

BDC EPIC Conference

Diabetes Advice and Resources

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University of Colorado **Anschutz Medical Campus**

Disclosures

- None related to this talk
- CPC Clinical Research



Where is there information about diabetes?

Social media: Twitter,
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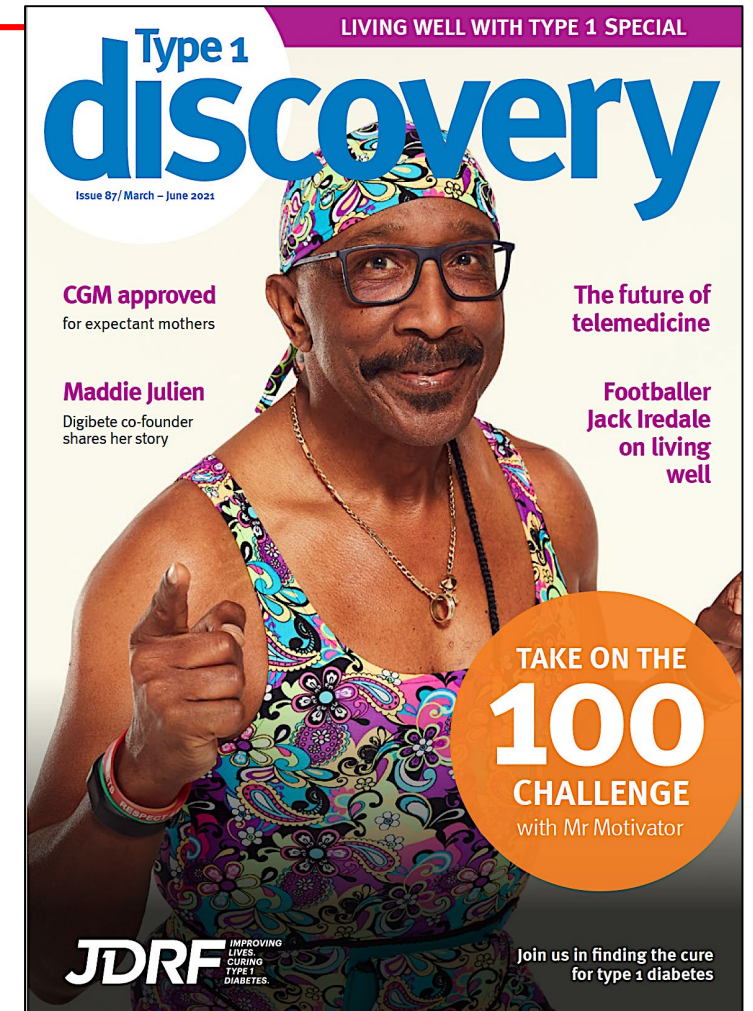
