

A smiling woman with short blonde hair is the central figure. She is wearing a wide-brimmed hat with a yellow base and a floral pattern of red and green flowers. Underneath, she has an orange and white striped long-sleeved shirt, and over that, bright green overalls with silver-colored metal clasps. She is sitting in a lush garden filled with green foliage and purple flowers. Her hands are clasped in her lap, and she is wearing a ring on her left ring finger and a ring on her right ring finger.

Diabetes Health

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12 Good Things About Having Diabetes

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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A Vast Disease

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 25 years, establishing the magazine as a preeminent consumer and professional resource.

With our profound Web presence, *Diabetes Health* leads the way with an informative blend of content and technology, delivering Nadia's enduring vision to investigate, inform, and inspire.

While working on this issue of *Diabetes Health*, I realized once again just how much thought, emotion, and effort surround diabetes. It is a vast, vast topic with no end to the attention we can give it.

The emotional, subjective experience of having diabetes is particularly important. People with diabetes need all the encouragement and empowerment possible. In "12 Good Things About Having Diabetes" (page 5), by Aimee Perrin and Scott King, we learn that the daily struggle to control diabetes often leads to a deepened understanding of life's challenges and greater appreciation for the small good things that often accompany it.

"Diabetes Dad" (page 19) continues in that vein as a father comes to understand his daughter's fight against the effects of her type 1 diabetes. Insights into how she handles her condition led to insights about himself. Being able to share their struggle helps people with diabetes not to feel alone.

Acceptance and accurate perception by non-diabetics is also a factor in diabetes. For type 2 Patrick Totty, his experience with diabetes has often included patient explanations to the non-diabetic people around him about how diabetes really works in "How (Non-Diabetic) Others See

Us" (page 13). For our type 1 correspondent Meagan Esler, being able to attend to her insulin shots in a semi-public setting sometimes requires an act of bravery: "Type 1 Diabetes: Finding Acceptance" (page 17).

In "Cinnamon Found to Fight Obesity" (Research Report, page 16), one of everybody's favorite spices returns to the spotlight after a brief flurry of fame in the early 2000s.

Perhaps the best food advice is our recipe for "Seared Tuna With a Sicilian Tomato-ey Potato Salad" (page 22). There seems to be no end to tasty recipes that can help diabetics enjoy what they eat without having to worry about high carbohydrate intake. A vast amount of thought has gone into managing diabetes over the years. We are light years away from the struggles of the 1970s and 1980s.

Start buffing those grills: Summer will be here before you know it!

— **Nadia Al-Samarrie Founder, Publisher, and Editor-in-Chief**

12 GOOD THINGS ABOUT HAVING DIABETES

Aimee Perrin, Guest Editor: Scott Millay King

My friend and fellow diabetic, Aimee Perrin, is surprisingly upbeat and happy. I asked her how she stays so positive? She offered to write it down for us.

After attending a particularly discouraging diabetes support group, I walked out thinking “we really need good news,” said Aimee. I started looking for the good things about having diabetes.

Aimee’s list is a compilation of her discussions with her type 1 and type 2 diabetes friends.

I hope her list offers you comfort and more importantly, a new positive way to look at your diabetes.

HERE ARE THE 12 TENETS TO LIVE BY:

1. KNOWING MYSELF

Socrates said, “The unexamined life is not worth living.” Over the years, because of diabetes, I’ve learned a few facts about myself:

I have a powerful liver that likes any excuse to pump out glycogen, raising my blood glucose.

If I’ve been losing my patience a lot, my blood glucose has been too high.

If my legs feel weak at the top of the stairs, my blood glucose is too low.

If I wake up in the night to tell my husband how to solve the world’s problems, my blood glucose is probably near 40!

Who else but a person with diabetes would know this much about himself or herself?

Marge, a friend of mine with type 1, remarks: “I feel like I have more insight into

Socrates said, “The unexamined life is not worth living.” Over the years, because of diabetes, I’ve learned a few facts about myself.



As people with diabetes, our emphasis is on food consumption as science. We know that good, wholesome food in its natural state brings health to everyone. We become better at making proper food choices.

how I react to certain stimuli because you have to know how your body's going to react to anything you put into it—like cream in my coffee raising my blood glucose. I know better than a doctor that my body reacts to phases of the moon, which affect hormones, which affect my glucose."

