

# Diabetes Bites

May, 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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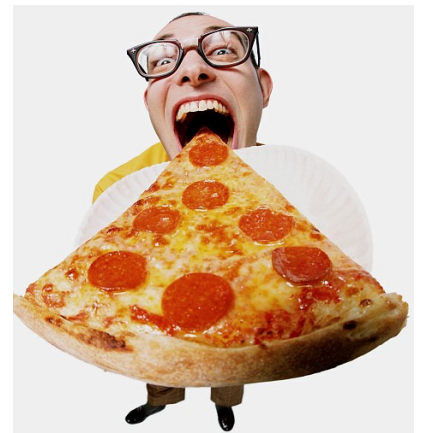
Trivia Question

# FREE online course on how to manage blood sugar when having PIZZA at TYPE-1 UNIVERSITY

Since the beginning of recorded history, people with diabetes have been baffled by pizza. Today, even with an assortment of new tools and techniques for managing blood sugar, the “pizza effect” continues to elude the masses. Many find it nearly impossible to figure out the carbs-per-slice, whether it be thin-crust, hand-tossed, or deep-dish. For some, indulging in a few slices results in an inexplicable blood sugar drop after eating, followed by a delayed rise. For others, the blood sugar doesn’t start to head skyward until many hours later, perhaps overnight.

For those who enjoy a slice (or two, or six . . .), or just about any restaurant meal, there is a solution.

Go to [www.type1university.com](http://www.type1university.com) and click on the YouTube video link for a free video course dedicated to the pizza/blood sugar connection. The class covers accurate pizza carb counting as well as how to account for delayed carb absorption and the prolonged effect of fat. The course, entitled **“Pizza & Blood Sugar Control: Not Quite Easy As Pie”** (now isn’t that cute?) runs approximately 15 minutes. You can also get a free copy of the slides. You’ll find that the principles used to manage blood sugar with food like pizza can be applied to most restaurant, take-out and party foods.



Bon Appetit!



## T1U In The Media

Not sure if Type-1 University can benefit you? Check out some of the latest reviews. The most recent ones were provided by Alexis Pollak at “I Run On Insulin” ([www.irunoninsulin.com](http://www.irunoninsulin.com)), as well as Sysy Morales of “The Girls Guide to Diabetes”

<http://thegirlsguidetodiabetes.com/2011/05/24/type-1-university>

## Class Schedule Update

Type-1 University, the online school of higher learning for people with type-1 or type-2 diabetes who use insulin, has added a new course focusing on pregnancy and type-1 diabetes. **Managing Pregnancy with Type-1 Diabetes** focuses on blood glucose control, proper nutrition and physical activity, and postpartum

management issues. The class provides indispensable information for women contemplating pregnancy as well as those who are already expecting. The “live” class debuts on Wednesday, June 16 at 1:30pm EDT. The recording of the class will be available at T1U for viewing shortly afterwards.

Each T1U class is 45-60 minutes long and is available individually. “Live” courses, which cost \$29.95, are scheduled twice weekly and include webex-style powerpoint presentations, live streaming audio and video of the presenter, pdf copies of the slides, and opportunities to post questions and participate in polls during the class. Recordings of previously-held classes are available for \$19.95, and offer the viewer the opportunity to pause, rewind, and watch the class anytime, anywhere.

The “live” class schedule for June, 2011 is as follows:

- **Blood Glucose Control During Sports & Exercise:** Tuesday, June 7, 8 pm EDT
- **Mastering Pump Therapy:** Weds, June 8, 1pm EDT
- **Advanced Carb Counting:** Tuesday, June 14, 7:30pm EDT
- **Managing Pregnancy with Type-1 Diabetes:** Thursday, June 16, 1:30 pm EDT
- **Strike the Spike: After-Meal Glucose Control:** Tuesday, June 21, 8pm EDT
- **Getting the Most from Your Continuous Glucose Monitor:** Thursday, June 23, 1pm EDT
- **Weight Loss for Insulin Users:** Tuesday, June 28, 8pm EDT
- **Fine-Tuning Basal Insulin:** Thursday, June 30, 1pm EDT

For more information or to enroll in a class, visit [www.type1university.com](http://www.type1university.com) or call us at 877-735-3648. You can also check out Type-1 University on Facebook: <http://www.facebook.com/pages/Type-1-University/191612930853897>

## News Youz\* Can Use

(\*Philly for “you all”)

### Late Sleepers Eat More, Eat Worse

Werewolf syndrome. Midnight munchies. Night grazing. Call it what you will, it ain’t a good thing. And now there is research to prove it.

A study just published in the journal *Obesity* showed that people who go to bed late eat more food, have worse diets and are more likely to be overweight.

