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1. Christiansen M et al. A new, wireless-enabled blood glucose monitoring system that links to a smart mobile device: accuracy and user performance evaluation. *J Diabetes Sci Technol*, 2017;11:567-573. 2. Bernstein, et al. A New Test Strip Technology Platform for Self-Monitoring of Blood Glucose. *J Diabetes Sci Technol* 2013;7(5):1388-1399.

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Publisher / Editor-in-Chief **Nadia Al-Samarrie**
 Contributing Editor **Patrick Totty**
 Creative Director **Susan Pinkerton**

Advertising Sales & Business Development
advertising@diabeteshealth.com
 Accounting **“Matt” Mathewson**
 Online Media Coordinator **Spencer King**
 Circulation **Miranda King**
subscribe@diabeteshealth.com

Diabetes Health Office

P.O. Box 1199, Woodacre, CA 94973-1199
 Phone: 415-488-4526
 Website: www.diabeteshealth.com

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Diabetes Health is the essential resource for people living with diabetes—both newly diagnosed and experienced—as well as the professionals who care for them. We provide balanced expert news and information on living healthfully with diabetes. Each issue includes cutting-edge editorial coverage of new products, research, treatment options, and meaningful lifestyle issues.

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*Mass. General Hospital for Children
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- There are no public standing ovations for our featured people living with diabetes. Their simple desire to live life to its fullest with no fanfare is what makes them *Diabetes Health's* Everyday Heroes.

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Nadia Al-Samarrie was not only born into a family with diabetes, but also married into one.

She was propelled at a young age into “caretaker mode,” and with her knowledge of the scarcity of resources, support, and understanding for people with diabetes, co-founded *Diabetes Interview*—now *Diabetes Health* magazine.

Nadia’s leadership has spanned 29 years, establishing the magazine as a preeminent consumer and professional resource.

Under her reign—*DiabetesHealth.Com* was named “Best Diabetes Blog for 2019” by Healthline and *Diabetes Health* magazines was named one of the top 10 magazines to follow in the world for 2018 by Feedspot Blog Reader.

Those Who Stay and Endure

In the classic

Hollywood western, “The Magnificent Seven,” a little boy tells one of the good-guy gunslingers who have just liberated a small Mexican pueblo from an outlaw gang that he is a hero. But the gunman quickly corrects him. He tells the boy that his father and all the other fathers in the pueblo are the true heroes because they get up every morning without fail and go out to perform the hard, unending labor in the fields to provide for their families. The “Magnificent Seven” may come and go, but the fathers stay and endure.

That scene changed my concept of heroism. Could it be more than some brave, quick, spontaneous act, like a bystander rushing to pull a driver from a crashed car that may catch fire in a few more moments? Could it also be a quiet and unstinting effort at managing a tough situation that really shows little prospect of getting better? The answer is yes.

In this issue we spotlight “everyday heroes” from the diabetes community. These are type 1 and type 2 people with diabetes who bravely take on the day-to-day task of managing an often frustrating disease. Their discipline and self-control reward them with a well deserved sense of mastery—if only partial—over their condition. So our cover story and main feature this issue, pages 7 and 8, profile people with diabetes from different walks of life at different stages in the disease.

Diabetes technology continues to advance. My interview with one of the major participants in the recent American Diabetes Association’s annual Scientific Sessions revealed progress on a new blood sugar measure that might even replace the A1c. The A1c can tell you your average blood sugar over a 90-day span, but not much more. What if there were a measurement that could track the amount of time your blood sugars are in very high and low ranges, allowing you to fine-tune your diet and drug doses? Read “Dexcom CEO Says CGM Data Will Soon Make the A1c Obsolete,” on page 24.

For another technological advance in treating diabetes, see “Cycloset Type 2 Medication: The Happy Hormone,” on page 26.

For indulging your sweet tooth without endangering your control, “I Bet You Never Thought About Candy This Way,” on page 22, and “Paleo Chocolate Bars,” on page 30 offer some help.

Don’t miss our special “Meet Lance™,” pull out feature with Health Mart coupons to help you lower your everyday pharmacy costs.

Wishing you the best in health!

Nadia Al-Samarrie, Founder, Publisher, Editor-in-Chief

Diabetes Health

Buy your copy of Sugar Happy for \$14.95 from Amazon and Barnes & Noble and receive a free one year subscription to Diabetes Health Digital magazine - valued at \$11.95

"This is a wonderful new diabetes guide written by the editor/publisher of the highly- regarded Diabetes Health periodical. It is an easy-to-read paperback, especially for those recently diagnosed or those who wish to improve their current diabetes management. It benefits from the author's substantial experience with diabetes in her family. The comprehensive approach offers many tools to help - both devices and personal tips, plus moral support.

Gary Arsham MD PhD FACP

This book gives the reader a personal perspective on not only living with diabetes but also caring for someone with this disease. It is presented in a simple, easy to understand format yet also presents the emotional issues that both families and those with diabetes deal with on a daily basis. Kudos to Nadia for providing this meaningful information that is useful to both professionals and nonprofessionals alike.

Dr. Kathleen Palyo DNP BC-ADM

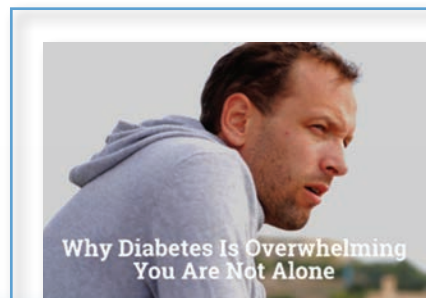
A thought-provoking, yet interesting question: can managing your blood sugar be as simple as what you don't know? I think so.

Information is power! Making informed medical decisions can save your life by delaying or preventing diabetes complications. I call this being "diabetes literate".

I was not only born into a type 2 diabetes family but also married a type 1. I was propelled at a young age into "caretaker mode," and with my knowledge of the scarcity of resources, support, and understanding for people with diabetes, co-founded Diabetes Interview, now Diabetes Health magazine.

Sugar Happy-Your Diabetes Health Guide in Achieving Your Best Blood Sugars and Letting Go of Your Diabetes Complication Fears will help you understand:

- Why diabetes is overwhelming. You are not alone.
- How to cope with diabetes burnout.
- How to bring down a blood sugar when your glucose meter reads 200 mg/dl or 4.4 mmol/L.
- Why you can wake up with a high or low blood sugar.
- Why exercise raises blood sugars.
- Type 2- going on insulin does not make you a failure.
- How to avoid or delay diabetes complications.
- Which diet is best for you.
- The important role of medical devices.
- The discouraging cost of diabetes and how it can lead to denial and the worst possible outcomes.
- Financial help with your diabetes supplies and how to apply for them.



Everyday Heroes

Nadia Al-Samarrie

Claire Lynch Profiles Author

This issue of *Diabetes Health* is one of my favorite publications.

The Winter magazine is a time when we feature people living with type 1 and type 2 diabetes, who in their everyday life become our “Everyday Heroes.” What do I mean by this? Having diabetes at times is like being a parent. No one is applauding you for being the nurse, chef, fitness trainer, housekeeper or driver. These routine tasks must happen no matter how well you feel in addition to all your other responsibilities.

Lisa, Michelle, Shawna, and Michele are type 1s. Their success in managing their diabetes is not ground-breaking news. But, they are inspiring reminders how paying attention to your diabetes daily, finding the formula that works best for you: fad free, can translate to better blood sugars.

Buddy, Shane, James, and Christine, are type 2s who share their exercise habits, medications they take, and the insulin delivery devices they use to achieve their target A1c. The simple act of walking helped Louise Harrison drop her A1c from 9 to 7.

Personally, I come from four generations of a family with type 2 diabetes. Having cared for family members with both type 1 and type 2 diabetes, I always feel inspired by other

people’s stories because they make me question myself, “Nadia, what’s your story? Where are you stuck? Why can’t you create change? What beliefs are you holding on to that prevent you from being your personal best?” I encourage you to ask yourself these same questions, judgment-free. Sometimes just observing our habits gives us the instant inspiration we need to create the change we so long for.