2. SEIZING THE OPPORTUNITY TO BE THE BEST I CAN BE

I believe all people naturally want to excel. Diabetes gives us a framework to know how we're doing.

Blood-glucose tests, A1cs, even the first sign of a complication are signposts telling us to get our blood glucose under better control. After the initial frustration with a higher number, I find gratitude for this cue and get back on track.

"We have better signposts than most people," offers Lorraine, a friend with type 2. "I never eat unconsciously, so I automatically keep my weight down."

Tom, a type 1 since the age of 12, explains, "Diabetes taught me at an early age how to

persevere using strength and determination to overcome adversity, to get back on my feet when setbacks occur."

3. HAVING A REASON TO EXERCISE AND KEEP EXERCISING

Every magazine has an article about the benefits of exercise. We all know it's good for us. Because I have better blood-glucose control if I exercise regularly—and I love to see the "good" numbers—it's easier to get up every day, hit the pavement and get to the gym.

Arlene, who developed type 1 in her 40s—several years after gestational diabetes—testifies: "With every bit of exercise I can do, every step I take empowers me. I feel as though I'm stamping out the complications of this disease."

4. LEARNING ABOUT GOOD FOOD AND MAKING HEALTHY CHOICES

Haidee, who has had type 1 diabetes since infancy and who has authored a satirical book of diabetes cartoons called "One Lump or Two," says glibly, "Carrots sure taste a whole lot sweeter when you're not eating Ding-Dongs!"

As people with diabetes, our emphasis is on food consumption as science. We know

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1. Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services; 2014. NND-3687-8.5x11 © 11/17 Trividia Health, Inc. Meet Lance is a trademark of Trividia Health, Inc.

that good, wholesome food in its natural state brings health to everyone. We become better at making proper food choices.

Our group has become important to us all for support whenever one of us gets news about some health concern. And, as Tom says, “having diabetes has enabled me to establish great friendships with other people with diabetes who understand in a way nobody else can the issues that I face daily.”

“By not eating junk foods and high glycemic carbs, I feel I have a lot more energy,” Marge emphasizes. “Instead of eating the foods that slow your system down and throw your blood glucose off, diabetes forces you to eat well, to make healthier choices.”

5. HAVING A COMMUNITY

Each time I read or see something about a person with diabetes, I feel such a sense of camaraderie. I can go to a diabetes support group anywhere and be surrounded by people who understand what I go through every day.

My friends with diabetes and I have a support group started by


Leon Hecht. We meet with our families once a month for a potluck. Our group includes four people with type 1, one person with type 2 and a couple whose teenage son has type 1. Those of us with type 1 meet weekly at a coffeehouse. My husband and a friend sit at the next table, forming the “Bad News About Not Having Diabetes” support group. My kids sometimes stop by; they love to see us having a good time.

Our group has become important to us all for support whenever one of us gets news about some health concern. And, as Tom says, “having diabetes has enabled me to establish great friendships with other people with diabetes who understand in a way nobody else can the issues that I face daily.”

6. GETTING TO PLAY WITH GADGETS

Believe it or not, I would clearly miss my blood-glucose meter if there was a cure. I love playing with it and checking it against what I have written in my notebook.

Granted, a reading that is out of target range can be a bummer, but a reading of 90mg/dl is cause for celebration and applause from



my family. I also enjoy keeping track of what I eat and how much insulin I take. I write it all in this cool composition book with my favorite purple pen. I think it's important to make it fun.

7. BEING CREATIVE

Being creative is fun, makes you happy and is respected by others.

I'll call it the "Art of Diabetes Management." Solving questions such as "What do I eat to get healthy blood-glucose readings?" and "How do I fit exercise into my busy schedule?" and "How do I keep myself happy when I have so many limits on my diet?" is certainly being creative.

Coming up with solutions to difficult problems takes volumes of creativity.

8. LEARNING COMPASSION FOR OTHERS—AS WELL AS FOR MYSELF

I thought I was a mean person—seriously. I snapped at my kids for no reason. I yelled at them for tiny infractions. Then, 21 years ago, I was able to get my blood glucose under much better control, using Dr. Richard K. Bernstein's "Diabetes Solution" regimen. (Get his book, "Dr. Bernstein's Diabetes

Solution: The Complete Guide to Achieving Normal Blood Sugars.")

