

News and Views From Integrated Diabetes Services

Gary Scheiner MS, CDE • Judy Tripathi, RD, LDN, CDE • Karin Sargrad, MS, RD, CDE • Debbie Liebman BSN, RN



REMOTE COACHING SERVICE

PICKS UP STEAM

Imagine... top-notch diabetes care & self-management training from the comfort of your home or office! That's what our Remote Coaching Service is all about. Using phone, fax and the internet, our team of CDEs works with clients on everything from insulin pump regulation to weight loss to intensive blood glucose control. Since starting this service in 2005, we have taken on more than 120 "coaching" clients in 28 states and six foreign countries! Those who utilize our remote coaching service have the option of interacting with us on an ongoing basis or scheduling consults only when needed. We also offer a monthly live chat on the second Tuesday of each month at 9:15 pm EST exclusively for our national and international remote coaching clients. The chat gives our clients a great way to learn from each other and find out about new developments in the treatment of diabetes.

For more information about our remote coaching services, please call toll free, 877-735-3648, or visit <http://www.integrateddiabetes.com/notfrom.shtml>

GARBAGE IN = GARBAGE OUT

by Karin Sargrad, MS, RD, CDE

Accurate carb counting is essential for proper insulin dosing.

I'm amazed at the technology we now have for administering insulin: Pens that dose to the nearest ½ unit, pumps that dose in 1/20th units, and a series of sophisticated dosing formulas and equations. Unfortunately, none of this technology means a thing if your carb counts are off.



Of all the dietary approaches out there, carbohydrate gram counting is the best way to get your diabetes in control. You want to become intimate friends with carbohydrates, as they are the primary influence on blood sugar levels and the fuel that keeps us alive and kicking. Undercounting carbs (or eating too many in general) will cause your blood sugar to spike and contribute to weight gain. Overcounting (or eating too few) can lead to fatigue, headaches, and low blood sugar.

Hope Warshaw, diabetes educator and author of the ADA's *Complete Guide to Carb Counting*, put it best: "Even though people can precisely dose insulin, if the carb grams are off, then the dosing will be wrong. As I say to people I counsel, garbage carbs in equals a garbage insulin dose out."

Your dose won't be valid if you can't count that salad!

So how do you get your carb counts right? It doesn't take a genius level IQ, just some attention to detail and some practice & patience.

1. Know which foods contain carbohydrates. Most carbohydrates come in the form of simple sugars (sucrose/table sugar, fructose/fruit sugar and lactose/milk sugar) and starches (wheat, oat, rice, barley, beans, peas, potatoes and corn). Most crispy, watery vegetables (lettuce, spinach, celery, cucumbers, mushrooms) have very small amounts of carb, and most meats, cheeses, eggs and fatty additives like butter and mayo do not have any carbs. Unfortunately, there are also sometimes "hidden" carbohydrates in the form of glycerin, sugar alcohols and other odd substances in our food. Ideally, about half (50%) of your calories should come from carbohydrates.

2. Make a list of the foods you commonly consume. Perhaps list all the foods you might have for breakfast in one column, lunch in another, dinner in another, and snacks in another. Now highlight the foods that contain carbohydrates.

(continued on page 2)

3. Use various tools to count the carbohydrates in these identified foods.

Read food labels: Nearly every packaged food item you purchase has a Nutrition Facts label that tells you how many grams of carbohydrates are in a serving of that food. Remember to adjust the carb amount based on the number of servings you will be consuming. You can also subtract the fiber grams since fiber does not raise blood sugar. You can also deduct 50% of the sugar alcohols.

Use portion estimations: You can estimate how many grams of carbohydrate are in a serving by using some 'rule-of-thumb' measures. For example, 1 inch of a hoagie roll contains 8 grams of carbohydrate. A slice of pizza the size of your flat hand (fingers together) has about 35 grams of carbohydrate. A baseball-sized serving of pasta has 40 grams. This method is fast and easy once you memorize the 'rules', but it lacks the accuracy of other methods.

Use carbohydrate guides/books: When the foods you eat don't have a label, try using a carb counting book. We have several good examples at our office, including The Doctor's Pocket Calorie, Fat & Carb Counter as well as Gary Scheiner's new Ultimate Guide to Accurate Carb Counting (see below). These books have lists of

foods with serving sizes and grams of carbs (and fiber grams) for you to look up in a dictionary-like way.