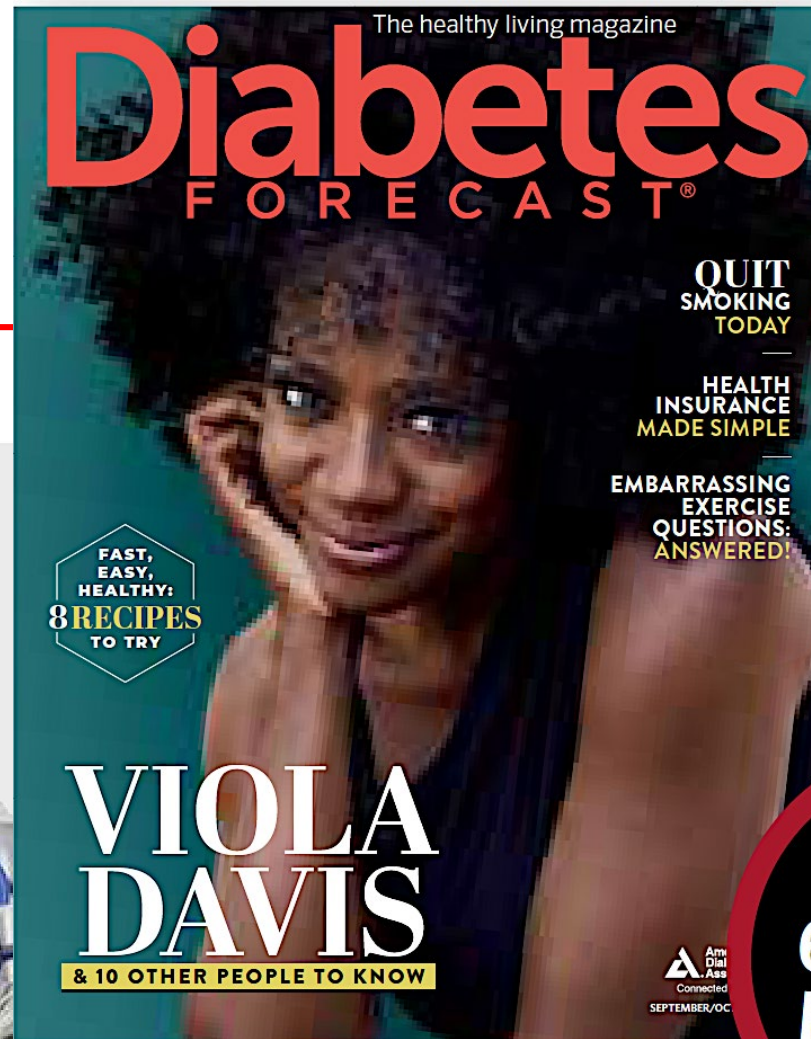
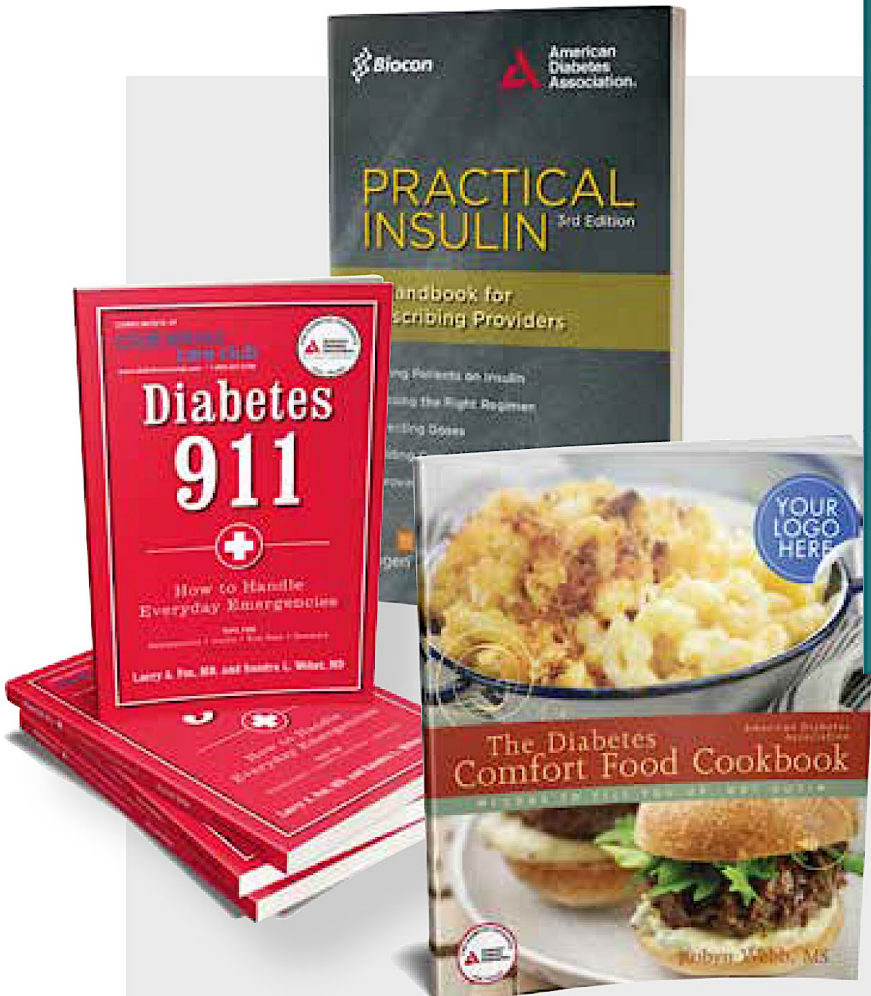
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Juvenile Diabetes Research Foundation



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Just Diagnosed? Start Here

Adjusting to life with T1D isn't always easy, but we're here to help. Find everything you need to establish your new normal.