Everyone we feature in this issue is not a celebrity. They don’t have chefs, fitness trainers, and assistants to help them stay on top of their diabetes. Nor are they paid large sums of money to care for themselves so they can be spokespersons.

I hope you enjoy reading their stories and maybe, just maybe, one of them will inspire you to incorporate a new daily habit that can have a quantum effect in lowering your A1c. **DH**

Having diabetes at times is like being a parent. No one is applauding you for being the nurse, chef, fitness trainer, housekeeper, or driver.



Diabetes Health Type 1: Finding Her Way After an Initial Misdiagnosis

Claire Lynch

For two years Lisa Byrd didn't feel well because she was overweight and misdiagnosed as Type 2. Her physician prescribed Metformin but it didn't help her blood sugar levels. She felt like she had the flu, her A1C was 11, and she was referred to an endocrinologist who looked at her C-peptide test and pronounced her a Type 1. The doctor

injected her with insulin and within 30 minutes her blood sugar level was decreasing.

Lisa, who's 39 and works full-time as a bank manager, relaxes by watching her favorite TV show or movie or by reading a good book. She enjoys putting on her headphones, playing some music and going for a run.

She felt angry about her misdiagnosis and says, "I was disappointed and frustrated at having the right test but having a doctor misread it. It cost me several months of anguish managing me as a Type 2 wasn't what was needed."

That was more than a year ago. Now that Lisa is on the right medication, she feels much better. Her A1C today is 6.9. She uses Humalog and a Medtronic 670g pump to regulate her blood sugar levels.

"Minimizing stress is important to me but with three pre-teen kids, a husband and three dogs my life is pretty active," Lisa notes. "Choosing healthy foods to eat at work is my norm and on weekends I'm a little more lenient. Pizza with the family is an occasional treat. I can make a correction if necessary and walking a lot helps keep my blood sugar level in a good range."

Lisa, who's 39 and works full-time as a bank manager, relaxes by watching her favorite TV show or movie or by reading a good book. She enjoys putting on her headphones, playing some music and going for a run.

She and her husband, Matthew, Washington residents, like playing billiards and traveling in their free time.

Lisa tells other Type 1s, "Sometimes you may have a month of perfect sugars then one day your blood sugar level is 250 all day. For no reason. Just roll with it. Know your body. Ask questions. Learn as much as you can about Type 1. Reach out to people. Get a support group. Get an endocrinologist who helps you. The most important thing is to know what works for you and what doesn't." **DH**



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Four Out of Five Siblings Have Type 2 Diabetes

Kristin, 51, reports that her A1c is 4.6. Adding that she lost 80 pounds within the first year.

Claire Lynch

Kristin Walton

“My physician discovered my A1c of 7.4 during a routine visit and rather than start Metformin,” Kristin explains, “I wanted to see if sticking to a strict diet that eliminated potatoes, pasta, rice, processed foods and refined sugars would work.”

wasn't surprised two years ago when she was diagnosed as a person with type 2 diabetes. Her father was also diagnosed with diabetes and today four of his five children are, too.

“My physician discovered my A1c of 7.4 during a routine visit and rather than start

metformin,” Kristin explains, “I wanted to see if sticking to a strict diet that eliminated potatoes, pasta, rice, processed foods, and refined sugars would work.”

It has worked and Kristin, 51, reports that her A1c is 4.6. Adding that she lost 80 pounds within the first year, Kristin says, “My cholesterol has decreased, too. I continue to go for lab work every six months, research diabetes, and ask my doctor specific questions. Right now it's all working for me.”

Kristin has been a Certified Nursing Assistant, a roll which helped her understand how to manage her diabetes. She works as a certified Paraprofessional in Special Education. **DH**



Finding the Right Balance with Her Dexcom CGM and Insulin Pump

Claire Lynch

Misdiagnosed

at the age of

four as a type 2, Shawna Trupiano says she was more accurately diagnosed 20 years ago as type 1. She uses the Dexcom Continuous Glucose Monitoring system to manage her diabetes.

“My doctor prescribed NovoLog fast-acting insulin,” Shawna says, “and the pump is attached to me 24/7. It’s connected to my watch so this new technology enables me to glance at my watch occasionally and see what my blood sugar level is.”

Shawna is married to Sebastian, a type 2, so they both watch what they eat. “A typical lunch,” she notes, “includes a piece of fruit, a small chef salad, a grilled cheese sandwich, or a peanut butter and banana sandwich.”

“For dinner I’ll have a carne asada taco or chicken stir fry over rice or meatloaf with steamed fresh vegetables. Dinner is fairly light but I drink a lot of sugar-free liquids each day so I’m not super hungry at dinnertime.”

Shawna and Sebastian have two young sons. She home schooled both of them until a year ago. Now they attend regular school

each day. Shawna has also been teaching Catechism at her local Catholic church for the past three years.

A native of Michigan who moved to Arizona 24 years ago, Shawna, who is 44, has some tips for newly-diagnosed people with diabetes. “Don’t give in to ‘fad’ diets,” she says, “make sure that you are highly hydrated, and watch out for anything on your feet and legs.”

“Hydrate your skin with lotion. Make some time for yourself each day. Find your ‘diatribe’ (tribe of diabetics) to relate to. Embrace technology, don’t shy away from it. Remember, you are not just a number, smile at the sun, and don’t take life so hard.”

For hobbies, Shawna likes to paint, cook, and do cross-stitch sewing. She also enjoys traveling so on vacation Shawna and her family often go to the West Coast to see the Pacific Ocean. “It’s freedom, nature, sunshine, exercise, and an opportunity to explore the area on some laid-back summer days,” Shawna notes. “It’s my idea of paradise.” [DH](#)

Shawna is married to Sebastian, a type 2, so they both watch what they eat. “A typical lunch,” she notes, “includes a piece of fruit, a small chef salad, a grilled cheese sandwich, or a peanut butter and banana sandwich.”



Using Her t:slim Insulin Pump and Counting Carbohydrates Is Critical in Reducing Her High Blood Sugars in Time and Range

Claire Lynch

At age 19 Michele Cramer went to her doctor afraid that she had a urinary tract infection. The nurse asked her to give a urine sample and they discovered sugar in her urine. She had all of the classic symptoms of type 1—fatigue, excessive thirst, and frequent urinary tract infections. After additional testing they determined that’s what it was.

Her medical team put her on insulin and today Michele uses a t:slim G4 insulin pump and Humalog. Now 32, Michele works full-time as a fast food manager for a busy restaurant in Florida. She notes, “I eat for free. I eat what everyone else eats, but counting carbohydrates is critical in taking the correct amount of insulin.”

“Even though I’ve been insulin dependent for the past 14 years, by using the pump my blood sugar levels stay within a good range. That’s the main thing!”

“All types of carbs appeal to me - cereal, potatoes, fruits, and pasta. Watching the amount helps and so does adding salads and healthy helpings of fresh vegetables to my diet. I’ve

definitely seen a reduction in my A1c these past few years.”

“Even though I’ve been insulin-dependent for the past 14 years, by using the pump my blood sugar levels stay within a good range. That’s the main thing!”

An Ohio native, Michele, her husband, Rob, and child moved to Florida five years ago for some warmer weather and to be near Rob’s immediate family. Today the Cramers like spending time with their two children and each other by going out on their boat, fishing, and going to the theme parks in the Sunshine State.

Michele adds that she didn’t ask to be type 1 but she’s dealing with it. She tells fellow people with diabetes and new ones, “Be sure to keep your doctor’s appointments and get your blood work done on a regular basis. It is critical in self-care. Try to follow a meal plan and eat small meals throughout the day. That helps. The bottom line is there will be ups and downs. You probably won’t succeed every day but every day is a new opportunity to do better. Each day you can start over.” **DH**

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Being Newly Diagnosed Is Overwhelming

Claire Lynch

“I think many newly diagnosed people are overwhelmed by their type 1 diabetes,” Douglas Huber says. “I know I was. At age seven my parents brought me to the Children’s Hospital of Pittsburgh. The hospital was very strict as I remember it. The diet was no fun for a kid.”

