

Greater Hartford T1D Adult Support Group Summary and Resources

1/22/23 Meeting

Next Meeting: Monday February 26, 2024: 6:30 – 8 pm

Announcements, Resources and Planning

Resources: All are to be considered references only and not necessarily Medical or Health/other recommendations.

Reminders: 1) Feel free to email us with thoughts and ideas for meeting topics.

2.) **Tentatively, the February 26th and May 20th meetings will be in-person in Glastonbury.** We are in the process of confirming the date/space with the church. Please note that the May meeting will be held on the third Monday night due to Memorial Day being on the 4th Monday.

Events

1. JDRF Typeone Nation in-person Event 3/2/24 click link to register

< <https://www.jdrf.org/ctma/events/jdrf-typeone-nation-summit-bristol-ct/> >

2. Evaluating Current Diabetes Technology Options, TCOYD Live event. 2/21/24 4:00pm Eastern Time

< <https://events.blackthorn.io/en/36jDRT6/g/TCOYDCal/tcoydr-live-plus-evaluating-diabetes-technology-5a3cPH1jxTF/overview> >

Current Research/Policies

1. This blog highlights eight disease-modifying therapies, including one that is FDA-approved for those at risk for developing T1D, their effect in T1D, current research, and more. This is very encouraging and exciting. <https://www.jdrf.org/blog/2023/12/18/what-drug-will-be-the-next-tzield/>

2. The Expression of Insulin in the Central Nervous System: What Have We Learned So Far? <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10095302/#:~:text=Considering%20that%20both%20insulin%20mRA,cerebellar%20cortex%2C%20and%20olfactory%20bulb.>

3. 2024 ADA New Standards of Care- < https://diatribe.org/your-guide-2024-ada-standards-care?omhide=true&utm_source=diaTribe&utm_campaign=5401b35e58-EMAIL_CAMPAIGN_12_12_23_COPY_01&utm_medium=email&utm_term=0_22467a8528-5401b35e58-152715441>

Health/Medical

4. Treatment for diabetic neuropathy – Alpha-lipoic- acid (found in food)
< <https://diatribe.org/alpha-lipoic-acid-diabetic-neuropathy-does-it-work>>

5. Healthy feet with Diabetes - https://diatribe.org/diabetes-and-foot-health?omhide=true&utm_source=diaTribe&utm_campaign=653706c6ed-EMAIL_CAMPAIGN_05_16_23_COPY_01&utm_medium=email&utm_term=0_22467a8528-653706c6ed-152715441

6. Avoid these medicines when wearing your CGM-< <https://diatribe.org/what-you-shouldnt-take-when-wearing-continuous%C2%A0glucose-monitor>>

7. Supplements that may negatively affect diabetes -< https://diatribe.org/5-supplements-people-diabetes-should-avoid?omhide=true&utm_source=diaTribe&utm_campaign=cb6267041a-EMAIL_CAMPAIGN_12_12_23&utm_medium=email&utm_term=0_22467a852>

8. Cannabis use and T1D- <https://diatribe.org/does-cannabis-use-impact-type-1-diabetes>

9. Tziel - The first Disease-Modifying Therapy Approved by the FDA to delay the onset of T1D. The flyer (attached) explains the benefits of family members being tested and how to go about that process. See Item number 1. above, under **Current Research/Policies**, for an explanation of Tziel and how it works with people who test positive for T1D, but don't have symptoms yet.

Benefits/Handy Resources

10. The Ultimate Diabetes Friendly Guide to Beer and Hard Seltzer <https://diatribe.org/beer-and-hard-seltzer-ultimate-diabetes-friendly-guide>

11. Eli Lilly's new digital pharmacy service – <https://diatribe.org/eli-lilly-launches-digital-pharmacy-home-delivery-service>

12. Connecticut's new free discount drug card. This discount card is available to all CT residents and may provide discounts on your diabetes and other medication. You can use their **RX Tools** to look up medications that you take and it will provide you with the prices at various local pharmacies. 800-913-4146 <https://arrayrxcard.com/>

Diet/Nutrition/Bolusing

13. These are the 14 kinds of milk currently on the market. What each offers:

< https://diatribe.org/which-milk-best-people-diabetes?omhide=true&utm_source=diaTribe&utm_campaign=5401b35e58-EMAIL_CAMPAIGN_12_12_23_COPY_01&utm_medium=email&utm_term=0_22467a8528-5401b35e58-15271544 1>

14. TCOYD 8 minute video on Snacking with T1d. https://tcoyd.org/vv-vids-of-month/?utm_source=email&utm_medium=video-drop&utm_campaign=jan-video-drop&utm_content=Snack+Smartly#3L6OBkgKVYY

Mental Health/Encouragement

15. Kerri Sparling, author and speaker with T1D discusses working through the emotions of high blood sugars. <https://diatribe.org/navigating-guilt-around-high-blood-sugar?omhide=true&utm_source=diaTribe&utm_campaign=5401b35e58-EMAIL_CAMPAIGN_12_12_23_COPY_01&utm_medium=email&utm_term=0_22467a8528-5401b35e58-152715441>

16. Dr Mark Heyman, the Diabetes Psychologist's, weekly podcast has a 5-podcast series on low blood sugars and the fear of lows. The following sessions are the series: Podcast #166, 167,170,173,174. If this is an issue for you, this may be very helpful. Each podcast is between 14-22 minutes. Also, if you browse through the other podcasts, you will find a variety of topics that may interest you. The podcasts are free. < <https://www.thediabetespsychologist.com/podcasts/livefree-with-t1d>>

Technology Advances

17. New choices for AID (automated Insulin Delivery systems). More collaborations. < https://diatribe.org/dexcom-g7-cgm-integrates-tslim-x2-and-ilet-insulin-pumps-offering-users-more-choice?omhide=true&utm_source=diaTribe&utm_campaign=87a8710694-EMAIL_CAMPAIGN_12_12_23_COPY_01&utm_medium=email&utm_term=0_22467a8528-87a8710694-152715441> Also see #2 on the listing above.

Discussion

We had a good discussion about a number of topics that people in attendance were interested in. Some of the topics included:

- *People's experiences with the new Dexcom G7 - pretty positive.*
- *The new Tandem Mobi pump (very small) A group member will try it for 90 days and let us know what they think..*
- *Serious vision issues and treatments*
- *Mental health and high and low blood sugars are topics that people want to focus some meetings on.*

Recipe of the Month: Lower Carb Peanut Butter Shortbread

https://diatribe.org/lower-carb-peanut-butter-shortbread?omhide=true&utm_source=diaTribe&utm_campaign=cb6267041a-EMAIL_CAMPAIGN_12_12_23&utm_medium=email&utm_term=0_22467a8528-cb6267041a-152715441

Excerpted from the book: For Good Measure: A Diabetic Cookbook: Over 80 Healthy, Flavorful Recipes to Balance Blood Sugar by Jennifer Shun. Copyright © 2023 by Jennifer Shun. Reprinted with permission of Mango Publishing Group. All rights reserved.

*See you on February 26. **Diane and Jonathan***