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Type 1 Diabetes Basics

Learn what causes T1D, how it affects the body, what treatments are available, and how to find health insurance to help pay for care.

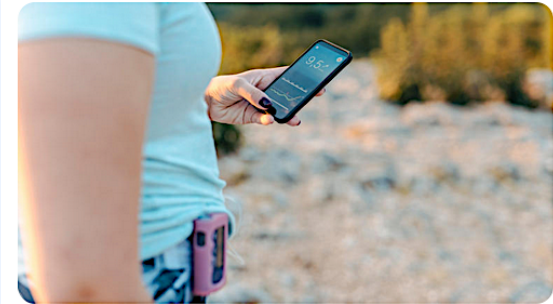
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Living With Type 1 Diabetes

Get practical tips for dealing with T1D at all ages. Topics include nutrition, driving safety, and how to stay healthy while away at school or on vacation.

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Technology

Find out the latest on the T1D tech that helps you stay healthier.

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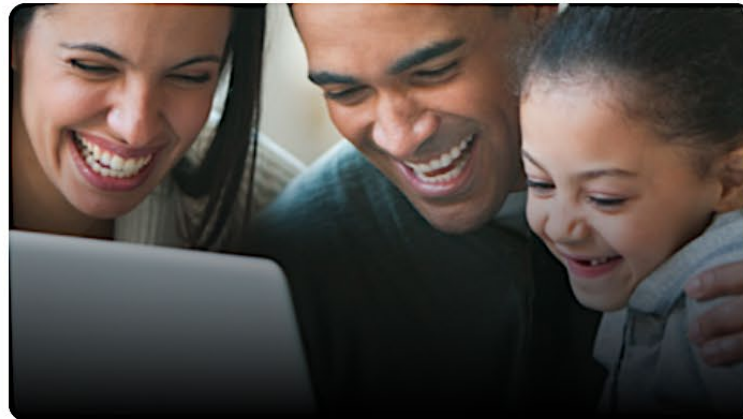
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Community Forum

Connect with people all over the world who are dealing with T1D in their own way. Share experiences and get inspired.

[Browse discussions](#)

American Diabetes Association

COVID-19

Diabetes

Know Your Risk

Healthy Living

Ways To Give

Health Equity Now

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Research

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Professionals

Take Our Risk Test

[Diabetes Overview](#) > [Type 1 Overview](#) > **Type 1 Diabetes Self-Care Manual**

<https://www.diabetes.org/>

Type 1 Overview

Type 1 Diabetes Self-Care Manual

If you have type 1 diabetes or you care for a loved one or friend who does, you face a lifetime of ever-changing challenges.

The good news is that this complex disease is manageable. The *Type 1 Diabetes Self-Care Manual* will help guide you through the different phases of life with type 1 diabetes so you can face these challenges with confidence. Written by Drs. Jamie Wood and Anne Peters, two of the leading experts on diabetes clinical care, the manual covers all aspects of type 1 diabetes. Topics discussed include:

- Basics of type 1 diabetes
- Blood glucose goals
- Diabetes care team

**Explore
Type 1 Overview:**

[Mental Health: Living with Type 1](#)

[Type 1 Diabetes - Symptoms](#)

[Type 1 Diabetes Self-Care Manual](#)