He was angry for being different from other children and for having to manage this serious disease. “There was no family history of diabetes so we weren’t sure where this came from,” Doug says, “but my parents were good about

“My mother always said that diabetes is a family disease. ‘Everyone works together,’ is how she put it. For Easter my parents would take us on skiing trips instead of getting baskets filled with candy. Being active helped me instead of dwelling on what I couldn’t have.”

explaining what it was and how I should handle it.”

“My mother always said that diabetes is a family disease. ‘Everyone works together,’ is how she put it. For Easter my parents would take us on skiing trips instead of getting baskets filled with candy. Being active helped me instead of dwelling on what I couldn’t have.”

That was 44 years ago and Doug has seen lots of technological changes. “When I was first diagnosed, there was no blood testing,” Doug explains. “It was only urine tests. Shots were twice daily. Today’s medical devices and new medications make managing diabetes much easier.” **DH**



Working Wonders With Her V-Go Patch and Staying Active

Claire Lynch

Christine Maloney

has a family history of diabetes—her father, her brother, and her sister are type 2—so her type 2 diagnosis in 2004 at the age of 43 didn't surprise her. "How to treat it was the initial question," Christine says.

Her answer was quite simply diet, exercise, and insulin. She takes 20 units of Lantus, a long-acting insulin, at night and uses the V-Go patch which gives her some fast-acting insulin throughout the day.

Christine says, "I give myself 12 units at mealtime. There's a button on the side to push. I wear it for 24 hours and then change the patch. This works best for me. Initially my doctor prescribed metformin but I couldn't tolerate it at all."

"Counting the carbohydrates helps, too. I will eat some bread or a bagel but then I'll eliminate the carbs during my other meals. Drinking plenty of water throughout the day is important. Since the time of my diagnosis my A1c has dropped from 10 to 6 so I am proud of that."

Christine, who is 58 and retired, joined a gym near her home in Michigan and she goes every Monday, Wednesday, and Friday for a workout. "Sometimes I go on Saturdays, too," she says. "It helps to stick to a schedule.

"Having that gym membership meant that I made a commitment to staying fit. I signed up for it because there is no doubt that getting into a routine and keeping active makes a big difference for people with diabetes."

Spending time with her three adult children and her four grandchildren who live nearby is a priority of Christine's. "Sometimes I babysit for my grandkids and they keep me hopping!" she adds."

"There isn't any magic bullet for type 2 diabetes, unfortunately. The main thing is to be vigilant all the time. It's about being focused and making the right choices. Doing the right things every day is definitely worth it." [DH](#)

"Drinking plenty of water throughout the day is important. Since the time of my diagnosis my A1c has dropped from 10 to 6 so I am proud of that."



Diabetes Health Type 2: This Hard-Working Carpenter Now Likes Strawberries

Claire Lynch

Early in 2019 Shane Rackley went to his primary care physician for an annual checkup. He had been feeling very thirsty and had frequent urination. He'd also lost 10 lbs. in two weeks' time. Suspecting Type 2 diabetes, Shane's doctor ran some laboratory tests to check. His blood sugar level was 550 and his A1C was over 13 so he started Shane on 500 mg. of Metformin twice daily.

"My doctor checks my A1c every three months, I ask him whatever questions I have and I'm maintaining a good lifestyle. There are times when I still crave sweets but I reach for something different. Eating strawberries every day has gotten to be a habit."

Shane, 33, is a carpenter and does full-time construction work in his home state of North Carolina. "When working outside in the sun I've noticed that my blood sugar levels are better than when I'm at home on the weekends," Shane says. "That's telling me that activity is key in managing my Type 2. Going for a 30-minute combination run and walk is something I enjoy doing. So is a little weight lifting."

Before work he has three eggs and bacon for breakfast. For lunch he will have a sandwich of meat on a slice of whole-grain bread. Dinner with his wife, Kasey, is chicken, steak or salmon with lots of fresh vegetables.

Shane adds, "Being diagnosed as Type 2 has saved me actually because I used to eat very unhealthy things. Fast food stops were common plus I ate cakes, cookies and muffins. My favorite sodas were Coke and Mountain Dew but today I realize they are filled with sugar. Changing what I eat and drink has been hard and it's taken a lot of effort but my wife and I now eat the same things at mealtime so that's helpful. With my Type 2 diabetes I'm eating healthier, exercising and definitely choose better when I'm out at a restaurant."

"My doctor checks my A1c every three months, I ask him whatever questions I have and I'm maintaining a good lifestyle. There are times when I still crave sweets but I reach for something different. Eating strawberries every day has gotten to be a habit. Before being diagnosed I never really liked them but since sweets are out, strawberries are my best friend. [DH](#)

Meet Lance.™

HE WAS JUST DIAGNOSED WITH DIABETES...

People with diabetes are at higher risk of serious health complications.¹

Read on to find out how Lance maintains a healthy lifestyle with diabetes using the Health Mart® brand products.

See inside for a Health Mart® brand checklist and money saving coupons!

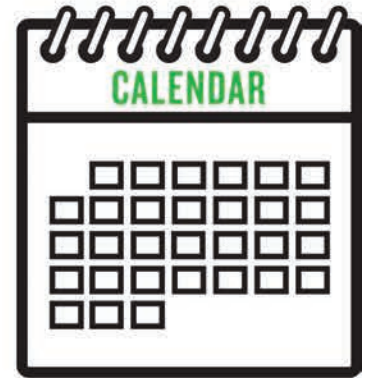


**Brought to you by
Trividia Health, Inc.,
makers of the TRUE Brand.**

Blood Glucose Monitoring

Blood glucose monitoring is a critical part of every diabetes management plan.

Regular self-monitoring can provide important information on how daily management plans are working to control blood glucose levels.



Lance's healthcare team determined the target range for his blood glucose levels and how often he should test.



Choosing The Right Meter

There is a wide range of meters available to fit individual needs. Lance shopped for the meter that best fit his lifestyle.

Lance used the following checklist to help him choose a meter:


- Is the meter easy to use?**
- Does the meter have event tags?**
- Can the results be uploaded to a computer or app?**
- Are the test strips affordable?**
- Is there a toll-free customer care number?**



Helpful Testing Tips


When testing, it is important to get a proper blood sample. Lance's healthcare team gave some useful tips for reducing the discomfort of pricking his finger:

Tip 1




Read instructions. Learn how to properly use a lancing device.

Tip 2

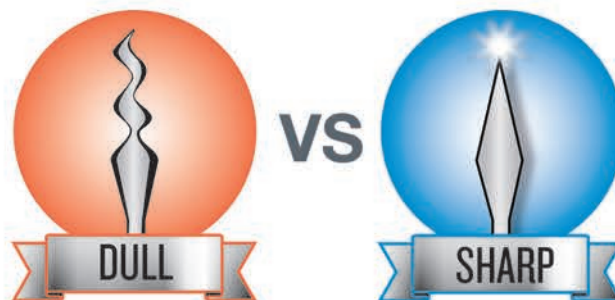


Adjust depth setting on the lancing device to comfortably get a usable sample on first try.

Tip 3



Use a new lancet every test to prevent infection and reduce discomfort.



Old lancets become dull, making fingers sore.
Use a new lancet every test.

The Goal Of Insulin Therapy

The goal of insulin therapy is to control blood glucose levels and prevent complications of diabetes, like nerve damage, kidney damages, vision loss and cardiovascular disease.

When injecting insulin, it is important to measure the dose correctly. Lance's healthcare team gave him helpful tips on how to deliver insulin:

Tip 1



Using syringes with clear, easy-to-read markings makes taking the right amount of insulin easier.

Tip 2



Dispose of used syringes in a puncture resistant container, following local ordinances.

Tip 3



Frequently check blood glucose levels and write down results to identify patterns.

