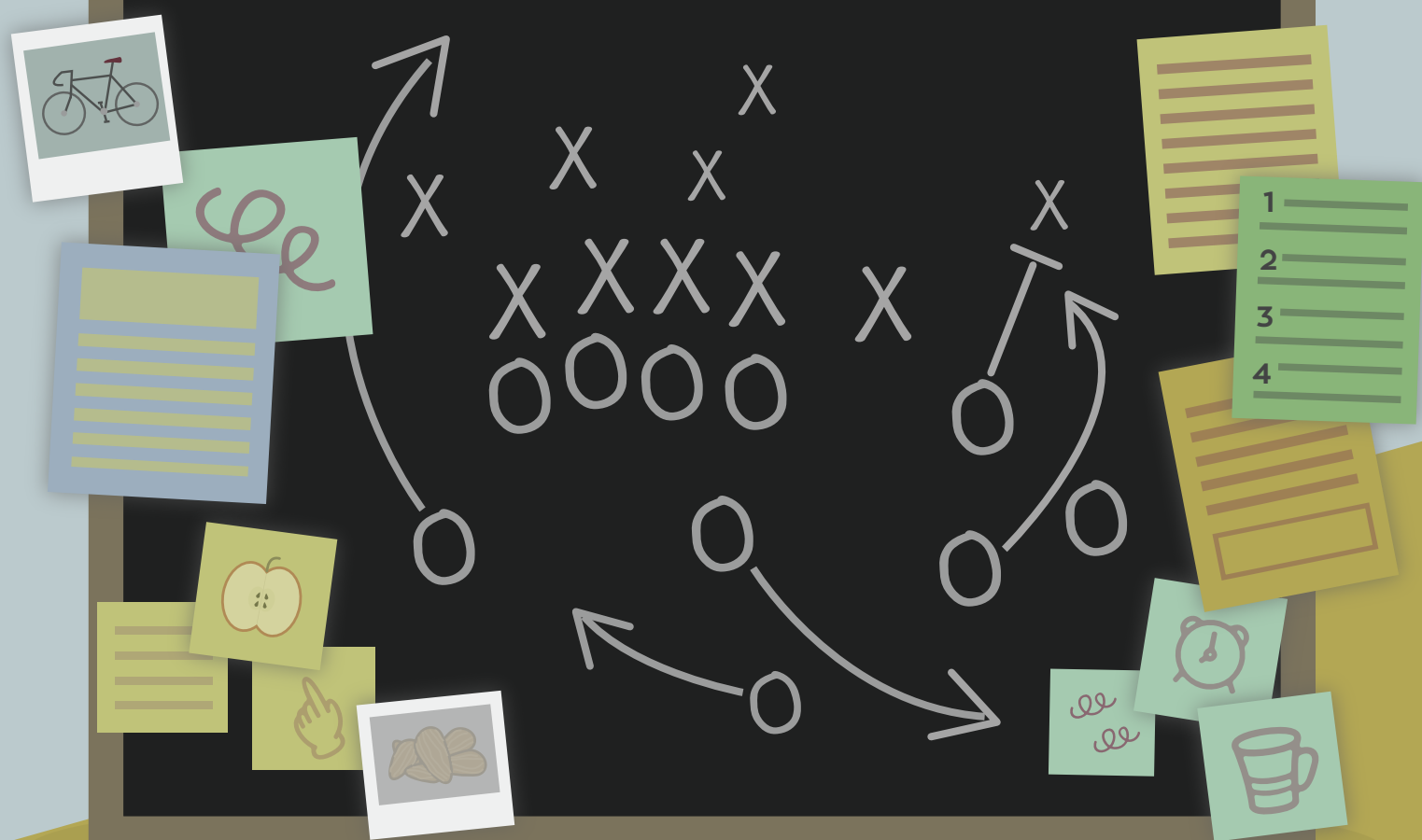


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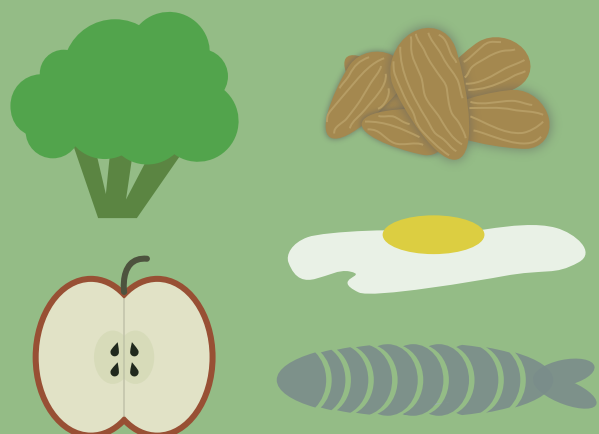
GAMECHANGERS FOR MY DIABETES MANAGEMENT

