



# Diabetes Depot

## Summer 2020 Newsletter

Welcome to the summer edition of the Diabetes Depot newsletter! We hope you will benefit from some COVID-19 updates with a diabetes perspective; as well as summertime health tips, event updates, featured product savings and refreshing recipes.

These past few months at Diabetes Depot have been busy helping people make sure they have enough pump and other supplies. We have also welcomed many new clients too, so a big **Thank You** to those who have been recommending us to their family and friends!

After months of new COVID-19-related measures, I'm sure you'll agree that it's nice to see the sunshine and be able to finally start "growing our bubble" after all of our curve-flattening efforts.

Enjoy the summer and stay healthy!

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### WIN a ticket to the Diabetes Canada No Limits With T1D Virtual Conference!

The No Limits With T1D Conference is virtual this year and we have 6 tickets to give away! To win a ticket, please send us an [email](#) by Friday, August 28, 2020, with a tip that you found helped you better manage your diabetes during Covid-19. We will randomly draw from the submissions and inform the 6 lucky winners by August 31, 2020!



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### Don't Let Chronic Conditions Take a Back Seat to COVID-19!

During the first few months of COVID-19, many people either avoided or weren't able to receive their usual appointments or assessments for chronic conditions, such as diabetes. For some, this has resulted in delayed care plan updates and potentially, sub-optimal management of their condition.



An article in the June edition of Cell Metabolism<sup>1</sup> offered notable findings for people with diabetes infected with COVID-19. While the article

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<sup>1</sup> [https://www.cell.com/cell-metabolism/pdfExtended/S1550-4131\(20\)30238-2](https://www.cell.com/cell-metabolism/pdfExtended/S1550-4131(20)30238-2)

references a study of people with T2D, the key points can be reasonably applied to people with T1D as well. The findings showed:

- 1) Having diabetes correlates with a worse outcome for COVID-19. And,
- 2) People with optimal glycemic control experienced fewer fatalities than those whose blood glucose levels were poorly controlled. .

In other words, well-controlled blood glucose could be very important to your recovery if you do catch COVID-19. Until a vaccine is available, there will likely continue to be a variety of measures we will all have to take to avoid COVID-19. Make sure your glucose control is also a priority!

If you have questions about your diabetes, but are unable to have in-person or virtual appointments with your usual healthcare providers, here are some helpful resources:

- Diabetes Canada has staffed up their call lines with more CDEs to assist people with questions during the pandemic. Call 1-800-BANTING (226-8464) or email [info@diabetes.ca](mailto:info@diabetes.ca)
- Diabetes Depot is operated by LMC Pharmacy and our team of certified pump trainers, CDE nurses, dietitians and pharmacists and fellow T1D pumpers are available to help with your product and care questions. Call 1-888-678-8887 or email [info@diabetesdepot.ca](mailto:info@diabetesdepot.ca)
- [Free Online Group Education Workshops](#) are available from the LMC Healthcare Diabetes Education Program. Choose from a variety of topics, including Taking Care of Yourself During COVID-19, Carb Counting and Advanced Sessions.

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## Measuring Up: A1c is Good – Time in Range is Better!

The way we measure blood glucose has come a long way! Its hard to believe that we've gone from sampling (tasting) urine<sup>2</sup>, to dipsticks with colourful result pallets, to finger prick blood tests that required large blood samples and now to only requiring a tiny drop of blood or to devices that hardly require any blood at all, i.e. Continuous Glucose Monitors (CGMs -Dexcom, Guardian 3) and Flash Glucose Monitors (FGM- Libre) technology.

Changes in the way we measure blood glucose are not only helping improve quality of life for people living with diabetes, they're also giving us new ways to interpret and use the data that's collected to make changes to diabetes regimens. If you live with diabetes, you're likely familiar with the A1c blood test and discussing ways to improve or maintain your A1c with your diabetes care provider. What many people don't realize is that A1c tells us an average of what blood sugar levels have been like over a 3 month period, but it doesn't capture the frequency of high and low blood sugars that could be making diabetes management difficult. In theory, someone could be experiencing frequent severe high and low blood sugars and still have an A1c at target. As CGM and FGM use increases, especially in people with T1D, users and healthcare providers are now in a position to move beyond

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<sup>2</sup> <https://www.sekisuidiagnostics.com/blog/diagnostics/2017/12/16/evolution-diabetes-testing-taste-test/>

simply aiming for a target A1C reading. The ability to see 24/7 glucose measurements and patterns allows us to know whether we are achieving optimal “time-in-range”.