Preventing Dry Skin

Properly cleaning and moisturizing dry skin are simple ways to prevent dry skin. Use a daily hydrating lotion all over and an intensive moisturizing cream for areas prone to dryness.

Raised blood glucose levels can cause a lack of moisture in the skin, which can cause itching and cracking. This can cause infection, which can be slow to heal.

Lance's healthcare team gave him the following tips to keep his skin moisturized:

Tips On How To Keep Skin Moisturized²

Tip 1: Use a mild soap.

Tip 2: Rinse and dry well.

Tip 3: Moisturize all over with a layer of lotion.

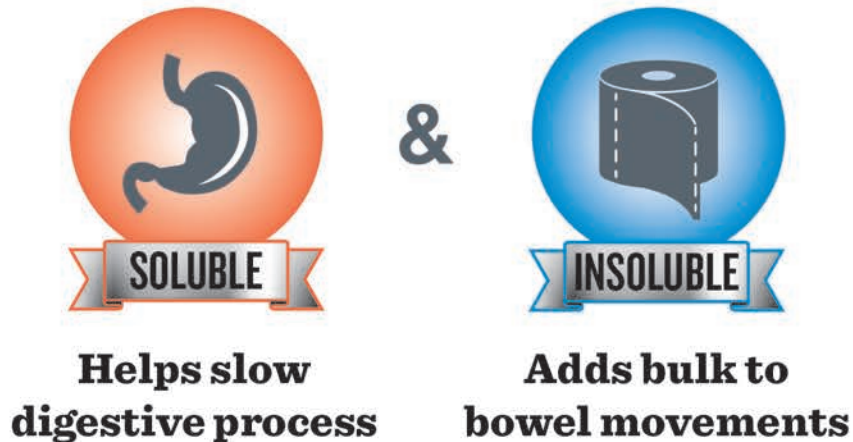
Tip 4: Do not put lotion or cream between your toes because moistness might cause an infection.



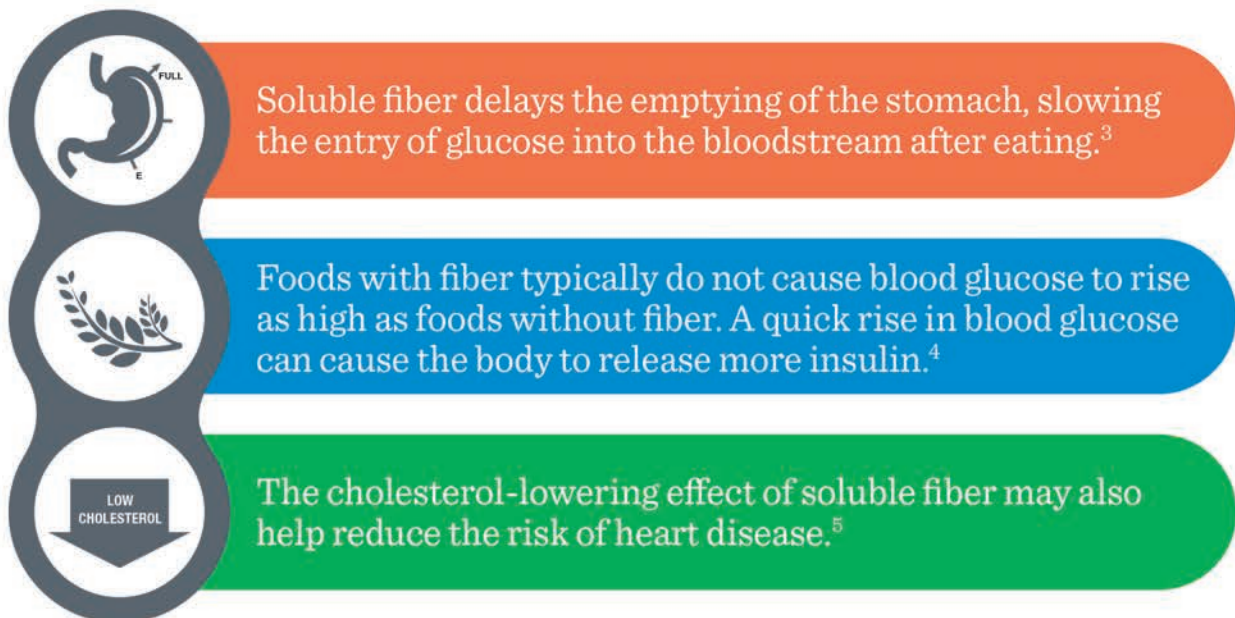
The Importance Of Fiber

Lance learned that daily intake of fiber is important for overall digestive health and may have a positive effect on blood glucose levels.

Types of Fiber



How fiber helps blood glucose levels and stability:



Sometimes getting enough fiber can be a challenge. Lance takes sugar free, chewable tablets to help get the recommended daily amount of 38g for men each day (20g for women).⁵

High Blood Glucose

High blood glucose happens when the body has too little insulin or when the body can't use insulin properly.

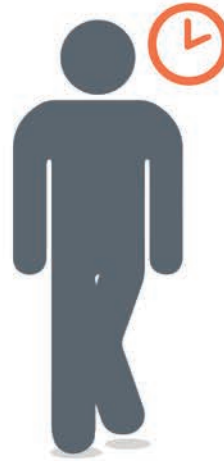
Symptoms May Include:



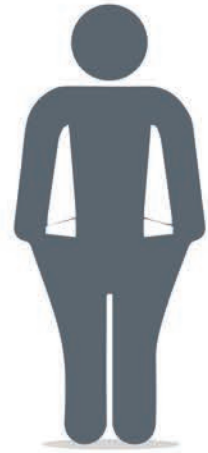
Feeling tired



Increased thirst



Frequent urination



Sudden weight loss

Reason May Include:



Eating too much food or meals too close together



Illness or experiencing stress



Missing usual exercise routine



Taking incorrect amount of diabetes medications or insulin

What To Do When High

When there is a shortage of insulin in the blood the body breaks down body fat for energy, which produces ketones. Ketones can be checked with a simple urine test.

Diabetic Ketoacidosis (DKA)

If ketone levels get too high, a serious condition, Diabetic Ketoacidosis, can develop, which can lead to a diabetic coma.

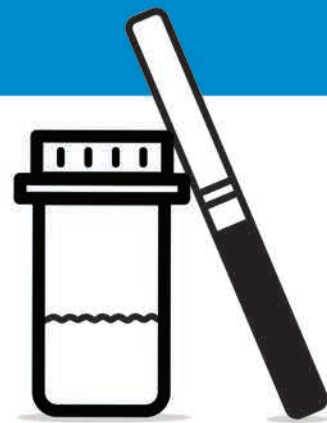
Lance prevents DKA by checking his urine and blood regularly.



When To Test For Ketones

Test if experiencing the following symptoms:

- Blood glucose is more than 240 mg/dL
- Shortness of breath
- Breath smells fruity
- Nausea and vomiting



Low Blood Glucose

Sometimes people with diabetes experience low blood glucose, which can be very unpleasant.