My kids were amazed, especially my oldest son, who was away at college at the time. When he came home a year later, I was nice! It was like—"What happened to Mom?!" Most important, I've learned I can love myself because my irritability had been a result of poor blood-glucose control—not a result of my "mean" personality.

Now when someone around me exhibits troubling behavior such as anger or an inability to concentrate, I have compassion, realizing that this behavior could be physical in origin—the result of hunger, tiredness, a vitamin deficiency or even diabetes.

Through my own experience, I know that if you examine all that you've learned about yourself through diabetes, you may discover your higher spiritual purpose.



9. DEVELOPING SPIRITUAL AWARENESS

In the past, I tried to figure out what I had done to deserve such a horrible disease. But I have come to learn, through soul-searching and contemplation, that maybe I developed diabetes to teach me the most I can learn

in this lifetime about discipline, love and the importance of loving myself.

I was surprised when our consummate satirist, Haidee, said: "Having diabetes requires you to confront your mortality at an earlier age than most. People with diabetes can come to learn their purpose in life through this self-examination."

Through my own experience, I know that if you examine all that you've learned about yourself through diabetes, you may discover your higher spiritual purpose.

Learning how to treat life like a game, the game of type 1 diabetes, as in, "the game of life is easier to deal with if I see it as a game." Yes, it's 24/7/365, and yes sometimes it gets old, but the more I see it as the adventure it can be, the happier I am.

10. BEING IN CONTROL OF MY DESTINY — NO MORE BAD NEWS!


Lao Tzu, a Chinese sage, said, "He who gains victory over others is strong, but he who gains victory over himself is all powerful."

Yes, we can be in control of our destiny. However, it takes being an active participant in our diabetes—researching, reading and being fully engaged in our health. It is highly rewarding and empowering to have so much control in our own hands.

11. THE DOC (THE DIABETIC ONLINE COMMUNITY)

Through the rise in social media, I now have thousands of type 1 friends with whom I can share stories and issues about our lives that enhance our ability to learn how to manage our lives with type 1 diabetes. A few of my favorite Facebook groups are: Typeonegrit, Dr. Richard K. Bernstein's Diabetes Solution Advocacy, and Type 1 Athletes Group

12. LIFE IS A GAME

And lastly, for me, learning how to treat life like a game, the game of type 1 diabetes, as in, "the game of life is easier to deal with if I see it as a game." Yes, it's 24/7/365, and yes sometimes it gets old, but the more I see it as the adventure it can be, the happier I am. 

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1. Swidsinski, A., et al. (2008). Gastroenterol., 135(2), 568-579. 2. Martins, F.S., et al. (2009). Arch. Microbiol., 191, 623-630. 3. Klein, S.M., et al. (1993). Pharmaceut. Res., 10, 1615-1619. 4. Kabbani, T. A., et al. (2017). Gut Microbes, 1, 17-32. 5. Buts, J.P., et al. (1986). Pediatr. Res., 20, 192-196.

Diabetes Health Type 2 Diabetes: How (Non-Diabetic) Others See Us

Patrick Totty

It's always fun to get a different take on things. You sit for years a few rows up from first base and then one day you decide to go sit out by left field. Who knew the game could look so different? Or maybe a friend pokes you and points at a person in the crowd, "Hey, he looks like you!" Intrigued, you look at the stranger and think in quick succession, "He doesn't look like me. Well, he doesn't look that much like me. Hey, so that's what I look like!"

That's why it has always been interesting for me to check in with friends or family members who know that I have type 2 and ask them what it looks like from their vantage. Their answers have often contained some misconceptions. Here are the most common ones I've heard over the years:

YOU CAN'T EAT ANY SUGAR, EVER.

This is a great opportunity to teach people that sugar is just one among many carbohydrates and that carbohydrates as a whole are the sworn enemy of type 2s. Whether they do so slowly or quickly, they all turn into glucose, which is the main

concern of people with diabetes. For us, the real question is how many and what kind of carbs can we eat without spiking our numbers to fantastic heights. So, can't eat sugar ever again? No. But, a lot less sugar a lot fewer times? Yes.

YOU HAVE TO TAKE INSULIN ALL THE TIME. IS IT HARD TO HIDE TAKING IT?