Time-in-range refers to the proportion of time spent between specific low- and high- glycemic thresholds (for example, between 4.0-10 mmol/l). Here are a couple of articles that talk more about the importance of time-in-range and the shift to include this measurement in our care plans. Note: These articles reference glucose levels in US measurements. To convert to Canadian, divide the number by 18. E.g. 180 mg/dL (US standard) = 10 mmol/l (Canadian / International standard)

- [Time-In-Range: The New Gold Standard?](#)
- [Time in range: a new parameter to evaluate blood glucose control in patients with diabetes](#)

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### Summertime Insulin Reminders

Some like it hot! But insulin and heat don't mix.

- Skin warmed by the sun has increased blood circulation, which can accelerate the absorption of insulin. This increases the risk of hypoglycemia if an injection site is exposed to the sun. To prevent this, choose an injection site not exposed to the sun and check your blood glucose more often.
- Extreme heat can decrease the effectiveness of your insulin. If you are outdoors or out on a long, hot day, use a cooler bag, thermos or [insulin cooling sleeve](#) to protect your insulin from the heat.

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### Insulin Pump News and Upcoming Events

- **August & September Adventures**      [iChallenge Diabetes](#)
- **Wednesdays**      [Wellness Wednesday Webinar \(Diabetes Hope Foundation\)](#)  
DHF has created a series of Wellness Webinars to ensure that T1D youth have a virtual platform to stay grounded and connected through COVID-19.
- **Sept 4, 2020 deadline**      [Medtronic COVID-19 Payment Relief Program](#)  
If you do not receive or qualify for government funding of your insulin pump supplies, and have lost your job and have no insurance coverage, or you have lost your primary and secondary insurance coverage, you can apply for Medtronic's program providing a 3 month supply of infusion sets, reservoirs and CGMs.
- **September 12 & 19, 2020**      [Diabetes Canada No Limits With T1D Virtual Conference](#)
- **September 25-27, 2020**      [Connected in Motion – Ontario Hybrid Slipstream](#)  
Meet other T1s in your community both virtually and in real life! No need to travel! Programming will happen online and in communities throughout Ontario.
- **Pump Info Sessions**
  - [Medtronic Virtual Information Sessions](#)
  - [Tandem Tuesdays!](#)

- [Ypsomed Virtual Information Sessions](#)

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## Diabetes Depot Stock Status and Specials!

Stock levels at this time are very strong for Medtronic and Unomedical products, good for Libre and Guardian 3 Sensors, and limited for Roche and Ypsomed items. Canada Post and other couriers are experiencing higher order volumes and have informed us that deliveries may take 3-7 business days to arrive. If you require express shipping or have therapy questions please call us at 1-888-678-8887 or email [info@diabetesdepot.ca](mailto:info@diabetesdepot.ca)

### Special Sale: Medtronic Guardian 3 Sensors!



The Guardian Sensor 3 is the smallest glucose sensor from Medtronic! These have an expiry date of **November 2020** so we're sharing a great price!

[Diabetes Depot Special Price \\$387.50](#) (5/box)

Regular price: ~~\$397.50~~ (MSRP \$399) Product Code MMT-7020C4

### Special Sale: Inset II Infusion Set – 6mm Cannula, 60cm (23”) Tubing – Grey

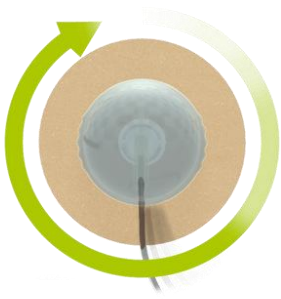


These Animas sets have an expiry date of **November 2020** so we're sharing a great price!

[Diabetes Depot Special Clear Out Price \\$170](#) (10's)

Regular price: ~~\$192.99~~ (MSRP \$205) Product Code 100-410-50

### Orbit MICRO Steel (Luer) Infusion Set – The Alternative for Standard Luer-lock Connections



Smallest most comfortable steel infusion set that spins. Box with 10 steel 90° cannula (5.5mm or 8.5mm) and 10 blue tubing available in 24", 30" and 42" lengths. Body grip tape-body heat activated.

[Video: Orbit infusion sets -- the alternative for infusion pumps with standard Luer-lock connection](#)

[Diabetes Depot Special Price \\$149.95](#)

Regular price: ~~\$159.95~~ (MSRP \$172.14)

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**Ending this edition on a sweet note...**

**Apple Donuts** have half the carbs of a normal donut, and provides whole fruit and protein-rich dairy.

[Click here for more information and the recipe!](#)