Measuring cups and spoons: Without your trusty kitchen utensils, the information in the guidebooks and on the labels will not mean much. You must know the quantity of food you are consuming. Measuring food does NOT have to be a forever thing – you simply need to practice for a month to become an expert estimator.

Use carb factors: Carb factors are probably the most sophisticated way to count carbs, but they are also the most accurate. By weighing food (in grams) and multiplying the weight by that food's carb factor, you'll get an exact carb count. A list of carb factors can be found in Gary's Ultimate Guide to Accurate Carb Counting as well as John Walsh's Pumping Insulin. For serious carb counters, there is also a scale that has carb factors built-in and provides a carb count simply by weighing the food item (see below).

4. Work with an expert. As the saying goes, "When all else fails, ask for directions." According to Hope Warshaw, "Carb counting for intensive diabetes management should include at least a couple hours spent with a knowledgeable diabetes educator." The team at Integrated Diabetes Services (myself included) is here to help you improve your carb-counting skills, either in-person or over the phone. Just give us a call – 877-735-3648.

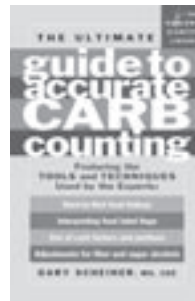
TWO EXCITING NEW CARB-COUNTING AIDS!



Nutri-Weigh Dietary Computer Scale

Analyzes the nutritional content of your food based on the food's weight. Calculates exact calories, protein, **carbohydrates**, fat, fiber and more. The scale's database lists over 1400 foods, with an additional 100 customizable food items. Alphabetical text feature allows for quick and easy on-screen food search (no need to "look up" anything). Also serves as a traditional food scale with tare function and add & weigh function. Gram or ounce measurements. 10-year guarantee.

Reg. Price: ~~\$95~~ Newsletter Special: \$79



The Ultimate Guide to Accurate Carb Counting

by Gary Scheiner MS, CDE

The all-in-one resource for effectively measuring your carb intake. Includes:

- "Basic" carb counting techniques such as label reading and use of the traditional exchange system
- "Advanced" techniques such as portion estimation / conversion, recipe calculations, and use of carb factors
- An extensive carb-counting resource list
- Adjustments for fiber and sugar substitutes
- A comprehensive directory of more than 2,500 foods, including unlabeled grocery items, 20 varieties of ethnic foods, party/festival foods, and nearly 100 national & regional restaurant chains.

240 pgs. – \$10

To order, go to www.integrateddiabetes.com or call 877-735-3648

THE PUMP ROOM



Paradigm Link Meter Rescued

Many users of Medtronic/MiniMed Paradigm insulin pumps enjoy the convenience of the Paradigm Link blood glucose meter, which transmits the blood sugar reading directly into the pump using a radio signal. In October 2006, BD announced the discontinuation of the meter and strips effective the end of 2007 (boo hoo!). Now, it appears that the meters

and strips will be available indefinitely. BD has sold its blood glucose monitoring business to Sanvita, a division of CCS Medical based in Florida. Sanvita will supply test strips that work with BD Logic and Paradigm Link monitors through pharmacies, national retailers, mail order providers and health plans. For more information, contact BD at 866-556-8123, or Sanvita at 800-681-7428.

Free Cozmo Upgrade

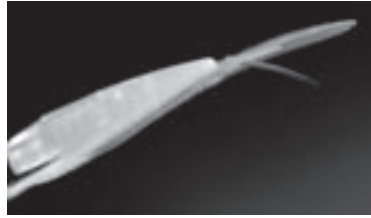
More good news! Smiths Medical has released the updated Deltec Cozmo pump, and the upgrade is FREE to all Cozmo users whose pumps are still under warranty. The new pump looks and feels just like the original, but with some new color choices and a number of changes to the programming / software. New features include:



- A customizable food database (with carb counts)
- A Hypo Manager that specifies carbs needed to treat a low
- Simplified bolus, carb and BG history
- A "Snooze" option with several alerts/reminders
- New display timeout and backlight options
- Day-by-day scheduling for basal settings and reminders
- Guidance for basal testing and extended disconnection
- New statistical reports

Requests for the new Cozmo pump must be received by March 31st, 2007. Call customer support at 800-826-9703 or visit www.cozmore.com.

