted blood glucose levels when their diabetes was regulated with the artificial pancreas system than when they were using injections.

Education Station

Type 1, Type 2: What about Type 1.5??

Latent Autoimmune Diabetes in Adults (LADA), referred by some practitioners as Type 1.5, is a genetically-linked, hereditary autoimmune disorder (like type 1) that results in destruction of the pancreatic beta cells. It is closely related to Type 1 diabetes, but differs in a few small ways. Typical characteristics include onset after the age of 25, a lack of family history of type 2 diabetes, lack of insulin resistance, and initial mimicry (or imitation) of non-obese type 2 diabetes. Type 1.5 can also be differentiated from type 1 and 2 via specialized laboratory testing with interpretation by an endocrinologist. LADA doesn't usually require insulin at initial time of diagnosis but will progress over time to an insulin-requiring state.

It is estimated that approximately 20% of all persons with type2 diabetes may actually have LADA. The long term complications of LADA are similar to those found in Type 1 diabetes: diabetic nerve damage, heart disease, high blood pressure, stroke, chronic infections and wounds, as well as many other conditions. Eventually, LADA patients will become dependent upon insulin, and are treated like type 1.

What's Happening at IDS?

The JDRF Annual *Walk to Cure Diabetes* is coming this fall!



The Juvenile Diabetes Research Foundation's (JDRF) *Walk To Cure Diabetes* is one of the fastest growing fundraising events in the world. Each year, over 500,000 people "walk for a cure" at 200 JDRF Walk locations in over a dozen countries. Funds are raised by individual and team walkers obtaining donations from family, friends, co-workers, and neighbors. Money is also raised through corporate sponsorship and the sale of JDRF paper sneakers at retail outlets. Locally, JDRF's Philadelphia and Bucks County walk sites welcome nearly 10,000 people and have raised millions of dollars over the years for diabetes research. So when can you participate??

This year, on October 24, 2010 (Sunday), "**Say Boo to Diabetes**" and join our IDS staff and clients as we walk, run, skip and skate to the finish line and a cure. Approximately 10,000 walkers will meet on the steps of the famous Philadelphia Museum of Art to raise money for research and development of technology and drug therapies to benefit all Type 1 people with diabetes. More details coming soon! Contact Sarah Kangas, the IDS team leader, at sarah@integrateddiabetes.com for info on joining our team.

SAVE THE DATE: Saturday, October 2, 2010

StepOut 2010 Walk to Fight Diabetes, presented by Independence Blue Cross, is stepping off from the Philadelphia Museum of Art steps early morning on October 2nd to raise funds and awareness of diabetes. What better way to take the family out on the town and participate in some physical activity on a fun fall morning? See <http://main.diabetes.org/stepoutphilly> for details.

Diabetes Supply Donations

Over the years, Integrated Diabetes Services has accepted donations of pump supplies and distributed them to those lacking insurance coverage. We find ourselves in the fortunate situation of having a surplus of many items, and would gladly donate them to anyone in need. We have supplies for most pump types, including Medtronic, Animas, Disetronic and Deltec. In particular, we have large quantities of the following:

- Deltec Cozmo cartridges
- Animas cartridges
- Non-Paradigm (leur-lock) Sof-Sets
- Non-Paradigm (leur-lock) Quick-Sets
- Leur-Lock angled sets (Comfort, Tender, Silhouette)

Let us know if you can use any of these items. Also, if you have unused/unopened supplies that you would like to donate, including pump supplies, syringes, insulin and test strips, please drop them off or ship to our office. Thank you!

Don't forget about our Dexcom seven + and Medtronic MiniLink CGMS trials!

Its time for a tune up before the busy return of school and the fall. Dexcom CGMS and Medtronic CGMS trials are now available for \$249. This price includes a detailed analysis as well as feedback and recommendations on how to make the most of your diet, exercise and insulin. Call 1-877-735-3648 to schedule.

Retainer Service

IDS now offers a retainer service, instead of individual appointment payments, for all of its patients. Whether it be pregnancy, new pump start, newly diagnosed Type 1 diabetes, or just diabetes maintenance, your retainer entitles you to unlimited access to our staff and monitoring of your blood sugars for a predetermined amount of time. We appreciate email, faxes and snail mail of glucose logs and work with you one-on-one to get your blood glucose numbers under control. Consults may be conducted in-person, or remotely via phone, Skype or live chat. The retainer service also includes regularly scheduled consults to learn advanced self-management skills and how to trouble shoot any problems. Call our office 1-877-735-3648 for more information.

Support Group Meeting Reminders

DiabetesTech meets *every three months on the first Wednesday evening* of the month to discuss issues pertinent to those using intensive insulin therapy. Topics include research updates, new technologies, management techniques, lifestyle issues and creative problem solving. Each meeting features a guest speaker or interactive activity. Refreshments are served.

2010 dates: Sept. 1st, Dec 1st, at our office: 333 E. Lancaster Ave., Suite 204, Wynnewood West Shopping Center, Wynnewood, PA 19096, from 7:30 - 9:00 p.m. The September 1st meeting will feature a health insurance specialist, discussing ways for you to get the most out of your plan.

CGM Analysis Course: Users of continuous glucose monitoring systems are invited to a free course designed to teach you how to get the most out of CGM. Sponsored by Dexcom, the course is open to users of any type of CGM system. It is held on the *first Wednesday afternoon of every third month* at the IDS office in Wynnewood; feel free to bring your own lunch.

2010 dates: Sept. 1st, Dec 1st., at our office: 333 E. Lancaster Ave., Suite 204, Wynnewood West Shopping Center, Wynnewood, PA 19096, from noon until 1:30pm

TRIVIA Time

True or False: Skin thickness varies based on BMI (Body Mass Index, a calculation of height and weight).
Call Sarah at 610.642.6055 for the answer!

Parting Thoughts....

A California court has ruled that state law prohibits school employees who are not nurses from volunteering to help children with diabetes by administering needed insulin. There is one school nurse for every 2700 students in California; there is a budget crisis with school personnel being laid off across the state. And even if there was a full-time school nurse in every school, we know the nurse wouldn't be available for all extra-curricular activities and field trips.