Symptoms May Include:⁶



Feeling shaky,
weak or hungry



Dizziness or
headaches



Sweating



Problems
with vision

Reason May Include:⁶



Eating too
little food or
skipping a
meal



Drinking alcohol
without eating



Strenuous
exercise

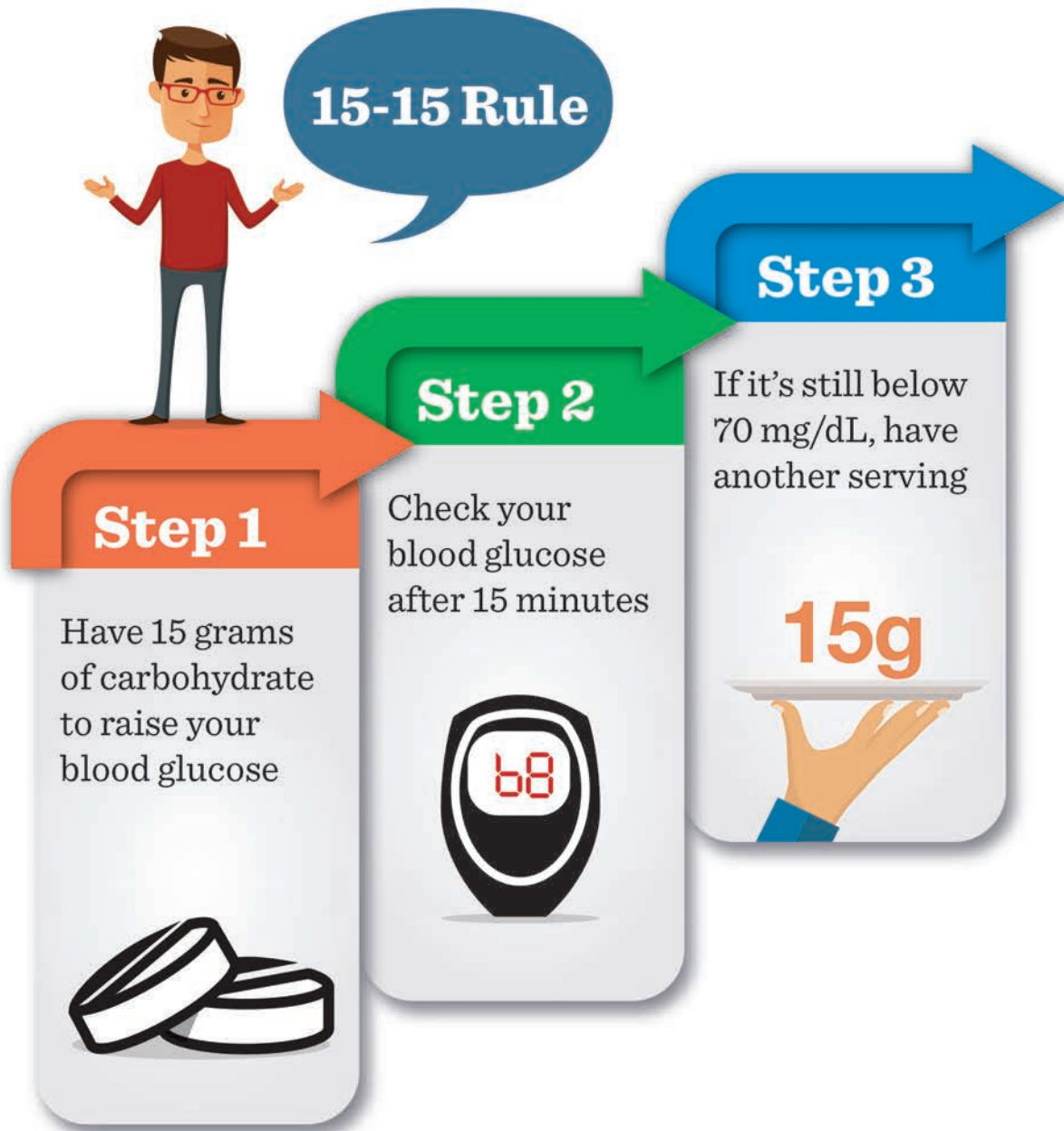


Taking too
many glucose-
lowering pills or
too much insulin

What To Do When Low

The key to managing an episode of severe low blood glucose is to be prepared.

If symptoms are present or blood glucose levels fall below 70 mg/dL, Lance follows the 15-15 Rule⁶ suggested by the American Diabetes Association:



Fast-Acting Glucose

Soft drinks and fruit juice can treat lows, but there are also products specifically designed to raise blood glucose.

These fast-acting glucose sources are:



Made with the simplest form of carbohydrate (glucose), which is absorbed into the blood stream quickly.



Available in pre-measured servings so an exact amount can be taken.

Fast-acting glucose products come in a variety of flavors and forms, including tablets, gels, and liquid shots, which make it convenient to stay prepared.



Health Mart® Brand Checklist



Use this checklist on your next visit to Health Mart Pharmacy.



Products ideal for people with diabetes to help you maintain a healthy lifestyle at a great value!

- Blood Glucose Monitoring Systems
- Single-Use Insulin Syringes
- Lancing Device
- Lancets
- Fast-Acting Glucose Tablets, Gels, and Shots
- Fiber Tablets
- Diabetics' Intensive Moisturizing Cream
- Diabetics' Foot Care Cream



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Strips, 100 ct.





Diet and Exercise Motivated Him to Drop His A1c from 9 to 7

Claire Lynch

Early in 2019 James Neal went to his primary care physician for a routine physical. Part of it involved getting blood work and the result was an A1c of 9. He wasn't surprised when his doctor told him he has type 2 diabetes because his father and his paternal grandfather also were type 2's.

"I had just turned 46 and my first thought was that I would have to cut back on the amount of Korean food I ate," James says. "My dad is African-American and my mom is from Korea. Eating rice is a staple. It's something I enjoy but Korean dishes contain a lot of carbohydrates and many of the marinades and sauces have sugar in them."

James eats more vegetables now and

proteins like fish and lean meats. His doctor prescribed 500 mg. of metformin twice a day and 5 mg. of Farxiga once a day in the morning.

His A1c dropped to 7.1 and he has added three supplements to his routine.

"One is called Blood Sugar Support, another is Omega 3, and the third is Alpha Lipoic Acid," he explains. "These supplements help me but they may not be effective for everyone. Always check with your doctor before starting any new supplement."

James tries to eat low-carb now, keeping his carb intake below 40 grams a day, and he used to eat breakfast sandwiches but today he eats eggs and sausages. If he is on the run he will drink a meal replacement shake.

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There are no public standing ovations for our featured people living with diabetes. Their simple desire to live life to its fullest with no fanfare makes them Diabetes Health's Everyday Hero.

Incorporating walking into his weekly schedule helps, too. "I'll walk 20 to 30 minutes three times a week," James notes. "Working a sedentary job I know that it's important to get some exercise. My partner and I will hit the gym and I feel better after a good workout."

James, who has an associate's degree in web design and interactive media, is a former web developer and currently does project management for a large international pharmaceutical company. He's also an email marketer.

"Addressing my diabetes head-on has meant altering my eating habits and stepping up my exercise," James says. "I've gotten more disciplined about these things and this new way of life is definitely paying off!" **DH**

WHY WE CALLED THEM "EVERYDAY HEROES"

There are no public standing ovations for our featured people living with diabetes. Their simple desire to live life to its fullest with no fanfare makes them *Diabetes Health's* Everyday Heroes.

If you like these stories, go to DiabetesHealth.com and look for our weekly type 1 and type 2 heroes. They are sure to make a difference in the way you view your diabetes self-management.

Side note: Your healthcare professional might start using the term "time and range" instead of A1c. The significance of this new measurement looks at how long your blood sugars stays within a certain range while the A1c provides you with the average blood sugar for 90 days. Knowing how long your blood sugar stays at a certain range can help your healthcare professional fine tune your therapy and-or medication, possibly allowing you to experience fewer highs and lows in your routine care. **DH**

Diabetes Health

Stay Inspired with the Publication that was Nominated for "Best Special Print Magazine" by WPA in 2016 & 2017

When The Wall Street Journal quoted a major public figure who called Diabetes Health the best weapon against diabetes, what did he say?

Former Chrysler Motors President Lee Iacocca said: "Diabetes Health magazine provides the best, most unbiased information to the diabetes community. I highly recommend it."

What makes Diabetes Health different from any other publication out there?

Diabetes Health magazine is a lifestyle publication for those living with diabetes or the people who care for them. Whether newly diagnosed or experienced with diabetes, readers are delighted and impressed by the articles written by people living with type 1 and type 2 diabetes.

Other contributors include family members who care for those with diabetes. In fact, our founder and publisher, Nadia Al-Samarrie, was not only born into a family with diabetes, but also married into one. Nadia's articles are published nationally online by many news outlets. She has also been featured on ABC, CBS, NBC, and Fox television on "America's Premiere Experts."

