

# Diabetes Bites: October, 2010 Edition

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



## Diabetes Online!

This month, Integrated Diabetes would like to share a diabetes blog with you, written by Kerri Morrone Sparling. Her blog, <http://www.sixuntilme.com/> is a journalistic and photographic depiction of her family, three crazy cats, and baby daughter, and of course, her life as a type 1 diabetic. You can read about her experience with hypos, hypers, CGMS numbers, and pumping, as well as the highs and lows of living with diabetes (pun intended). Reading blogs written by other diabetics is a great way to know that you aren't alone with your disease, and you can sometimes find inspiration from reading about other's experiences.

## In the News

Reality TV hits an all-time high (blood sugar that is)

Taking Control of Your Own Diabetes (TCOYD) is a community of healthcare providers who use seminars, national meetings and health fairs to educate and motivate people with diabetes to take a more active role in their condition. To reach an ever increasing diabetic population, TCOYD launched its own online reality TV show, Extreme Diabetes Makeover (XDM). The show is based in San Diego, California and features the true stories of seven people with diabetes (type 1 and type 2) coming from diverse backgrounds. One is an astrology consultant, another is homeless, and another is an exercise instructor. What they do have in common, however, is an initial A1c over 9% and a genuine desire to improve his or her condition. With the support of a medical team, these seven individuals have a 20-week journey to better control their diabetes and change their lives. The medical professionals are lead by Dr. Steve Edelman, an endocrinologist and Professor of Medicine at UC San Diego, La Jolla, CA, who has type 1 diabetes. His "Diabetes Dream Team" are Dr. William Polonsky (founder of the Behavioral Diabetes Institute and CDE and Associate Clinical Professor in Psychiatry at UC San Diego, La Jolla, CA), Angela Norton (a type 1 nurse and CDE at Sharp HealthCare, San Diego, CA), Janice Baker (a dietitian, CDE and medical nutrition therapist at Baker Nutrition, San Diego, CA), and Larry Verity (an exercise physiologist, as well as a type 1 diabetic, at San Diego State, San Diego, CA). To watch, go to <http://tcoyd.org/extreme-diabetes-makeover/episodes.html>



## Have you been recently diagnosed with Type 1 Diabetes?

A nationwide clinical research study is being conducted to find out whether an investigational agent can help preserve your body's ability to make insulin.

**DEFEND2**  
Durable-response therapy Evaluation  
For Early or New-onset type 1 Diabetes

You may qualify if you:  
• Are 12 to 45 years of age  
• Have been diagnosed with Type 1 Diabetes within the last ten weeks  
(Additional study criteria apply)



If you qualify and choose to participate, you will receive an initial consultation, study-related examinations, and investigational agent at no cost to you. Compensation for time and travel will be provided.

For more information about the DEFEND-2 research study, please visit our website at [www.DefendAgainstDiabetes.com](http://www.DefendAgainstDiabetes.com)

## Research Updates!

DEFEND-2: Phase 3 Trial of Otelixizumab for Young Adults With Newly Diagnosed Type 1 Diabetes Mellitus.

### What is the purpose of this research trial?

DEFEND-2 is a Phase 3 clinical research study evaluating an investigational agent. In type 1 diabetes, beta cells -- the cells that make insulin -- are destroyed by the body's immune system. If this destruction could be slowed or

stopped, the person could continue to make some of their own insulin. The purpose of this study is to find out if a single 8-day course of the investigational agent infusions leads to greater improvement in insulin secretion. DEFEND-2 is a "placebo-controlled study," meaning some participants will receive the investigational agent and some will receive an inactive substance (placebo). Two-thirds of the participants will receive the investigational agent and one-third will receive placebo. These study agents will be administered as an addition to insulin, diet, and other standard of care treatments.