Note: If requests are received after March 31st, 2007, there will be a fee for the upgrade.



Shorter Angled Sets

The "angled" infusion sets, also known as the Tender, Comfort, and Silhouette, have long been appreciated for providing comfort, easy troubleshooting, and excellent insulin flow. However, the length of the introducer needle (17mm) has scared off more than a few brave pumpers. And for those who are particularly lean, the extra-long cannula is entirely unnecessary. Well, sometimes less is better! The angled sets are now available in a "short" cannula version, with an introducer needle that is 4mm shorter than the original. The Comfort Short, Tender Mini, and Paradigm Silhouette (13mm) also have a flatter, tapered housing to minimize protrusion and snagging on clothes. Check with your infusion set supplier to see if samples are available for your particular pump model.

New Pump comparisons online

Whether you're looking for your first pump, interested in upgrading, or just want to see how your pump rates, be sure to check out the most up-to-date insulin pump comparisons at:

http://www.integrateddiabetes.com/pumpcomp/pump_comparison.htm

Included is a list of features that are common to all modern pumps, as well as advantages and potential disadvantages that are unique to each pump type, including:

- Animas IR 1250
- Insulet OmniPod
- Medtronic/MiniMed Paradigm 522/722
- Roche/Disetronic Accu-Chek Spirit
- Smith/Deltec Cozmo 1800



Successful Teens

Managing diabetes during teen years is by no means easy. Researcher Dr. Lori Laffel of the Joslin Diabetes Center discovered that certain things tend to improve diabetes control during the teen years. Among 161 teens who chose insulin pump therapy over multiple daily injections, 80% managed to achieve good control through the four years of the study. Intense pre-pump education, including frequent (4-5X daily) testing of blood sugars, and follow-up visits with diabetes educators, led to the best outcomes. Besides lower A1c levels, those who succeeded also had fewer hypoglycemic episodes than those who returned to injection therapy. The moral of the story: test often, work closely with your educators, and if you haven't already, give pumping a try!

New Neuropathy Treatment on the Horizon

Dr. Karin Ekberg from the Karolinska Institute in Stockholm, Sweden recently published a study that showed improvement in sensory nerve function in Type 1 diabetes patients when treated with C-Peptide replacement therapy. C-Peptide is the molecule "cast off" from insulin when insulin is first secreted from the pancreas. Commercially available insulins do not include the C-peptide molecule. Originally thought to be a 'waste product,' C-peptide is now believed to be an active substance that improves blood vessel function. C-peptide treatment could eventually improve not only symptoms of diabetic neuropathy but also other diabetes-induced complications involving the circulatory system. The group at Karolinska plans to study C-peptide in larger patient populations and with longer treatment duration. Their hope is to prevent diabetic neuropathy and other complications by beginning C-peptide treatment upon diagnosis of Type 1 diabetes.

Prescription Relief

If the rising price of prescription drugs and healthcare is keeping you awake at night, the following list may offer some relief:

- Medicaid is a state-sponsored health assistance program with eligibility based on income. Call 800-692-7462.
- CHIP is the state-sponsored Children's Health Insurance Program for children whose families earn too much to qualify for Medicaid but too little to afford private health insurance. Call 877-543-7669 or visit www.insurekidsnow.gov
- The Bureau of Primary Health Care (Hill-Burton Program) offers professional medical care for people regardless of their insurance status or ability to pay. Call 800-400-2742 or visit www.bphc.hrsa.gov
- Women, Infants & Children (WIC) provides nutrition education and assistance with grocery costs. Call 703-305-2746 or visit www.fns.usda.gov/wic
- Together Rx provides a free access card to people who have no prescription coverage and are not eligible for Medicare. Call 800-444-4106 or visit www.togetherrxaccess.com
- Lilly Cares is a patient assistance program for users of Eli Lilly insulin/medications. Call 800-545-6962 or visit http://www.lilly.com/products/access/direct_patient.html
- Novo Nordisk offers a patient assistance program that provides free insulin, pen needles, and glucagon kits. Call 866-310-7549.
- Aventis Pharmaceuticals offers a patient assistance program that provides free insulin. Call 800-221-4025.

