You Have A Right To Know Your Options

Off-label. It’s a term used often in the medical world to describe the use of “approved” medications and devices for “unapproved” purposes. For example, for many years, continuous glucose monitors were government-approved for use by adults but not children. Why? Because the CGM manufacturers had not yet completed the required studies on CGM use in children. Nevertheless, many pediatric endocrinologists realized that the risk of using CGM in kids was far less than the risks they face every day by not using them. So, they prescribed them “off-label.” The same kind of off-label prescribing occurs for a variety of medications that are “approved” for use in patients with type-2 diabetes for use by patients with type-1.

Recently, the US Food & Drug Administration issued a warning against the use of do-it-yourself hybrid closed loop systems which use “approved” components, linked together in an “unapproved” manner. The warning was prompted by a single episode of hypoglycemia by a single person who was not using the system properly. The warning came despite the fact that thousands of people use these systems successfully, resulting in hundreds of thousands of fewer hypoglycemic events, dozens of avoided complications, and a whole lot more quality-of-life. (see our blog post on the topic at: https://integrateddiabetes.com/blog/).

The point is, we believe that everyone with diabetes has a right to make an informed
decision with the guidance of their healthcare team. There are plenty of approaches to diabetes management that DON'T work very well, so when we find something that does work, we'll be sure to let you know.

So if you're interested in finding out what's new and perhaps getting a little bit creative with your diabetes care, give us a call. We'll be happy to discuss the pros and cons of anything that might benefit you. Call us crazy, but we think you deserve to know all of your options. Even if the FDA disagrees.

Owner & Clinical Director

Gary Scheiner MS, CDE

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Medtronic 670G Guardian Transmitter Replacement

Here's how you can get a replacement at no cost.

Can walking Faster Make You Live Longer?

Study results show the slower you walk, the shorter your lifespan.

You DeServe a Di$count!

Clients, colleagues and friends of Integrated Diabetes Services are entitled to special discounts on some of the best product & devices in the diabetes industry.

- Frio cooling pouches
- Pinkery OmniPod covers
- Genteel lancing devices
- Myabetic fashion cases
- GrifGrips adhesive patches
- GlucoLift glucose tablets

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Gary’s TRIVIA TIME!

Last month, we asked for the **percentage of adults with type-1 diabetes who are misdiagnosed as having type-2.**

**THE ANSWER:**

Kudos to Cathy Colburn, a late-onset T1 from Houston, Texas for being the first to answer correctly.

According to a study conducted at the University of Exeter in the UK, **38%** of adults are misdiagnosed as having type-2 diabetes when they really have type-1.

This is of importance for two reasons: (1) Not starting someone with type-1 on insulin promptly can lead to life-threatening diabetic ketoacidosis, and (2) Starting insulin treatment as early as possible has been shown to extend the pancreas' ability to continue producing small amounts of insulin, sometimes for prolonged periods of time. This, in turn, makes blood sugars much easier to manage and reduces the risk for long-term complications. BTW, the best way to determine whether someone with symptoms of diabetes has type-1 or type-2 is by screening for islet, insulin and GAD antibodies.
NEW QUESTION:
Back in 2008, the US Government issued the Physical Activity Guidelines for Americans, which recommends at least 150 minutes per week of aerobic activity and strength-building exercise at least twice per week. At that time, less than 20% of city-dwellers, and fewer than 14% of country folk were meeting that goal. Well, the CDC in Atlanta performed a repeat analysis in 2017 and found what they call “substantial improvements.”

What percent of urban residents now meet the exercise guideline? How about rural residents?

*The first person to submit the correct answers wins worldwide acclaim, along with their choice of book from our in-store or online bookstore.

Click to Submit Your Response to gary@integrateddiabetes.com

Share your opinion and get a gift card!

Patients (14 and older) and Caregivers (family, friends) of any disability, disorder, syndrome, disease or condition are provided an opportunity to voice their opinions through surveys and interviews to improve medical products and services.

Join the community on-line and earn a Dunkin Donuts, Starbucks or CVS gift card at Rare Patient Voice Cash for Patient Opinions
The Survey Says!

In last month's edition of Diabetes Bites we asked for your opinion on universal government-sponsored Medicare-for-all program:

A. It's about time! Public healthcare works really well in all other parts of the world.
B. It would be a struggle, but there's really no other way to fix our healthcare system.
C. I'm OK with it, but only if I can still obtain private insurance as well.
D. Government can't do anything right. Keep it as far away from my healthcare as possible.

160 People shared their opinion, and there is clearly no consensus.

New Survey Question:

This month, we'd like to know who you believe will launch the BEST hybrid closed-loop system (which automates some but not all aspects of insulin delivery based on CGM data) in the next year or two?

A. Medtronic (with their 780 system, using a new Medtronic pump & sensor)
B. Tandem (with their control IQ system, using the X2 pump and Dexcom G6)
C. Insulet (with their Horizon system, using OmniPod & Dexcom G6)
D. Beta Bionics (using their “Bionic Pancreas” pump and either Dexcom or Senseonics sensor)
E. Bigfoot Biomedical (using the Asante pump and Libre sensor)
The Art of Awareness

I recently read an interesting article about taking an intentional pause in your day. It talks about how therapeutic it can be to just pay attention to our daily activities. Training ourselves to be more mindful of the things we do on an everyday basis can benefit us greatly quite possibly producing a calmer, healthier you. Just taking a moment to train our senses to be more aware of what we are doing is a practice that can be done with even the simplest tasks. Enjoying the first few sips of our coffee, settle into our favorite chair, closing our eyes and taking three deep breaths, sounds great to me.

Simple stress relievers can only improve the quality of our overall health. We all know how stress can wreak havoc on blood sugar levels, so it makes good sense to pay attention to our emotional health. If there is anything I can do to help reduce any stress you might be experiencing, please contact me and let our team help.

I for one am going to try to be more aware of my surroundings. When I feel overwhelmed I will stop and listen to the sounds near and far. Maybe if we're better to ourselves everyone we encounter will profit too. Check in with me next month....

Best,
Nancy

P.S....

Here's something that helps make every day seem more enjoyable: My brand new granddaughter, who we simply call “Peppy!”
Advertising Opportunities

We offer a number of promotional opportunities for reaching the diabetes marketplace, with a focus on patients and healthcare providers who utilize intensive insulin therapy.

- Website Advertising
- Blog Advertising / editorial
- Newsletter Advertising / Editorial

Diabetes Bites Monthly Newsletter is published electronically by Integrated Diabetes Services and distributed to more than 10,000 individuals in the diabetes community.

About Us

Integrated Diabetes Services provides diabetes education and management consulting in-person or remotely via phone and the internet for children and adults.

Our blog, Thinking Like a Pancreas highlights articles from our own staff.

Type-1 University is the web-based school of higher learning for insulin users. Live and pre-recorded courses on a variety of topics.