Many people are confused about who takes insulin. Type 1s must inject basal and bolus daily, while most type 2s go 10 or more years after their diagnosis before having to start basal shots. Segueing to bolus shots can take more time yet.

So the answer is, "No, I inject insulin once a day late in the evening in the privacy of my home." As for being shy about injecting in public if I ever do get to bolusing, I simply say that I've seen many people with diabetes inject themselves discreetly and without fanfare. Given how

This is a great opportunity to teach people that sugar is just one among many carbohydrates and that carbohydrates as a whole are the sworn enemy of type 2s.

Diabetes doesn't work on people's exteriors. High blood sugar inflames, and inflammation isn't an external thing. You can't see the toll it's taking on organs and blood vessels. The body goes into a permanent state of high alert, which stresses it beyond the normal wear and tear of everyday life.

common the disease has become, there are few people left who will be miffed or shocked at the sight of somebody squeezing off a quick shot. Bottom line: I'm not going to endanger my health just to spare some stranger's overly delicate sensibilities.

I'M CONFUSED: IS THERE MORE THAN ONE KIND OF DIABETES?

This is where we can help lift the cloud of confusion that scuds around in many people's minds. I just recite an easy-to-remember formula: Type 1 diabetes is a genetic condition that people are born with. There's nothing they can do about it. Their bodies mistakenly destroy their ability to produce insulin. Type 2 is brought on many times by poor lifestyle choices. Not always, though, since there may be a genetic component to it. But, to be clear, type 1 involves no choice; type 2 most certainly does.

YOU LOOK PRETTY GOOD. TELL ME AGAIN HOW HIGH BLOOD SUGAR HURTS YOU?

Diabetes doesn't work on people's exteriors. High blood sugar inflames, and inflammation isn't an external thing. You can't see the toll it's taking on organs and blood vessels. The body goes into a permanent state of high alert, which stresses it beyond the normal wear and tear of everyday life. Diabetes is "progressive" in the sense that its effects on the body progress from initially mild to increasingly harmful.

YOU MENTIONED LIFESTYLE CHOICES AS ONE CAUSE OF TYPE 2. THAT MEANS I COULD DEVELOP IT. WHAT CAN I DO TO AVOID THAT?

I tell friends that the best way to avoid the onset of type 2 is to act as if they already have it. That means adopting a routine that we type 2s already know so well:

- Exercise—Usually walking or biking. (Short bursts of intense exercise, such as wind sprints, stair climbs, or fast treadmill workouts have also been shown to produce great aerobic results with far less investment of time than long walks or bike rides.)



- Lose weight—The rule of thumb these days is that even a 5 percent loss (10 percent is better) of total body weight often leads to dramatic reductions in blood pressure, insulin resistance, and blood sugar levels while increasing levels of energy.
- Eat well and intelligently—Many nutritionists are concluding that “grazing,” eating several small meals throughout the day, decreases stress on the pancreas system by lessening the size of the sugar loads it has to deal with.

But more important than when you eat is what you eat: Avoid a high carbohydrate intake. The availability of cheap and abundant carbs, even the ones that are supposed to be good for you (whole-grain, low glycemic numbers), has been one of the reasons diabetes has become an epidemic. Look into research that increasingly is debunking the notion that limiting fat and protein somehow staves off cardiovascular problems and inflammatory diseases like diabetes.

- Consider taking metformin—More and more doctors and endocrinologists who deal with some of the estimated 80 million people with pre-diabetes in the United States are prescribing metformin for them.

It’s a benign and cheap drug that works by limiting how much glucose the liver produces. In combination with the steps above, taking metformin is a pre-emptive move, designed to give a body that’s heading toward type 2 a chance to avoid slipping into a permanent state of high blood sugars and insulin resistance.

- Look online for Gary Taubes, the author of two highly acclaimed books (“Why We Get Fat” and “Good Calories, Bad Calories”) that have done much to force a re-examination of the roles carbohydrates, fat, and protein play in the development of obesity and inflammatory disease. Dr. Richard Bernstein, who has written the “Q&A With Dr. Richard Bernstein” column on this website, has also written a seminal work on the role of carbohydrates in diabetes, “Dr. Bernstein’s Diabetes Solution.” [DH](#)

But more important than when you eat is what you eat: Avoid a high carbohydrate intake. The availability of cheap and abundant carbs, even the ones that are supposed to be good for you (whole-grain, low glycemic numbers), has been one of the reasons diabetes has become an epidemic.