Bloggers Unite!

For those of you who do not have contact with the under 30 crowd, blogging might not be part of your vocabulary. But according to Webster's, a 'blog' is, in fact, a recognized noun that means "an online diary; a personal chronological log of thoughts published on a Web page, often reflecting the personality of the author." A substantial and expanding online community of people who have a personal connection to diabetes exists on the Internet. And luckily for all of us there is now a network that introduces fellow bloggers to each other! The Diabetes Online Community is managed

by Allison Blass of Portland Oregon. Log onto <http://diabetesoc.blogspot.com> and read the moving, funny, interesting and inspiring personal accounts of those living with diabetes. And be sure to check out the results of the Second Annual Diabetes O.C. Blog Awards!

Adding Pills to Insulin Therapy

Several recent studies have shown that adding metformin (Glucophage®) to the insulin regimen of overweight adolescents and adults with Type 1 diabetes improves insulin sensitivity and glycemic control. When individuals become overweight they tend to become resistant to insulin, which means that their insulin does not work as well as it should. With weight loss or the use of oral medicines like metformin, patients can become less insulin resistant and thereby reduce insulin requirements and improve blood glucose control. Long-term use of metformin can also help patients to become less overweight. If you are overweight and use large doses of insulin, ask your doctor about metformin.

Low Fat Diets, Anyone?

The controversy about diet composition has existed since the discovery of diabetes. Should patients with diabetes be on a low fat or a low carbohydrate diet? A recent study in Denmark shed some light on the controversy by showing that low-fat diets improved insulin sensitivity in patients with Type-1 diabetes. However, those following low-fat diets did not tend to improve their body weight or A1C levels, as would be expected. Why the conflicting results? Possibly because low fat diets are usually accompanied by a substantial increase in carbohydrate intake, and higher carbohydrate levels may offset the benefits of the low-fat diet.

Note: If you have questions about your own diet and whether you should adopt a low fat or low carbohydrate approach, a meeting or phone consultation with one of our amazingly talented dietitians should do the trick! Call 877-735-3648 to schedule.



Service focus: Byram Healthcare

Having diabetes means having a hundred extra things to think about each day. To help shorten the list, Integrated Diabetes Services recommends using Byram Healthcare for your diabetes supply orders. Byram specializes in home delivery of everything from test strips to pen needles to prescriptions and pump supplies, and is a preferred provider with just about every major insurance company (including HMOs) as well as Medicare. Byram will take care of obtaining the necessary prescriptions and insurance approvals before anything ships out. You have the option of receiving your supplies automatically every couple of months, or only when you call to order. And unlike other mail-order companies, Byram will never try to switch you to lower-cost products or send you things you didn't order (they know they'll have to answer to US if they try!). For more information, call Byram toll-free at 877-902-9726, and specify referral number 126735.

CureDM Working Towards... You Know

CureDM is a biopharmaceutical company working to develop new therapies to reverse and prevent Type-1 diabetes and allow for the discontinuation of insulin usage. Led by Drs. Claresa Levetan and Rita El-Hajj, the research team at CureDM has discovered a novel protein (Human proIslet Peptide) that stimulates the growth of insulin-producing islet cells from existing pancreatic tissues. CureDM's focus is to restore, maintain and protect the new insulin producing islets from autoimmune attack. Recently, CureDM announced a new collaboration with the Lankenau Institute for Medical Research in Wynnewood, PA – just a mile down the road from IDS! For more information on CureDM, including opportunities to support this exciting and promising private research, visit www.curedm.com or call Donna Morrow at 610-645-6796.

Fitness buffs, mark your calendars! On June 28-30, 2007, Colorado College in Colorado Springs will be the site of PEAK PERFORMANCE: the Annual North American Conference of the Diabetes Exercise & Sports Association (DESA). This year's DESA conference will feature top speakers and interactive programs geared toward active individuals with diabetes as well as health care professionals from a variety of fields. Attendees from across the US and Canada will have an opportunity to engage in various sports activities, fitness testing and one-on-one coaching. The evenings will be filled with comedy, music and great food (can you say CARB-B-CUE?). We will also have a unique opportunity to meet several professional athletes with diabetes and tour the nearby US Olympic Training Center. Best of all, the complete conference, including meals and housing, is less than 300 bucks! To obtain a Conference brochure or registration information, please call Brenda Soto at 877-894-8727 or e-mail bsoto@coloradocollege.edu.

