

ON THE **CUTTING EDGE** Diabetes Care and Education

TYPE 1 DIABETES

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Message from the Theme Editor:

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"No person gets to choose what challenges they will face in life. Everyone gets to choose how they will approach those challenges."

– STEVE RICHART, PERSON WITH TYPE 1 DIABETES (T1D) AND MOUNTAIN CLIMBER

When I was asked to serve as the theme editor for this *On the Cutting Edge* (OTCE) issue focusing on T1D, I immediately thought of 10 to 12 topics that would be great to include in the issue. During our first theme team conference call, topic ideas were generated faster than we could write them down. Then came the task of narrowing our topics and identifying experts in the field to author articles. We focused on finding people with first-hand experience in helping people live successfully with T1D.

Carol Brunzell, RDN, LD, CDE shares 30 years of experience working with patients who live with diabetes. Her article emphasizes strategies to use and questions to ask when a person has

lived with T1D and has been struggling with their disease. She offers tips to change the focus from counting grams of carbohydrate perfectly to meaningful discussion of other aspects of diabetes and the circumstances that may influence food choices and glucose control.

A newsletter issue on T1D would not be complete without an article about diabetes technology. Carla Cox, PhD, RD, CDE, FAADE, CPT shares strategies for helping people utilize insulin pump and continuous glucose monitor (CGM) technology. It is challenging for diabetes educators and nutrition professionals to stay up-to-date with the latest technology. Carla provides an excellent overview of current pump and CGM devices, as well as specific training tips to use when working with people who use this technology.

An area of growing interest in the field includes non-insulin diabetes medications for the treatment of T1D. Diana Isaacs, PharmD, BCPS, BC-ADM, CDE reviews diabetes medications apart from insulin

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Empowering DCE members to be leaders in food, nutrition, and diabetes care and prevention.

VISION

Optimizing the health of people impacted by diabetes using food, nutrition, and self-management education.

that are now being used by people with T1D. She provides a great evidentiary-driven review of these medications and specifically, use within the T1D population.

Helping people with T1D exercise safely and participate in physical activities can be a challenging mix of offering nutrition and medication adjustment advice. Exercise Physiologist Charlotte Hayes, MMSc, MS, RDN, ACSM, CEP offers a review of sports nutrition and strategies for helping those with T1D safely and successfully participate in physical activity and sports. This article is the first of a two-part series of physical activity articles offered by Charlotte. The next *OTCE* issue will focus on insulin and will feature Charlotte's continued discussion of exercise and physical activity, specifically insulin dosing strategies and related recommendations.

Many of you who work with pediatric diabetes patients have experienced the challenge of helping those patients assume responsibility for the care of their diabetes as they mature and prepare to enter adulthood. Kavita Seetharaman, MD offers her insights into helping young adults shoulder the responsibilities of living with diabetes and make the transition from disease management from a pediatric endocrinology to an adult endocrinology practice.

Finding support for those living with T1D can be a struggle for patients and families alike. Founders of the MyCareConnect Foundation, John and Pam Henry, discuss their diabetes app and the foundation they started after being thrust into the world of having a child with T1D. They highlight the challenges of helping children manage diabetes given that a large part of their day is spent away from home at school and also offer a potential solution to this obstacle for both parents and school personnel.

Amy Tenderrich, Founder and Editor-in-Chief of DiabetesMine.com, shares research about an emerging area of interest, netnography. Netnography explores social media to learn more about patient sentiments and needs. She and her staff completed a study of the social media-focused trends and behaviors of diabetes patients in order to learn more about what this population is not only expressing online, but explicitly seeking out in their social media options. Recognizing these specific needs should help us as professional practitioners better understand our patients and could potentially lead to the exciting development of additional social media sources as means of patient support.

The theme team wanted to include an article about the current status of

STRATEGIC PRIORITY AREAS

GOAL 1: The public trusts and recognizes DCE members as food, nutrition, and diabetes experts

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pancreas transplants and progress towards an absolute cure for T1D, however potential authors were not available at this time. A recent review of T1D cure progress by Jay Skylar, MD discusses that while the techniques for both pancreas and islet cell transplants have advanced, morbidity associated with rejection and graft thrombosis, the need for chronic immunosuppression and infectious complications continue to be significant issues (1). Hopefully a future issue of *OTCE* will be devoted to the role of the RD in successful islet and pancreas transplantation in researching and advocating for a T1D cure.

Creating an *OTCE* issue truly takes a team. I'd like to thank theme team members Laurie Higgins, MS, RD, LDN, CDE and Sherri Mason, RD, CDE. They spent hours discussing potential topics, reaching out to possible authors and following up on details as the articles were written. The theme team appreciates the guidance and assistance of *OTCE* Editor Mary M. Austin, RDN, MA, CDE, FADE and Associate Editor Janice McLeod, MA, RD, LDN, CDE, FADE.

Living with T1D is not an option for people with this disease. Working as a dietitian or diabetes educator to help people live more successfully with this disease is an option for most of you. As a person who has lived with T1D for almost 40 years, I appreciate your choice to care about T1D and helping those of us with this disorder. The theme team hopes you find these articles helpful in understanding some of the approaches that can be taken to help people live more successfully with T1D.

References

1. Skylar JS. Hope vs hype: where are we in type 1 diabetes? *Diabetologia*. 2018;61:509-516.

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