ENEWS

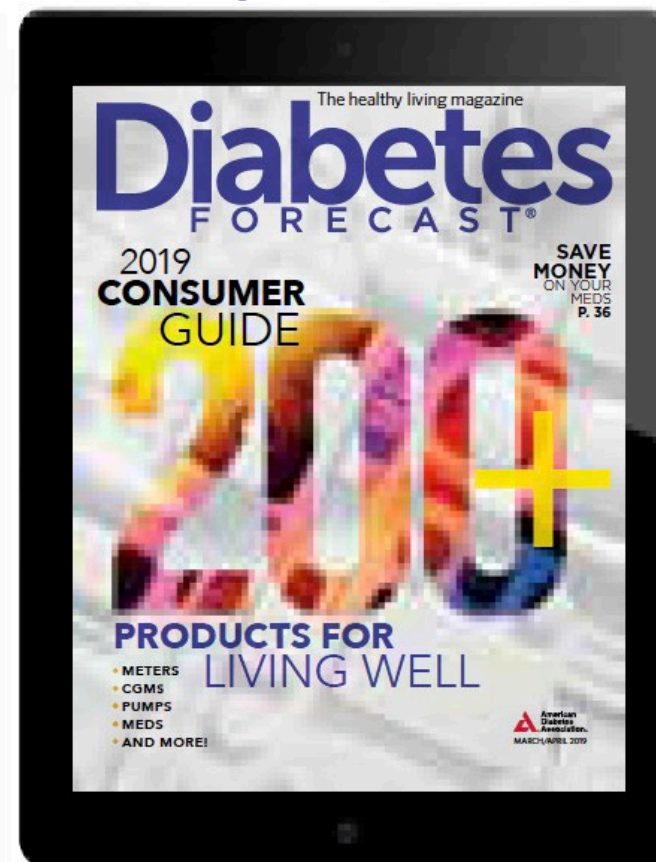


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Digital edition



**American Diabetes
Association**

<https://www.diabetes.org/>



National Institute of Diabetes and Digestive and Kidney Diseases

NIDDK

www.niddk.nih.gov

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Home \ **Health Information** \ **Diabetes** \ **Diabetes Overview** \ **What is Diabetes?** \ Type 1 Diabetes

English

What is Diabetes?	
Type 1 Diabetes	
Type 2 Diabetes	
Insulin Resistance & Prediabetes	
Gestational Diabetes	+
Monogenic Diabetes	

Type 1 Diabetes

On this page:

- [What is type 1 diabetes?](#)
- [Who is more likely to develop type 1 diabetes?](#)
- [What are the symptoms of type 1 diabetes?](#)
- [What causes type 1 diabetes?](#)
- [How do health care professionals diagnose type 1 diabetes?](#)
- [What medicines do I need to treat my type 1 diabetes?](#)
- [How else can I manage type 1 diabetes?](#)
- [Do I have other treatment options for my type 1 diabetes?](#)
- [What health problems can people with type 1 diabetes develop?](#)
- [Can I lower my chance of developing type 1 diabetes?](#)

Additional
online
resources



1•2
TYPE

Insulin Dosing Made Easier – Smart Pen Caps Cleared by FDA

Bigfoot Biomedical’s new diabetes management system will provide insulin dosing recommendations based on glucose data and a

healthcare professional’s instructions to people with diabetes who take multiple daily injections of insulin. [Continue Reading »](#)

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diaTribe provides free cutting-edge diabetes insights and actionable tips for people with diabetes. Our mission is to help individuals better understand their diabetes and to make our readers happier and healthier.



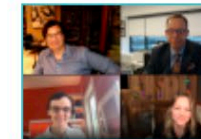
Get the Revolutionary Diabetes Book Here: Bright...
8/15/19 · TYPE 1 & TYPE 2



Low-Carb Spring Vegetables Made Easy
5/17/21 · TYPE 1 & TYPE 2



Seven Numbers to Know: Lower Your Risk for Heart...
5/17/21 · TYPE 1 & TYPE 2



Taking the Fear out of Low Blood Sugar: Next...
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Diabeteswise.org



Helping You Find The Right Diabetes Devices For Your Life.

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NEW Device Finder

Compare Device Combos Side-By-Side


Compare

SENSOR WITH SMART PUMP
Loop with Dexcom G6 & Medtronic Pump Smart System




Compare

SENSOR & PUMP
Dexcom G6 & Omnipod




Compare

SENSOR WITH SMART PUMP
Loop with Dexcom G6 & OmniPod Smart System




Talking Technology: Real Stories from PWDs from the COVID-19 Virtual Town Hall Series

WATCH THE RECORDING




NEW Device Finder

Compare Device Combos Side-By-Side



Talking Technology: Insulin Delivery During COVID-19 from the COVID-19 Virtual Town Hall Series

WATCH THE RECORDING



CHECKUP

DO YOUR DEVICES STILL WORK FOR



Additional online resources

Additional
online
resources

[Home](#) / [About Us](#)



Our Mission

DiabetesSisters is a 501(c)3 nonprofit organization whose mission is to improve the health and quality of life of women with diabetes, and to advocate on their behalf.