PATIENT SPOTLIGHT: SARA SPIEGEL-SAEED

Every school day, Sara Spiegel-Saeed struts into her classroom at James Madison High School in Brooklyn, NY where she teaches math and computer science, sporting nothing more than a passion for teaching and her trusty insulin pump. In a life so filled with numbers, one number she's especially proud of is her recent HbA1c: 6.8%.



"You really have to stay on top of your care," says Sara. "There can't be long gaps between blood sugars, and seeing a doctor every 3-4 months just doesn't cut it."

Last year, after living with Type-1 diabetes for 14 years, Sara decided to begin monthly phone consultations with Integrated

Diabetes Services. Before her consults, she downloads the data from her insulin pump to Medtronic's Carelink web site so that her CDE can review it, and gathers the educational materials sent to her after the last consult. Between visits, she sends her self-monitoring records and questions by either fax or e-mail.

"Having monthly appointments with someone I'm comfortable with makes all the difference. My A1c is down because I'm getting educated and feel empowered to make good decisions. How I survived before this, I'll never know!"

Sara enjoys cooking and exercise – especially walking outdoors. She and her husband Shazab live in Brooklyn, where Sara's devotion to teaching keeps her quite busy. "The kids sometimes run circles around me when it comes to computers, but I can still hold my own."

Something tells us that Sara will always have their number!



THE BEST MEDICINE

Noncompliant Diabetics Have More Fun

(by Nurse Sardonic and Nurse Mordant at St. Jude's Sacred Heart Medical Hospital of Mt. St. Cedar Sinai, aka Allison Blass and her goofy friends)

Let's face it. Life is short. Taking care of diabetes can be a real drag. So why live your life worrying about eating right and exercising regularly when you're going to die anyway? You should spend as much time as possible having fun. Compliancy is for people who don't have anything better to do. Here are some tips to make diabetes less of a focus in your life:

- The bottle of strips truly is infinite. There is never a need to grab another bottle before leaving the house. It also applies for insulin.
- Lancets can be used as many times as possible. Some things just get better with age.
- Remember that exercise can cause lows, and logbooks just take up space.
- If it says to take your medication with food, a brownie is food.
- An apple a day keeps the doctor away, but a cupcake a day keeps a smile on your face.
- Is there a doctor in the house? Not in your house he isn't. So why should you listen to him when he tells you what to do at home?
- Don't be mean to your fingers. Prick them as infrequently as possible.
- When your meter says "HI," be nice and say "hello" back.
- A blood sugar in the 80s or 90s is awfully close to a low. Better be proactive and have a cookie!
- 100 is a mediocre game in golf, but a 300 is a perfect game in bowling! Just change games!
- If you don't like your current blood sugar reading, just shuffle the digits so they look nicer.
- If your friends see your medical supplies, just tell them you are a part of a confidential military experiment and you'd tell them, but then you'd have to kill them.
- Alcohol lowers blood sugar, so you don't need to take injections for food! Bottoms up!

You Just Might Be A Type-1 Diabetic If...

(From a Type-1 Support Group, November 2006)

- Your significant other asks, "Are you OK?" at least ten times a day
- There are used test strips scattered in your car, on the stairs, in your bag/briefcase, etc...
- You get angry at mistakes Hollywood makes depicting diabetes in the movies
- There are little red blood spots on your workout clothes and light switches
- You scream at the ads where the meter reading is always between 100 and 110.
- People scold you for eating anything sweet
- You've had to explain a thousand times that your pump is not a beeper or cellular device
- Your partner can actually make sense of your hypoglycemic babbling
- You can make half the contents of your fridge disappear in minutes
- Old pump infusion sets are stuck to your sheets
- You fantasize about cake icing
- Your carry-bag puts a groove in your shoulder
- You never leave home without candy
- Licking your own blood seems perfectly normal

How to Calculate your Dream A1c

(shamelessly stolen from Reality Check online)