Nadia was propelled at a young age into "caretaker mode," and with her knowledge of the scarcity of resources, support, and understanding for people with diabetes, co-founded Diabetes Interview—now Diabetes Health magazine.

With Nadia's leadership, Diabetes Health magazine was nominated for "Best in Health" by the Western Publishers Association in 2004 and 2014.

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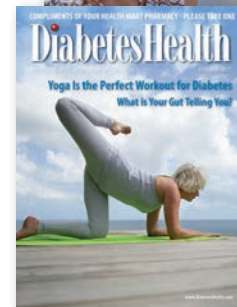
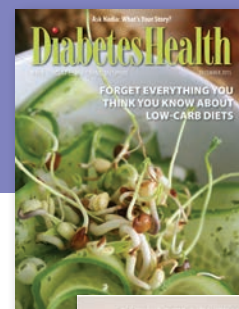
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WINTER 2019

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DIABETES HEALTH IN THE NEWS:

Current Obesity Rates Linked to Dietary Habits From Decades Ago

Diabetes Health Staff

Is your weight today linked to your childhood diet?

One study, conducted by researcher Alex Bentley, believes so. The researcher looked at sugar consumption in the United States since the 1970s and found that infant food and adult food alike steadily increased in sugar over the years, hitting an all-time high in 1999. It seems that people who were growing up during 1999 and grew accustomed to a sugary diet are generally the people today contributing to the obesity epidemic.

The good news is that sugar intake has been decreasing just as quickly as it increased, and people are eating better today than ever before. It is entirely possible that the epidemic might have peaked and will begin to reduce in severity as more nutrition-savvy individuals come of age. [DH](#)

These findings were published in *Consumer Affairs* on September 24th.

Nut Consumption Tied to Less Annual Weight Gain, Obesity

Diabetes Health Staff

According to a study published on September 23rd in *BMJ Nutrition, Prevention, and Health*, people who regularly consume nuts tend to be at less risk of obesity and extreme weight gain.

This information comes from researchers from the Harvard University T.H. Chan School of Public Health in Boston who looked at three separate independent cohort studies with more than 140,000 participants collectively. Data from all three studies showed that participants with an increased intake of nuts were significantly less likely to be obese and hard an easy time losing weight, especially if food like red meat, French fries, processed meat, or potato chips were substituted with walnuts, peanuts, or other tree nuts. [DH](#)

These findings were published in *Physician's Briefing* on September 24th.

According to a study published on September 23rd in *BMJ Nutrition, Prevention, and Health*, people who regularly consume nuts tend to be at less risk of obesity and extreme weight gain.

DIABETES HEALTH IN THE NEWS:

Patients With T2DM Who Have Flu More Likely to Be Hospitalized

Diabetes Health Staff

The flu is never something to take lightly, but does it increase in severity if you have additional health issues?

According to a recent study published in the *Journal of Internal Medicine* on October 6th, the risk for hospitalization in patients with pandemic influenza is higher in people with type 2 diabetes. This information comes from researchers from the Norwegian Institute of Public Health and concerns patients aged 30 years and older. Researchers also discovered that mortality risk in patients with type 2 diabetes was lower, however, and that the flu shot was effective in reducing the risk of hospitalization. [DH](#)

This information was originally published on *Physician's Briefing.com*.

Lifestyle Changes As Important As Medication To Prevent, Treat Type 2 Diabetes

Diabetes Health Staff

Medicine can certainly help some with type 2 diabetes, but it turns out that the best option might be lifestyle changes.

According to information presented at the Cardiometabolic Health Congress, medicine alone is not as effective as lifestyle changes when it comes to treating type 2 diabetes. Results from the Diabetes Prevention Program, which ran from 1996 to 2001, showed that about 38 percent of patients who were prescribed an intensive lifestyle intervention experienced a reversal of metabolic syndrome by year three, compared to just 23 percent of patients prescribed metformin but no lifestyle changes. The lifestyle changes were also shown to reduce the need for medication in general. The interventions included calorie-restricted diets, including menu plans and meal replacements, and gradual increases in exercise, ultimately reaching 175 minutes a week.

More research to determine the best lifestyle changes to undertake is ongoing. [DH](#)

This information originally appeared on *Healio.com*.

According to a recent study published in the *Journal of Internal Medicine* on October 6th, the risk for hospitalization in patients with pandemic influenza is higher in people with type 2 diabetes.



Diabetes Health: I Bet You Never Thought About Holiday Candy This Way

Nadia Al-Samarrie

A few weeks back, I met Kristi from Delta Dental at a conference. As a subscriber to her company plan, I decided to

Once you lose your tooth enamel, you cannot restore it. However, your dentist can harden your tooth enamel by putting calcium and phosphates back into the tooth. A process they call remineralization. A diet rich in Vitamin D, salmon, tuna, eggs, with dairies can also rebuild enamel.

sit at her roundtable to hear what she has to say. Her engaging discussion about candy changed the way I thought about what I purchased for the holidays. We all know that eating sugar can play havoc on your blood sugars. But, did you ever think that eating candy canes, corn crunch, toffee, chocolate caramels or, brittle, over another holiday treat is better for your teeth? I thought all sugar is equally bad for my teeth. Not true.

HOLIDAY TIP

Pick a candy that does not stick

to your teeth. By doing so, you minimize the acid that feeds on the natural bacteria in your mouth. The mineralized enamel coating on the outer layer of your teeth is the barrier that keeps your teeth strong. Healthy enamel protects your teeth from cavities, gum decay, and being too sensitive when eating or drinking cold or hot foods.

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Treats like dark or milk chocolate are a better option than candy that sticks on your teeth. If you drink water after you eat chocolate, it helps wash away the invisible food particles that lodge in your porous teeth.

GINGIVITIS

Healthy enamel also plays a vital role in keeping your gums healthy.

You know your gums are inflamed when they bleed or feel tender. Carbohydrate foods that stick to your teeth break down the protective enamel making your gums sensitive.

Gingivitis, an inflammation of your gums, weakens your tooth enamel. If untreated, over time, it can advance to periodontal disease, wearing down your gums, causing tooth loss.

Prevention goes a long way. Seeing your dentist regularly is less painful and

expensive in the long run than having significant dental work done, like replacing a tooth. Limit sugar intake. Drink water to flush out the invisible food particles. Not only can this give you better blood sugar readings, it can provide you with healthy teeth that can last a lifetime.

If you are a person who is not tempted to consume sugar from a barrage of Holiday candy, I admire your discipline! **DH**

Prevention goes a long way. Seeing your dentist regularly is less painful and expensive in the long run than having significant dental work done, like replacing a tooth. Limit sugar intake.



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Dexcom CEO Says CGM Data Will Soon Make the A1c Obsolete

Diabetes Health Staff



You can listen to Nadia's interview with Kevin by going to DiabetesHealth.Com/Podcast.



The A1c is the best known and most reliable measure patients with diabetes have for tracking their blood glucose levels over a somewhat extended period (three months). The A1c is about to be superseded by a measure called GMI (Glucose Management Indicator), says Kevin

Sayer, President and CEO of Dexcom.

Dexcom's continuous glucose monitoring (CGM) devices have dramatically changed how type 1, and now type 2, people with diabetes manage their blood sugar levels.

GMI analyzes CGM-generated data from 14+ days' worth of blood sugar monitoring to show what a patient's current A1c percentage would be now versus a three-month wait for the average shown by an A1c.

"What Dexcom has learned over the years is that the A1c leaves a few things out. For example, you

have three patients with diabetes, each with the same A1c percentage. But that number alone doesn't tell you that much about the state of each patient's diabetes management. It doesn't tell you whether they're in a healthy range. One patient's A1c may show the same result as the other two, but may be averaging blood glucose numbers that vary only between extremely high and extremely low, with little time in a healthy range, and still come out as a reasonable A1c.