Many studies over the last 10 years have pointed to the need for people to sleep when they're supposed to (at night) and to sleep for a reasonable amount of time -- about eight hours for adults. Keeping a healthy sleep schedule allows the body's circadian rhythms to stay in sync and keeps a range of metabolic and physiological systems running smoothly.

The new study adds to the sleep-weight connection. Scientists at Northwestern University examined the sleep and dietary patterns of more than 50 adults. Approximately half of the participants were “normal” sleepers – they went to sleep around or before midnight. The other half, who went to bed much later, consumed more calories at dinner and after 8 p.m., ate more fast food, drank more high-calorie soft drinks and had fewer fruits and vegetables. Overall, late sleepers consumed 248 more calories per day than normal sleepers. The late sleepers tended to eat less in the morning, then increased their caloric intake sharply in the afternoon and evening.

The study reinforces that age-old wisdom that when you eat is important. When sleep and eating are not aligned with the body's internal clock, it can lead to changes in appetite and metabolism.

## Medtronic Announce New Meter Alliance & Tape

Medtronic and Bayer HealthCare have been working together internationally for over three years, providing Bayer's CONTOUR Link meter to people with diabetes who use Medtronic insulin pumps and the Guardian REAL-Time CGM system. This international alliance between Medtronic and Bayer now includes the United States.

Upon FDA clearance, Bayer's Contour Link meter will integrate with the latest Medtronic insulin pumps. The Contour meter is code-free, compact and requires a mere ½ microliter of blood. It also has an easy pre/post-meal marking feature to aid in the analysis of glucose values.

Until this meter is available, all Medtronic pumps will continue to include a OneTouch UltraLink meter. Medtronic will continue to have LifeScan test strips and supplies available for patients who are using the meter.

Medtronic is also offering a **NEW** infusion set overtape: **Infusion Set IV3000**. Infusion Set IV 3000 is customized to fit around the Quick-set, Silhouette, Sure-T and Mio infusion sets. It has a pre-cut hole to allow the use of the usual disconnect features. Infusion Set IV3000 is made with the same adhesive and film as the standard IV 3000 tape dressings.

Infusion Set IV3000 can be ordered through Medtronic's online store at <https://www.medtronicdiabetes.com/store/products/details/PS-ALL/HMS-66800786> or through the supply department at 800-646-4633 option 2. The part number is HMS-66800786. Full instructions for use are provided with the product. To view an application animation, visit: <http://www.medtronicdiabetes.com/products/infusionsets/features.html>

## Public Insurance for Pre-Existing Conditions

If you or someone you know is having difficulty obtaining insurance because of diabetes, here's good news. The U.S. Department of Health and Human Services (DHHS) has introduced a Pre-Existing Condition Insurance Plan (PCIP), which was established by the Affordable Care Act.

It's being administered by either states or DHHS, and provides a health coverage option for children and adults who have been locked out of the health insurance market because of a pre-existing condition. This is a transitional program that will continue until 2014. Eligibility criteria for PCIP:

- A U.S. citizen or residing here legally
- Uninsured for at least the last six months
- Have a pre-existing condition or have been denied health coverage because of a health condition

For more information and an application, go to "Find Your State" at [www.pcip.gov](http://www.pcip.gov). You can also call a toll-free line at: 1-866-717-5826 (TTY 1-866-561-1604). The Call Center is open from 8 AM to 11 PM Eastern Time.

## It's In The Way That You Use It

For those who question the value of blood glucose monitoring, here's something that might change your mind. In a study published in the Feb. 2011 issue of Diabetes Care, people with diabetes who checked blood glucose before and after meals and also **logged** and **graphed** the results enjoyed a significant reduction in average glucose levels. The record-keeping was key because it allowed both the patient and their doctor to perform critical analysis and fine-tuning. If you're looking for some good forms for recording your data in written or electronic form, check out the free logsheets at [www.integrateddiabetes.com](http://www.integrateddiabetes.com) (click on the "tools/resources" tab and then "logsheets").

## Intensive Insulin Therapy Rules

It's no secret that people with type-2 diabetes outnumber those with type-1 by approximately ten to one. But did you know that one out of four people with type-2 now uses insulin? We've known for years that intensive insulin therapy produces the best control for those with Type-1, but Type-2 treatment often involves just one or two injections daily of "premixed" insulin (containing a preset mixture of NPH and regular or rapid insulin).

A new study found that people with type-2 who took both mealtime (rapid-acting) and basal (long-acting) insulin had a better chance of getting their A1c below 7% than those who used premixed insulin. Use of long-acting basal insulin such as glargine or detemir also produced less hypoglycemia and weight gain than use of premixed. So if you have type-2 and want the best control possible, follow the lead of your type-1 brethren, and get intensive!