WRITTEN BY **ADAM BROWN** FOR **DIATRIBE.ORG** |  @ASBROWN1



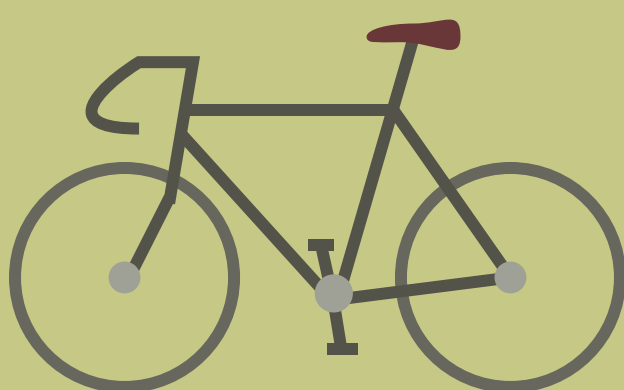
When I was a teenager, I consistently ran an A1c in the 8.0%-9.0% range. At the time, I didn't truly grasp the implications of such careless diabetes management. But in college, something clicked. Since then, I've consistently had an A1c under 7% and have spent a much larger portion of my day in an ideal blood glucose range.

Reflecting back, I identified four critical gamechangers:



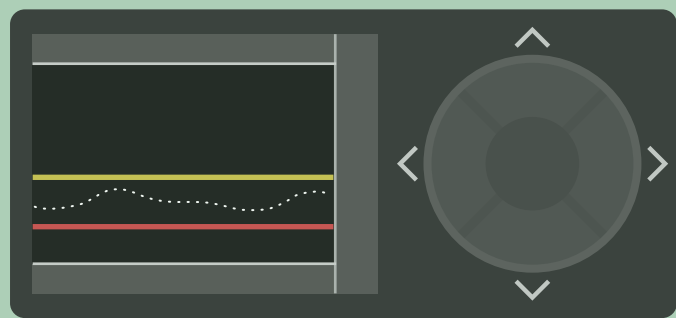
Low Carb Diet

- **Wider margin for error:** I take much smaller doses of insulin (usually one to three units per meal), meaning my blood sugar is less susceptible to errors in carb counting, changes in insulin sensitivity, infusion set failures, etc.
- **Smaller glycemic excursions:** When I do get it wrong, I'm generally correcting a 150 mg/dl instead of a 350 mg/dl.
- **Less risk of insulin stacking/insulin on board:** Since I'm using smaller quantities of insulin, the risk of hypoglycemia is diminished.



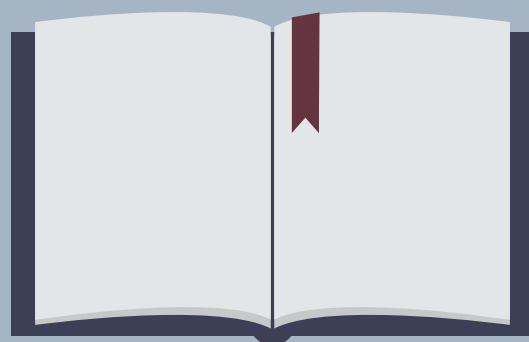
Exercise

- **Higher insulin sensitivity:** On days when I fail to exercise, I need much more insulin (basal & bolus), and glycemic spikes tend to be higher.
- **An insulin alternative:** Often, I use exercise instead of taking insulin to correct a high.
- **More energy:** On days when I exercise, I seem to have more energy than on inactive days.
- **Stress relief and general happiness:** Perhaps even more than the glycemic benefits, exercise is critical for reducing my stress levels and making me a happier and more positive person.



CGM

- **Glucose change in real time:** This one device has helped me cut off both highs and lows during the day and at night, and has kept me out of the hospital many times in the past few years. Insulin, though life saving, is also one of the world's most dangerous drugs, and CGM gives me a priceless security blanket. For those not on CGM, I encourage you to try it. Once you experience the real-time data, you may ask yourself how you lived without it.



Education

- **Educational Websites:** diaTribe.org, diabetes.org, jdrf.org, diabeteseducator.org, ndep.nih.gov, diabetes.niddk.nih.gov
- **Online Communities:** ChildrenwithDiabetes.com, DiabetesDaily.com, TuDiabetes.org
- **Books:** Think Like a Pancreas, Pumping Insulin, Diabetes Burnout, Diabetesity, Why We Get Fat, The Four Hour Body, The Paleo Diet, The China Study, The Blue Zones
- **Movies:** Food Inc., Fed Up, Super Size Me