"You have to avoid those highs and lows. How the GMI works is to show time and range very quickly, which allows for much greater insight into a patient's diabetes management than the A1c, which is simply an average."

Sayer says GMI can be targeted at everyone, type 1s and type 2s. "In our work with type 2s we've seen numbers all over the board. From the feedback we've received from type 2 patients, one common observation is that 'this is the first time I've been truly educated about my condition.' "

"When they read a Dexcom Clarity printout, and see what their average day is like, and

How the GMI works is to show time and range very quickly, which allows for much greater insight into a patient's diabetes management than the A1c, which is simply an average."

DIABETES

see how much time they spend either high or low, it's a big help. Even though their 90-day A1c might be fine, if they can see day-to-day numbers it's easier for them to make changes in their management. 'Should I avoid that late-night snack?' 'Should I change what I eat or drink at breakfast?'

"Since CGM can tell how certain foods affect daily changes, patients can use that information to change their habits as necessary. Many type 2s will say they want to avoid shots or going on insulin. So if you have a way of tracking your numbers and what causes them to go high or low, you can manage them in such a way that you could successfully delay starting on insulin."

INCREASING PATIENT DEMAND FOR CGM

Sayer says there is a new wave of patients who want to use CGM and are approaching their doctors to prescribe them. "They see CGM as a good way to monitor and manage their health. 'I want to see what my diet does to me during the day.'"

It's still primarily type 1s who are the primary users of CGM technology. "That's where it's reimbursed now," says Sayer, "but we can change that dynamic and get CGM to everybody. It will take time.

The health system first has to see that CGM is improving outcomes for people with diabetes. And we're going to have to do work to build some plausible models for CGM use—Daily? Weekly? Quarterly? Annually? —so that payers come to support its general use."

PHARMACY DISTRIBUTION

Can patients get Dexcom's CGM at a pharmacy? "We've been pushing pharmacy distribution really hard. Over half of the payers have a pharmacy benefit for patients. I think it's important for patients to go ask their drugstore if they can get their CGM through the pharmacy benefit."

"We would love to have it work out over time for patients to get our product at the pharmacy. We think it would be ideal for both us and them. We want to be where patients want to be in the distribution scheme. They want to be able to go to their drugstores for products like this." **DH**

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Anthony H. Cincotta, PhD

Cycloset Type 2 Medication: The Happy Hormone

Nadia Al-Samarrie



You can Listen to Nadia's interview with Anthony by going to DiabetesHealth.Com/Podcast.

“Since antiquity humans have observed cycles in the body fat and metabolism of animals,” says Cincotta. “They can vary over the course of a year from thin to obese. So that our starting point for our study of the brain chemistry that affects obesity in mammals, a phenomenon we call ‘seasonal insulin resistance.’ Our question was, how does this happen? It seems to arrive out of the blue and then vanish into the blue.”

One of the most interesting aspects of covering developments in the type 2 diabetes community is when researchers

or companies announce a new medication for controlling and managing diabetes.

That’s certainly the case with Rhode Island-based VeroScience (<http://www.veroscience.com>), which is introducing its Cycloset® therapy to the diabetes marketplace. Cycloset is VeroScience’s brand name for bromocriptine mesylate, a dopamine agonist that until recently has been used primarily to treat Parkinson’s disease, pituitary tumors, and other ailments. Its arrival as a treatment for type 2 treatment

introduces a drug that works on brain chemistry rather than the pancreas, liver, or kidneys.

Dopamine is “the happy hormone,” says Anthony H. Cincotta, PhD, president and chief scientific officer at VeroScience. He calls it that because of its association with beneficial mood control, energy level, pleasurable outcomes, and more—in short, “a happy hormone.”

Diabetes Health recently interviewed Cincotta and asked him to give me some background on Cycloset’s development. How did VeroScience think of bringing dopamine to the marketplace as a legitimate diabetes management tool?

“Since antiquity humans have observed cycles in the body fat and metabolism of animals,” says Cincotta. “They can vary over the course of a year from thin to obese. So that was our starting point for our study of the brain chemistry that affects obesity in mammals, a

phenomenon we call ‘seasonal insulin resistance.’ Our question was, how does this happen? It seems to arrive out of the blue and then vanish into the blue.”

“It turns out that what we were looking at was a powerful survival mechanism when there was very little food,” particularly in winter.

He explains how seasonal insulin resistance works no matter what animals’ specific approach to surviving winter.” Every species has developed a different strategy for coping with winter: hibernation, migration, or over wintering. Regardless of any species winter coping mechanism, all have in common an initiation of brain chemistry

that allows for the induction of insulin resistance. The tissues of the body become resistant to insulin, so glucose doesn’t move into them as well as usual. However, the body produces more glucose, which, with no insulin to control it, gets shunted to the brain. The brain cannot last very long—a few minutes at best—without glucose as its energy source.”

“So we asked ourselves, can we copy this? We were able to map out the brain chemistry involved when animals transition from obese insulin-resistant winter into the lean insulin-sensitive springtime.”

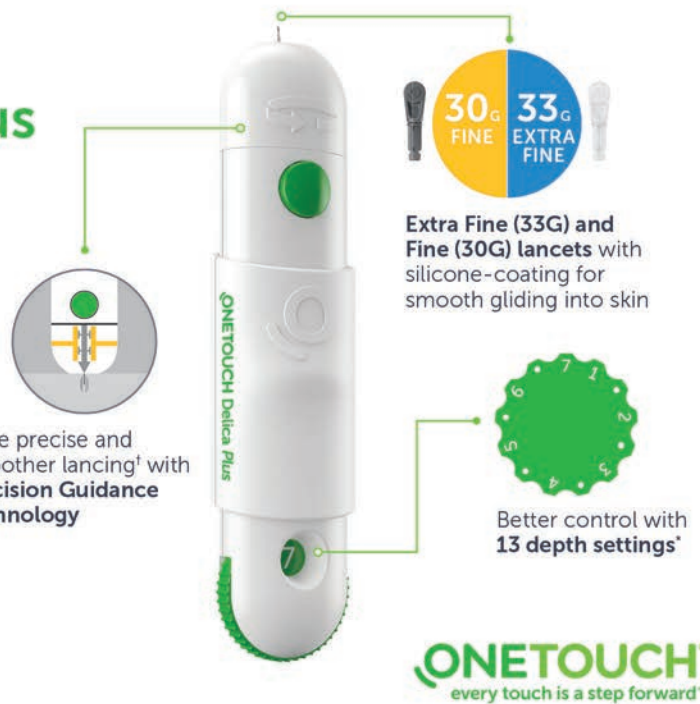
Regardless of any specie’s winter coping mechanism, all have in common an initiation of brain chemistry that allows for the induction of insulin resistance. The tissues of the body become resistant to insulin, so glucose doesn’t move into them as well as usual.

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Cincotta adds that one of the hallmarks of insulin induction resistance is an elevation of sympathetic nervous system activity. Such activity associates with increased blood pressure, increased heart rate, increased plasma triglycerides, a history of hypertension, and average blood sugar levels of 150 mg/dL or more.

VeroScience inserted probes into animals' brains and then adjusted the light they were sensing to mimic certain parts of the year—short winter hours versus longer

spring and summer hours. "We observed during these tests that dopamine levels upon waking would vary according to the season. Dopamine appears and works very briefly upon awakening; it's at its highest when you wake up."

"Depending on the season we found that dopamine activates hypothalamic brain neural centers to send signals to the body's periphery either to become insulin-sensitive and improve glucose disposal or insulin resistant.

Seasonal insulin resistance correlates with low dopamine at its natural circadian peak—namely upon waking.

Cincotta rejects the concept that slothfulness is a main driver in developing diabetes or obesity. "That doesn't really hold up. We're looking at a coping mechanism developed over hundreds of thousands years." Migrating birds are at their fattest when they start out on their journeys", he says, "so weight gain is far more a matter of survival than it is a behavioral problem."