## This Month's Web Gem: Huffington Post

Anyone who has never read Riva Greenberg's work on the online news forum Huffington Post is missing out. Want proof? Just visit <http://www.huffingtonpost.com/riva-greenberg>. A diabetes advocate and author (and type-1 herself), Riva offers the kind of insight that only comes from years of personal and professional experience. She explores the latest research, untangles complex issues, and informs readers about the latest and greatest in the field of diabetes care and treatment. She also conducts thought-provoking interviews with some of the top people in the diabetes field. But once in a while, she takes the time to interview someone of lesser stature who is truly a "legend in their own mind". For example, see "A New Kind of Diabetes Education" at [http://www.huffingtonpost.com/riva-greenberg/type-1-university\\_b\\_842761.html](http://www.huffingtonpost.com/riva-greenberg/type-1-university_b_842761.html).

## Upcoming Events

### 6/1/11: Diabetes Tech Explores the Latest Apps

If you're in the Philadelphia area, join us on Wednesday, June 1<sup>st</sup>, for our quarterly Diabetes Tech meeting. The meeting will feature a discussion of the latest diabetes applications for portable devices, as well as diabetes blogs, websites, and online resources. Attendees are invited to share their insight/experiences (both positive and negative) regarding diabetes-related apps and online offerings. The program is held at Integrated Diabetes Services (333 E. Lancaster Ave., Suite 204, Wynnewood, PA 19096), and begins at 7:30 pm. It is open to anyone with diabetes (particularly those who use insulin) as well as family, caregivers, and healthcare professionals. Refreshments will be served. For more information, please call 877-735-3648.



## 6/8/11: College Bound? This Course Is For U!

On Wednesday, June 8th, the JDRF (Juvenile Diabetes Research Foundation) SE Pennsylvania Chapter and Integrated Diabetes Services will team-up for the 3<sup>rd</sup> annual TAKING DIABETES TO COLLEGE program. The free event will be held from 7-8:30 pm at Integrated Diabetes Services, 333 E. Lancaster Ave., Suite 204, Wynnewood, PA. It is designed for high school students who will soon be heading to college, along with their parents/caregivers. Topics include:

- Working with the student health service
- Dorm & dining hall issues
- Storage & safeguarding diabetes supplies
- Sex, drugs & alcohol
- Lifestyle changes
- Special accommodations

Local college students with diabetes will be on hand to spend time with the students, discussing college life and answering their questions. For more information or to register, please contact Betsy Hanway, Development Manager at JDRF, 610-227-0359, or [ehanway@jdrf.org](mailto:ehanway@jdrf.org).



## The Diabetes Store Is Open!

The Integrated Diabetes Services store features a variety of useful and hard-to-find over-the-counter products for making living with diabetes just a little bit easier. For example, **Frio** cooling pouches for keeping your pump, insulin pens or vials from spoiling in the summer heat.



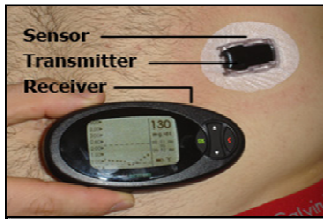
Choose from:

- Books
- Pump Accessories
- Hypoglycemia Treatments
- Sharps Containers
- Skin Wipes
- Lancing Supplies
- Food Scales
- Exercise Videos
- Supply/Travel Cases
- Cooling Pouches
- Ketostix
- Injection Aids

For a complete catalog and to place orders, please visit <http://www.integrateddiabetes.com/webstore/>

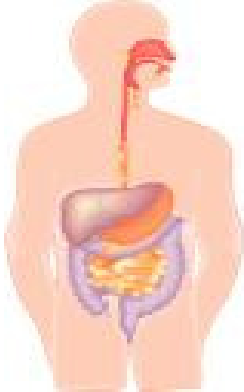
# Sample a CGM

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 purchase a system outright without knowing if it's really worth all the effort. If you're interested in trying a CGM (and learning some things that can improve your control), 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 sensor attachment process via phone or video chat (skype). Select 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. The cost for the service is \$249, including all necessary equipment, initial training and data analysis. Details can be found at [http://www.integrateddiabetes.com/cg\\_trialserv.shtml](http://www.integrateddiabetes.com/cg_trialserv.shtml). Call 1-877-735-3648 to schedule.



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## TRIVIA QUESTION



What part of the body stores large amounts of sugar and secretes it into the bloodstream slowly throughout the day and night? It also secretes large amounts of sugar when stress hormones are present.

(hint: some people think the cow version tastes pretty good with onions)

For the answer, visit [www.type1university.com](http://www.type1university.com) and click on "trivia" at the top of the home page.

## Parting Thoughts...

*Given the unstable nature of health insurance coverage, it is wise to "get while the getting's good". Most plans will cover a replacement insulin pump every four years, and a new continuous glucose monitor annually. If you're due for a replacement, give our office a call: 877-735-3648. We'll be happy to offer insight on the latest products, assist with the ordering process, and coordinate your personal training.*

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