[Learn more](#)

About Us

- Vision
- Sponsors and Partners
- People
- Year in Review

How We Began

DiabetesSisters was founded in January 2008 by a woman who was diagnosed with diabetes as a teenager in the early 1990s. In addition to being faced with many obstacles, including social isolation, she was amazed how little information about or services for women with diabetes were available and how the issue seemed invisible within the women's health community. Her high-risk pregnancy further illuminated the limited number of resources available to women with diabetes during important life stages, such as puberty, pregnancy, and menopause. All of her experiences culminated in the formation of DiabetesSisters in January 2008.

What We Do

DiabetesSisters offers a range of education and support services to help women of all ages with all types of diabetes live healthier, fuller lives. We understand the fear and isolation that often comes with living with diabetes because we are an organization that is managed by women who are living with diabetes.

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71 following

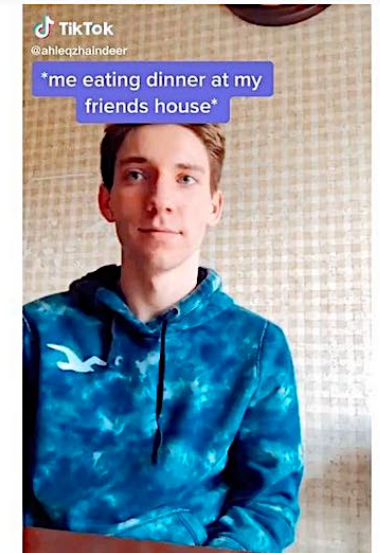
Type One Diabetes Tik Toks

dO yOU eVeN diAbEtES?

I do not own any of these videos, credit goes to the amazing type ones on TikTok who created them

POSTS

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Social media



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t1d tiktoks || type one diabetes tiktok compilation

7,628 views • Dec 1, 2019

151 2 SHARE SAVE ...



Things Not To Say To Someone With Type 1 Diabetes
BBC Three ✓
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Dad Jokes
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Key & Peele
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Mobile health apps for diabetes

Types	Description	Examples
Nutrition	<ul style="list-style-type: none">• Databases where users can look up carbohydrate, fat, protein, and energy content• Supports meal planning and insulin dose adjustment	Carbs and Cals CarbControl Foodily
Physical activity	<ul style="list-style-type: none">• Allow users to track activity, count calories and set goals for exercise and weight management	My Fitness Pal Nike 1 Running Track 3
Glucose monitoring	<ul style="list-style-type: none">• Log glucose data, typically from an external device that measures glucose (e.g., BGM, CGM)• Graphically display glucose levels to assist the patient and HCPs with management of glucose control	Dexcom Share Diabetic Diabetes Companion Diabetes in Check Glooko Mobile App Tidepool Mobile

Mobile health apps (continued)

Types	Description	Examples
Insulin titration	<ul style="list-style-type: none">• An extension of glucose monitoring; integrate bolus calculators with traditional blood glucose meters to help people with diabetes calculate their basal, prandial, and correction insulin doses	FDA-approved: WellDoc BlueStar, Voluntis Insulia, Sanofi MyDose Coach, Glooko, Amalgam iSage Rx, Hygieia d-Nav
Insulin delivery	<ul style="list-style-type: none">• For insulin pumps and smart pens to collect and display data; includes bolus calculators, data downloaders, and firmware update apps• Decision support	Companion Medical InPen (Bluetooth), Dexcom Clarity, Medtronic Sugar.IQ
AID systems	<ul style="list-style-type: none">• Consists of a CGM system, insulin infusion pump, and a computer-controlled algorithm (for do-it-yourself AID systems a smartphone app)	Medtronic MiniMed 670G/Guardian Sensor 3 Tandem Control IQ/Dexcom 6 CGM

Diabetes Digital App Technology:
Benefits, Challenges, and
Recommendations. A Consensus
Report by the European
Association for the Study of
Diabetes (EASD) and the
American Diabetes Association
(ADA) Diabetes Technology
Working Group

*G. Alexander Fleming,¹ John R. Petrie,²
Richard M. Bergenstal,³ Reinhard W. Holl,⁴
Anne L. Peters,⁵ and Lutz Heinemann⁶*