DIABETES HEALTH IN THE NEWS:

Cinnamon Found to Fight Obesity and Fat

Diabetes Health Staff

Genetic Variants Linked to Heterogeneity of Type 1 Diabetes

Diabetes Health Staff

Researchers from the University of Michigan recently discovered that an essential oil in cinnamon may be useful in the fight against obesity. Cinnamaldehyde was shown to boost metabolic health via stimulating fat cells to burn energy – a process known as thermogenesis.

The new study tested fat cells from volunteers with cinnamaldehyde. The results noted an “increased expression” of enzymes and genes that boost metabolism. It also increased the proteins that are beneficial to thermogenesis.

While the study authors suggested that cinnamaldehyde could be useful in the fight against obesity, they did not endorse cinnamon as a weight-loss method. More research is needed before that connection can be made. [DH](#)

These findings were published in *Metabolism* in November 2017.

A new study has found that genetic variants including transcription factor 7 Like 2 (TCF7L2) contribute to the phenotypic heterogeneity of type 1 diabetes. Researchers from Houston’s Texas Children’s Hospital investigated the relationship between TCF7L2 and metabolic characteristics at the time of type 1 diabetes diagnosis. They used 810 patients who had recently been diagnosed with autoimmune type 1 diabetes.

The study found that a major factor for expressing single autoantibody at diagnosis was the rs4506565 variant. This association was found significant in participants over the age of 12. From this information, researchers could deduce that TCF7L2 variant carriers have a milder metabolic phenotype at the time of type 1 diabetes diagnosis. [DH](#)

These findings were published in *Diabetes Care* on October 17, 2017.

A new study has found that genetic variants including transcription factor 7 like 2 (TCF7L2) contribute to the phenotypic heterogeneity of type 1 diabetes.

Diabetes Health Type 1 Diabetes: Finding Acceptance

Meagan Esler

I don't have lots of cash, or a big house. I work a ton of hours and don't even have a lot of spare time, but there are some things that are just worth doing. A little sacrifice of time can do wonders for perspective and even our own health. I recently got to volunteer to help prepare a meal at the Ronald McDonald House in my area. This is where families can stay so they can be near their children as they undergo serious medical procedures or lengthy hospital stays. I was surprised at just how much this volunteer opportunity meant to me.

There is a brand-new Ronald McDonald House in my area and as I viewed the schedule for meal preparation opportunities, I saw it was pretty much wide open. I just couldn't say no to this. They needed people to come in and cook for the families. Was my life honestly so busy that I couldn't sign up for one meal?

The women on a hospital auxiliary I belong to decided to sign up to make lunch

and dinner for the families at the Ronald McDonald House. I signed up to make an Italian Pasta Salad. Others made Hot Ham and Cheese Sandwiches, Veggie Trays, Fruit Trays, Deli Trays, and Chocolate Chip Cookies. Everyone brought ingredients, for cooking and for stocking the pantry, and went right to work. The kitchen was enormous. There were two huge islands in the middle and four cooking stations, each complete with stove, sink, and dishwasher. I felt right at home cooking and found all the necessary equipment quickly. You could see the comfort in the faces of the family members as

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they commented on how good the house smelled with all our cooking.

It doesn't take a lot of time, or money, to prepare a meal for someone needing comfort. If you love to cook, and want to help someone going through a difficult time, check out the openings at a Ronald McDonald House near you.

We served the families, including a parent whose child was in the hospital, a young girl with cancer, and a two-year-old boy with a brain tumor. He kept us smiling as he rolled his ball through the dining room, giggling all the way as he chased it. I was honored to help nourish them and hear some of their stories. When it came time for us to eat, I hesitated for a brief second as I went to get my insulin and syringe out of my purse. Should I go to another area of the house to take my injection? I decided not to leave the room. I'd never taken a shot

in front of the auxiliary members before, and suspect that many of them didn't know about my diabetes, but if you can't take a shot in a house that comforts and cares for people dealing with very serious medical problems, where can you?