1. Think of a number between 1 and 10.
2. Add 80 (what your endo charges per 5-minute visit)
3. Multiply by 25 (how long you had to wait for that 5-minute consultation)
4. Add 5 if you already had your diabetes diagnosis anniversary this year; 4 if it's still to come.
5. Take away the year you were diagnosed (reflecting the style of torture-er-treatment you were subjected to in the early years of your diabetes)
6. Add 160 (cost of 2 bottles of rapid-acting insulin, if you go to the discount pharmacy)
7. Take away the years you've had diabetes (either very important or completely irrelevant in determining control, depending on who you talk to)
8. Divide by 5 (how far away the cure was when you were first diagnosed)
9. Take away 4 (the average number of injections taken each day)
10. Divide by 5 (how far away the cure STILL is)
11. Take away the number you first thought of (because some things we do in diabetes life just make no sense, but we do them anyway)



Welcome To The Team... Karin Sargrad, MS, RD, CDE

Gary, Judy, Debbie and Carol are proud to announce the addition of Karin Sargrad to Integrated Diabetes Services. Karin is a Registered and Licensed Dietitian/Nutritionist and a Certified Diabetes Educator. She attended the Pennsylvania State University where she received her Bachelor's and Master's degrees in nutrition with an emphasis in education and counseling. She is a member of the American Dietetics Association, the American Diabetes Association, and the American Association of Diabetes Educators. In addition, she is an active board member of the Tri-State Association of Diabetes Educators.

Karin is especially pleased with the opportunity to work at Integrated Diabetes Services because, as she notes, "I feel that I am at a culmination point in my career, drawing on my previous experiences working with people with Type-2 diabetes and adding

greatly to my Type-1 skill set." She is particularly sensitive to individual needs and is able to customize treatment based on current circumstances.

Karin provides all aspects of diabetes education and medical nutrition therapy, with a focus on carbohydrate counting, weight & glycemic control, and insulin pump therapy. She also provides specialized dietary plans for specific weight loss and weight gain needs, eating disorders such as binge eating, nighttime eating, compulsive overeating & anorexia, and cholesterol/lipid abnormalities.

Karin is available to see patients on Tuesdays, Wednesdays, Thursdays, and Saturdays with evening hours available. She also runs our Saturday support group for adults with diabetes (see below).

Please join us in welcoming Karin to Integrated Diabetes Services. To schedule an in-person or phone consultation with Karin, please call 877-735-3648.

"Eat Well, Be Well!" is Theme for Saturday Support Groups

We welcome all adults with diabetes for an interactive discussion and demonstration about diabetes, weight control and healthy living, led by Karin Sargrad MS, RD, CDE. Karin is a Registered Dietitian and Certified Diabetes Educator with extensive experience in food, nutrition, weight control and diabetes management.

The programs are held on the first Saturday of each month from 11am to noon at Integrated Diabetes Services. Each month, Karin brings a new and tasty topic. For example, February was "Chocolate Month," as Karin showed everyone how chocolate can fit into a healthy lifestyle.

For more information about the Saturday Support Groups or to be added to the announcement list, please call 877-735-3648 or e-mail Karin@integrateddiabetes.com.

CALENDAR OF EVENTS

(continued from page 8)

Miscellaneous 2007 Happenings:

ADA (call 610-828-5003)

Tour De Cure bike ride/fund raiser, May 20.

Father of the Year Celebration, June 14.

Donovan McNabb Diabetes Camp for Kids at Camp Green Lane, for ages 8-16, June 16-22.

Step Up Walk for Diabetes at various sites, October 20.

Diabetes Expo at Pennsylvania Convention Center, Nov. 17.

IDS Live Chat

Chat for the (Not Quite) Glycemicly Challenged

– Entertaining & educational online chat for users of our "remote" diabetes consulting services. Second Tuesday of each month, 9:15 pm EST. Call or e-mail for login instructions.

Setebaid Services, Inc. (866-SETEBAID, www.setebaidservices.org)

Diabetes Family Weekend at Split Rock Resort in the Poconos, for kids age 3-12 and their families, May 11-13.

Harrisburg Diabetic Youth Camp in Millville, PA, for children & teens with type-1 diabetes, June 17-23.

Camp Setebaid Diabetes Camp in Shickshinny, PA, for ages 8-17 with type-1 diabetes, July 30-Aug 4 (teens), Aug. 6-11 (youth).