Diabetes Care 2020;43:250–260 | <https://doi.org/10.2337/dci19-0062>

Issues with mobile health apps

- 2018 AHRQ study: **11** RCTs (clinical vs. control) among hundreds of diabetes self management apps. **Five** associated with clinically significant but small improvements in HbA1c. **None** demonstrated improvements in quality of life, blood pressure, weight, or BMI. None were high quality
- Why are apps not well-studied?
 - Apps are never “frozen” in time like a medication; program developers are constantly making improvements
 - Never blinded, so placebo effect can’t be ruled out
 - Typically lower commercial value and shorter life cycles do not support high cost and time involved in conducting RCTs*

*Randomized controlled trials

Issues with mobile health apps (2)

- Lack of evidence
- Adequate training of HCPs
- Accuracy, clinical validity, quality
- Technological
- Interoperability, standardization
- Accounting for differences among populations of users
- Data security and privacy
- What is the role of the HCP? Of professional organizations?

there is a fine line between empowerment and unregulated harm. For example, potentially questionable data and/or medical opinion from a mobile health app can place a burden on a consultation if the information provided does not align with clinical guidelines in disease management (66).

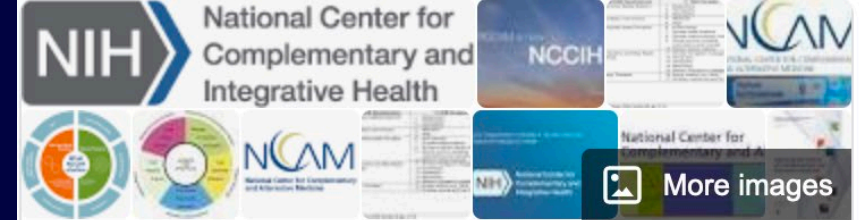
A few of the FDA-approved apps

- WellDoc BlueStar
- Voluntas Insulia
- Sanofi MyDose Coach
- Glooko
- Amalgam iSage Rx
- Hygieia d-Nav
- Any associated with approved CGM or AID systems

An important app to have

- Medical ID (Android) or Health app (Apple)
 - Create a medical profile for emergencies
 - Allergies
 - Blood type
 - Medications
 - Medical contacts

What about complementary and alternative medicines?



National Center for Complementary and Integrative Health

Government agency

 [nih.gov](https://www.nih.gov)

The National Center for Complementary and Integrative Health is a United States government agency which explores complementary and alternative medicine. [Wikipedia](#)

Parent organization: [National Institutes of Health](#)

Director: [Helene Langevin, MD](#)

Abbreviation: NCCIH (formerly NCCAM)

Headquarters: [Bethesda, Maryland](#)

Profiles



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NIH National Center for Complementary and Integrative Health


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Home > Health Information > Diabetes and Dietary Supplements

Diabetes and Dietary Supplements

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What's the Bottom Line?

How much do we know about dietary supplements for diabetes?

- Many studies have investigated [dietary supplements](#) for preventing or treating type 2 diabetes or its complications (the focus of this fact sheet).

What do we know about the effectiveness of dietary supplements for diabetes?

- For a few dietary supplements, there is weak evidence of a possible benefit. For example, chromium might help with blood sugar control, and alpha-lipoic acid might be helpful for diabetic neuropathy (nerve problems). For most supplements, however, there isn't evidence to support a beneficial effect on diabetes or its complications.

What do we know about the safety of dietary supplements for diabetes?

- Some dietary supplements may have side effects, and some of these side effects, such as kidney damage, can be serious.
- The U.S. Food and Drug Administration (FDA) is warning consumers about products for diabetes that seem too good to be true, such as those that claim to be a "natural diabetes cure" or to "replace your diabetes medicine." These products are marketed illegally. Some are harmful in themselves, and all are

Language

[En Español](#)

Related Topics

[Prediabetes: Your Chance to Prevent Type 2 Diabetes \(CDC\)](#)

[Information on diabetes](#)

[Diabetes \(NIDDK\)](#)

For Consumers

<https://www.nccih.nih.gov>



**Beware of false
knowledge; it is
more dangerous
than ignorance..**

..George Bernard Shaw



**The art of knowing
is knowing what to ignore.**

- Rumi