I took my shot in my hip and went up to eat. I am always discreet, but I am sure some people saw. No one said a word. Everyone continued helping themselves to food, eating, and chatting. I felt accepted. It felt good to take my shot just like I would in my own home. I told my husband, the real cook of the family, all about the Ronald McDonald House. We love to cook together and hope to prepare a meal there soon. With all the openings I saw, I hope many more people will do the same. It doesn't take a lot of time, or money, to prepare a meal for someone needing comfort. If you love to cook, and want to help someone going through a difficult time, check out the openings at a Ronald McDonald House near you. [DH](#)

Diabetes Dad: Year 26 Starts Today—Some Tips We Learned Along the Diabetes Roller Coaster Roadway

Diabetes Dad- Tom Karlya

Now listen carefully if you have been at this 'diabetes thing' for a few years and you are 'losing your grip'. Hang in there.

Today marks the beginning of year 26 since Kaitlyn was diagnosed in 1992 at the age of 2, with this monster called diabetes. But take heart, we have learned a ton and here are just a few morsels of education.

- 1:** Education is the equalizer in diabetes. Nothing levels the playing field like knowing as much as you can.
- 2:** Don't do nothing. Every diabetes organization/movement/action is only as good as the people inside the organizations. If we do not do for our own, who will?
- 3:** You will meet the most incredible people on earth in this journey, who are in the same battle as you. Seek them out, they are beyond amazing, inspiring, and dedicated.

4: Hang out with people who are smarter than you about diabetes...I spend/spent my life doing this.

5: It's not all about one organization or one, well anything do not be afraid to help/be-involved with more than one...open your mind. Never stay with some place because it's merely convenient.

6: Open your mind and ask a million questions because the smartest people you THINK are so smart...may not be as smart as they want you to think.

7: Don't ask "if" they can do something, figure out a way "how" to allow them to do something. They should be limited by nothing.

8: If you hang around with naysayers, you become one.

Education is the equalizer in diabetes. Nothing levels the playing field like knowing as much as you can.

Social media is an incredible highway of information. Harness it, but never forget that 'the someone' giving you information can be as anonymous as they want.

9: If you give up hope, you are doomed. (If people say you should not think a certain way, see #6.)

10: Blood glucose numbers are a gauge not a report card. Learn, adjust, move forward.

11: Kids with diabetes are still kids, never forget that.

12: Your kids without diabetes should not come in second in everything moving forward. DO not just EXPECT them to ALWAYS understand (see #12). You'll figure it out, but only if you want to.

13: Glucose numbers are not as important as showing your child love. And no matter how many hours you are awake, or the amount of tears you shed, if your child has T1D and you do not know what it is like. (and your kids will not know what it is like to be a parent either.).

14: If someone is active in an organization that you do not agree with, do not look at as they are wrong and you are right, look at it as they are in the minority of

people who are DOING something in the diabetes world and respect them for it.

15: If you think you know all there is to know about diabetes you're stupid.

16: Do not waste energy on ignorance but also remember that you did not know until you had to know.

17: Remember how important your medical professionals are and that social media input does not always show the best way.

18: Social media is an incredible highway of information. Harness it, but never forget that "the someone" giving you information can be as anonymous as they want.

19: Life is life. We all have life dealt to us. We also are invited by life to live it. Look for all of the most exciting things that life has to offer— and it offers so much. Take it one day at a time and let no one, nor one thing, stop you and your child from living it.

Dreams do not start when you go to bed, they start each morning when you start living them. [DH](#)

I am a DiabetesDad.
Diabetesdad.org

1 jam-packed day. 29 rides.
No fingerpricks*.

Elizabeth and Erin H.,
mom and T1D



The Dexcom G5® Continuous Glucose Monitoring (CGM) System is the first CGM approved by the FDA to let you make diabetes treatment decisions without pricking your finger.* A small sensor continuously measures your glucose levels and sends data to a receiver or smartphone† every 5 minutes. And only the Dexcom G5 lets you share this data with up to 5 followers,‡ plus set high and low glucose alerts.



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*Fingersticks required for calibration, or if symptoms or expectations do not match readings, or when taking medications containing acetaminophen.