### Who can participate?

Ages Eligible: 12 - 45 years

Genders Eligible: both

### Inclusion Criteria:

- 12 - 45 years of age and in generally good health
- Have type 1 diabetes
- Have been diagnosed with type 1 diabetes within 90 days of the time you receive the study drug or placebo
- Have required insulin treatment since being diagnosed
- Have evidence of residual beta-cell function (a test will be done to determine this)
- Have a positive test result for one or more of the autoantibodies typically associated with autoimmune diabetes (a test will be done to determine this)

### Exclusion Criteria:

- Other, significant medical conditions based on the study doctor's evaluation

For more information see: <http://www.defendagainstdiabetes.com/>

## Product Updates!!

Every once in a while, a brilliant idea comes along that makes having diabetes a little easier. Introducing the Quick-Fix Keychain! This ingenious attachable holds up to 4 glucose tablets and is convenient to carry. Made of durable plastic, it is great for gym bags, backpacks, purses and at the pool...because it floats!! Quick-Fix Keychains are available for purchase at [www.quickfixkeychain.com](http://www.quickfixkeychain.com) or by email [quickfixkeychain@comcast.net](mailto:quickfixkeychain@comcast.net). Or pick one up at your next appointment at Integrated Diabetes Services, we have them in stock!



A new option in insulin pumps was debuted at the recent American Association of Diabetes Educators (AADE) conference in San Antonio, Texas. Tandem Diabetes Care, a new insulin pump company, displayed the t:slim. The t:slim is the first insulin pump with a high-contrast, color touch screen. It is 25% slimmer than current insulin pumps, and is sized like a credit card. It looks like a smartphone or iPhone, so it is easy to slip into a pocket or wear comfortably without any bumps or bulges. t:slim features a USB-rechargeable battery and can hold 300-units of insulin. Many of the pump's settings are highly customizable, which will hopefully make diabetes management easier for pump wearers.



The pump has not been approved by the FDA yet, but we will keep you updated!

## What's Happening at IDS?

Introducing....Karen Franey RD, CDE, LDN !!!

Karen Franey is the newest member of IDS, as well as our second Karen! She graduated with a BS in Nutrition from Penn State University and achieved her Registered Dietitian license in 1985. She is a long time resident of Reading, Pennsylvania. She is the wonderful and patient mother of 4 children; her second son developed type 1 diabetes at age 12. With her first-hand knowledge of insulin management and pumping, Karen went on to get her CDE in 2002 and has been working in diabetes education ever since. Karen is very experienced in teaching carbohydrate counting, weight management, eating healthy and portion estimations. Her favorite team is the Penn State Nittany Lions, and her favorite food model is the hoagie roll. She also enjoys traveling, knitting, and watching her kids sporting events. You can contact Karen via email at [karenf@integrateddiabetes.com](mailto:karenf@integrateddiabetes.com)



## 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 holiday season. Two-week Dexcom CGMS and one-week Medtronic CGMS trials are now available for \$249. This price includes all equipment, training, and hook up. Also included is a detailed analysis, as well as feedback and recommendations on how to optimize your glucose control. Call 1-877-735-3648 to schedule.

## Retainer Service

IDS offers a retainer service, instead of individual appointment with individual payments, for all of its patients. Whether it be for pregnancy, a new pump start, new diagnosis, 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 techniques 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.

**Next Meeting: Wednesday, Dec 1<sup>st</sup>**, at our office: 333 E. Lancaster Ave., Suite 204, Wynnewood West Shopping Center, Wynnewood, PA 19096, from 7:30 - 9:00 p.m. Our guest speaker will be noted endocrinologist Dr. Neil Streisfeld discussing issues surrounding hypoglycemia and intensive insulin management.

**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.

**Next Meeting: Wednesday, 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**

**What is the average Hemoglobin A1c of diabetic children around the nation?**

Call Sarah at 610.642.6055 for the answer!

## **Parting Thoughts....**

**FACT:** Blood samples for measurement of A1c are clinically equivalent from the fingertip and palm or fingertip and forearm. So if your doctor or CDE uses a A1c machine for in office testing (NOT laboratory vein draws), it is permissible to do alternative site testing: its proven safe, effective, and less painful!