Cincotta explains that Cycloset, which comes in tablet form, works by quickly releasing bromocriptine into the bloodstream, which is then quickly absorbed via the gut. "It mimics the natural circadian rhythm of peak dopamine upon waking that we see in healthy, insulin-sensitive individuals. We're trying to replenish that dopamine peak in the morning." Because it mimics the natural appearance of dopamine in the morning, it has to be administered within two hours after awakening; otherwise users must skip a day.



Because Cycloset is designed to improve insulin sensitivity, it works best with secretory agents like DPP4 inhibitors, GLP1s, and prandial insulin. “When teamed with these drugs we see good responses from type 2 patients. These drugs work to stimulate insulin production while Cycloset stimulates insulin responsiveness and sensitivity. They provide the insulin, we provide the increased sensitivity to it.”

Cincotta adds that one of the hallmarks of insulin induction resistance is an elevation of sympathetic nervous system activity. Such activity associates with increased blood pressure, increased heart rate, increased plasma triglycerides, a history of hypertension, and average blood sugar levels of 150 mg/dL or more. “These are biomarkers that we can use to identify patients who would respond well to

Cycloset. This is because it lowers sympathetic nervous ‘tone’ by providing an increased dopamine level. This is its major mechanism for improving glycemic control.”

“So, you find patients with elevated sympathetic nervous system activities, the symptoms can be mitigated by Cycloset. We also see good responses on patients who use prandial insulin. Most of the work Cycloset does occurs after the post-prandial period because it works as an insulin sensitizer.” [DH](#)

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Paleo Chocolate Bars with Roses & Avocado (Vegan, Gluten-Free & Dairy-Free)

Laura Kuklase

Preparation: 5 min

Ready: 1 h 5 min

About 9-10 smaller bars

Nutritional information (per 1 bar): 48 calories, Protein .55 grams, Net Carbs 2.3, fat is 4.0

Ingredients

- 2 tbsp coconut butter (or cocoa butter)
- 2 tsp honey (or maple syrup when you would like to make it vegan)
- 2 tbsp raw cocoa powder
- 2 smaller avocado
- 1-2 tsp dry edible roses and cocoa nibs (optional)

Instructions

Blend all the ingredients. Press the chocolate into a chocolate form or a box (7 inches by 4.75 inches) and sprinkle with dry edible roses and cocoa nibs.

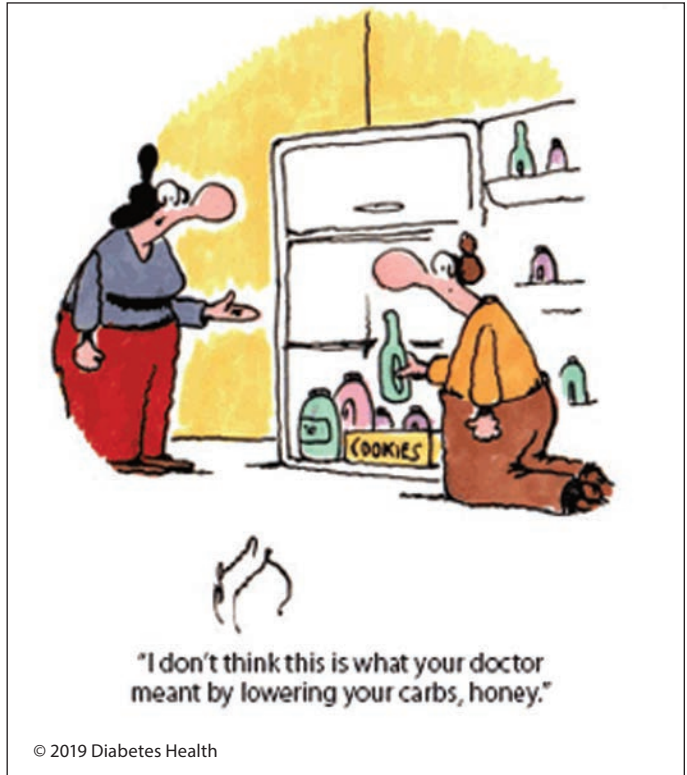
Put the form in the refrigerator for 6 hours (or into the freezer for 1 hour). Cut into bars and enjoy. Keep the bars in a refrigerator up to one week or in the freezer up to 2 months. **DH**

Laura is a simple girl usually covered with almond flour, who hides herself in the kitchen, where she tries to develop new recipes.

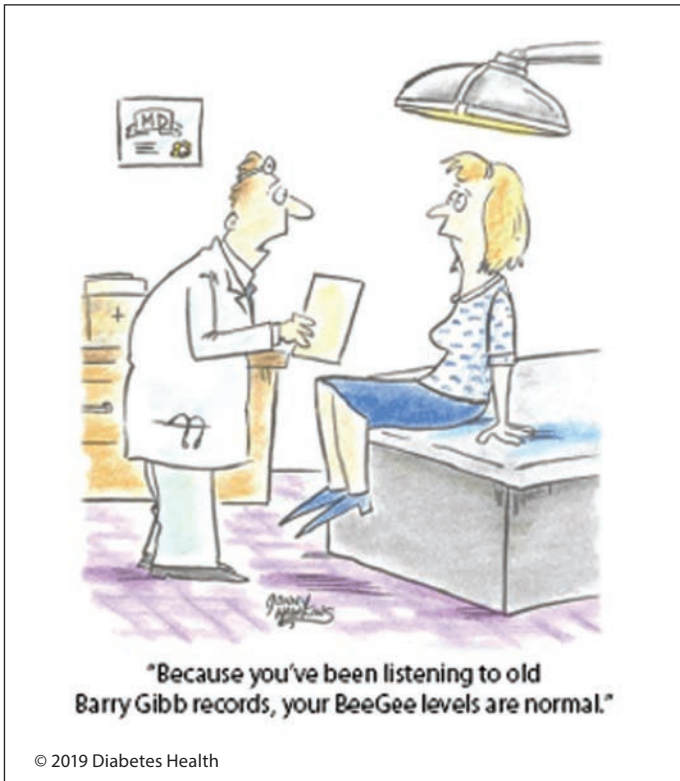
It's important for her that the ingredients should be as least processed as possible. She always looks for natural ingredients or grows the ingredients by herself. She posts her new recipe creations in her blog called Healthy Laura (healthylaura.com)



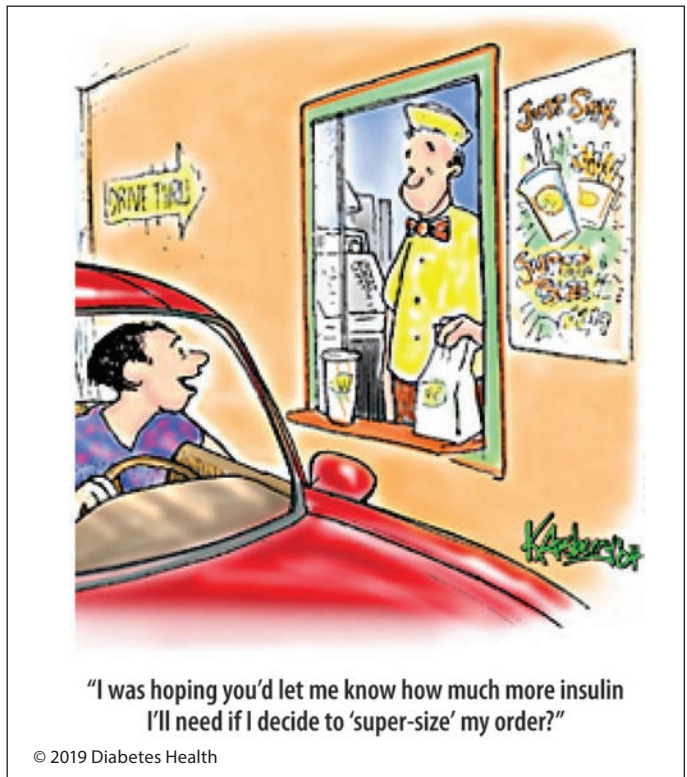
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