†For a list of compatible devices, visit www.dexcom.com/compatibility ‡Separate Follow app required

BRIEF SAFETY STATEMENT The Dexcom G5 Mobile Continuous Glucose Monitoring (CGM) System ("G5") is a glucose monitoring system indicated for the management of diabetes in persons age 2 years and older. The G5 is designed to replace fingerstick blood glucose testing for diabetes treatment decisions. The G5 also aids in the detection of episodes of hyperglycemia and hypoglycemia. The G5 is intended for single patient use and requires a prescription. **CONTRAINDICATIONS** Do not rely on the G5 CGM data if you have recently taken acetaminophen. Remove the G5 (sensor, transmitter, and receiver) before Magnetic Resonance Imaging (MRI), Computed Tomography (CT) scan, or high-frequency electrical heat (diathermy) treatment. The G5 is MR Unsafe. Do not bring any portion of the G5 into the MRI environment. **WARNING** CGM-based diabetes treatment decisions are only approved with the G5, not previous generations of Dexcom CGM systems. Calibrate at least once every 12 hours using a fingerstick. If your G5 does not display a sensor glucose reading and an arrow, or if you are getting inaccurate or inconsistent readings, take a fingerstick. If your glucose readings and alerts do not match your symptoms or expectations, take a fingerstick to confirm. Failure to do so may lead to hyperglycemia or hypoglycemia. The G5 is not approved for use in pregnant women, persons on dialysis or critically ill persons. If a sensor breaks and no portion of it is visible above the skin, do not attempt to remove it. Seek professional medical help if you have infection or inflammation on or near the sensor insertion point. Report broken sensors to Dexcom Technical Support. Sensor placement is not approved for sites other than under the skin of the belly (ages 2 years and older) or upper buttocks (ages 2-17 years). To "share" data, you need an internet connection and a separate compatible smart device running the Dexcom Follow App. Contact Dexcom Toll Free at 877-339-2664 or www.dexcom.com for detailed indications for use and safety information. Internet connectivity required to access Dexcom Follow. © 2018 Dexcom Inc. All rights reserved. This product is covered by U.S. patent.

LBL014743 Rev003

Seared Tuna With a Sicilian Tomato-ey Potato Salad

A really summery number with lots of Mediterranean flavors, this is a perfect dish for outdoor eating.