JDRF (call 610-664-9255):

Grip It And Rip It Charity Tennis Event at the Germantown Cricket Club, June 1.

Gala at the Loew's Hotel, Philadelphia, May 12.

Walk to Cure Diabetes in Center City Philadelphia, Oct. 28 (tentatively).

Diabetes Exercise & Sports Association (800-898-4322, www.diabetes-exercise.org)

2007 North American Conference at Colorado College & the US Olympic Training Complex in Colorado Springs, CO, June 28-30.

Children with Diabetes (www.childrenwithdiabetes.org)

CWD Focus on Pumping at the Marriott San Diego in La Jolla, CA, April 13-15.

Friends for Life Annual Conference 2007 at Disney's Coronado Springs Resort, Florida, July 11-15.

CWD Focus on Pumping at the Marriott Toronto (Canada) Downtown, Aug 17-19.

CWD Focus on Pumping at the Marriott Minneapolis Southwest, Minnetonka, Minnesota, October 5-7.



Congratulations to the following patients:

- Frank Barrow for achieving over 70% in-target readings!
- Michelle Bernardo for her best-ever A1c of 5.6%!
- Melissa Bernett for her new job with JDRF in New York!
- Allison Blass for maintaining an A1c in the 7s!
- Monalisa Brundidge for being featured in Amylin's book of patient success stories!
- Tom Ciccarone for being featured in Amylin's book of patient success stories!
- Ryan Costello for being featured in Diabetes Positive Magazine, January '07!
- Sue Fontannay for lowering her A1c from 8.6% to 7.9%!
- Shawn Gotlib for an A1c of 6.6%, cholesterol 167, HDL 63 and LDL 83!
- Susan Killeen for her best-ever A1c of 6.9%!
- Christi Lamy on the birth of her son Maximillian, 12/22/06!
- Kenny Steenberg for his best-ever A1c of 6.6%!
- Maribeth Stent for lowering her A1c from 7.6% to 6.5%!



Control Solutions is published by Integrated Diabetes Services, the diabetes self-care specialists. Day, evening and weekend consultations are available for all ages.

Services include:

- ✓ Basic diabetes education
- ✓ Insulin pump therapy
- ✓ Nutrition counseling
- ✓ Preventive health
- ✓ Blood sugar "tune-ups"
- ✓ Weight management
- ✓ Exercise planning
- ✓ Diabetes & Pregnancy

610-642-6055

877-SELF-MGT (735-3648)

333 E. Lancaster Ave., Suite 204 Wynnewood, PA 19096

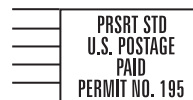
www.integrateddiabetes.com



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CONTROL SOLUTIONS

Return Service Requested



Save a Tree!

Send us your e-mail address for future mailings:
debbie@integrateddiabetes.com

CALENDAR OF EVENTS

Integrated Diabetes Services: Programs are FREE and held at the IDS office. Call or visit our website for info.

Insulin Pump Club of Greater Philadelphia – support group and news, education and updates for pump users. 7:30 – 9:00 pm. Weds: March 7, June 6, Sept. 5, Dec. 5, 2007.

Parents' Support Group – education and support for parents of children with diabetes. Parents only, please. 7:30 – 9:00 pm. Weds: April 4, Oct. 3, 2007 (no July mtg).

News, Novelties & Networking – program for individuals with Type-1 diabetes and their families, focusing on the latest research and technology in treating/managing diabetes. 7:30-9:00 pm. Weds: May 2, Aug. 1, Nov. 7, 2007.

(calendar continued on page 7)

Saturday Support Group for Adults with Diabetes – an interactive discussion and demonstration about diabetes, weight control and healthy living, led by Karin Sargrad MS, RD, CDE. First Saturday of each month, 11 am-noon.

Medtronic/MiniMed Pump Classes – free classes at our office for those preparing to go on or who recently started using a Medtronic pump. **Basic Carb Counting:** 1st Thursday of each month, 9am. **Advanced Carb Counting:** Second Thursday of each month, 9am. **Advanced Pump Features:** First Monday of each month, 1pm. Pre-registration with Medtronic required. Go to <https://www.minimed.com/events/intro.do> or call 800-933-3322 x-2991.