Serves 4

1½lb new potatoes, quartered

2 tablespoons olive oil

2 garlic cloves, sliced

2 onions, finely sliced

1 teaspoon dried oregano

1 fresh chile, seeded and finely chopped

4 anchovy fillets, coarsely chopped

1 (14-oz) can plum tomatoes

juice of 1/2 lemon

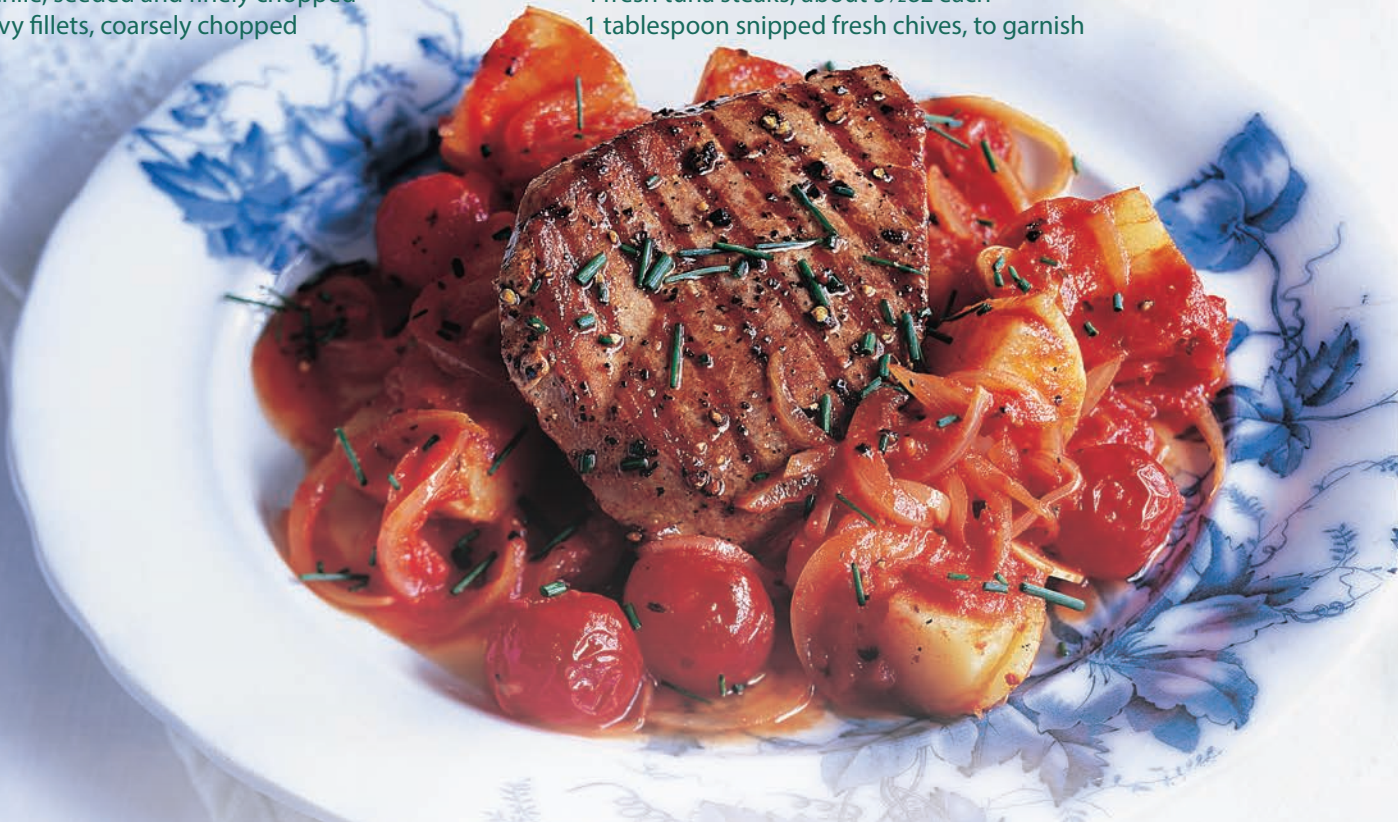
1 teaspoon sugar

salt and freshly ground black pepper

12 cherry tomatoes

4 fresh tuna steaks, about 5½oz each

1 tablespoon snipped fresh chives, to garnish



1. Cook the potatoes in boiling salted water for 15 to 20 minutes or until tender but still intact. Drain and set aside.
2. Heat 1-1/2 tablespoons of the olive oil in a saucepan, add the garlic, onion, oregano, chile, and anchovies, and cook for 5 minutes. Drain the canned tomatoes into a sieve over a bowl to collect the juices and set the tomatoes aside. Add the juices to the onion mix, then the lemon juice and sugar. Cook until the sauce is thick then season to taste with salt and pepper.
3. Crush the canned tomatoes between your fingers to create small pieces and add to the sauce along with the potatoes and the cherry tomatoes. Cook for 5 minutes.
4. Brush a ridged grill pan with the remaining olive oil and place it over high heat. Season the tuna, then cook for 1 minute on each side. Set the tuna on top of the potato salad and sprinkle with chives

TIP I urge you not to overcook the tuna, otherwise you might as well open a can. This salad is equally good eaten the next day at room temperature, maybe this time using flakes of canned tuna.

Amount per portion

Energy 427 cals, Protein 41.5g, Fat 13.7g, Saturated fat 2.4g, Carbohydrate 36.7g,
Total sugars 10.5g, Fiber 3.6g, Salt 1.36g, Sodium 536mg

Recipe and photo:

Excerpted from The Essential Diabetes Cookbook by Antony Worrall Thompson (Kyle Books, 2010) Photo Credit: Jonathan Gregson

Diabetes Health

Stay Inspired with the Publication that was Nominated for "Best in Health" in 2014

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.

Subscribe Now and Stay Motivated With A Publication That is Dedicated to make Your Life Easier - You Deserve the Gift of Diabetes Health

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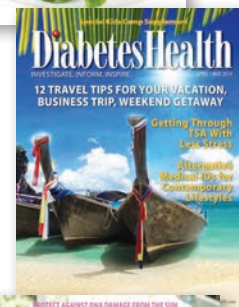
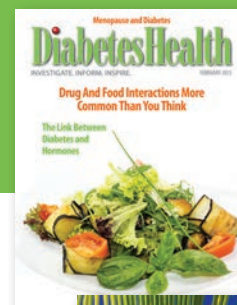
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