



Outreach Resource Guide

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ABOUT JDRF

JDRF is the leading global organization funding type 1 diabetes (T1D) research. JDRF's goal is to progressively remove the impact of T1D from people's lives until we achieve a world without T1D. JDRF collaborates with a wide spectrum of partners and is the only organization with the scientific resources, policy influence, and a working plan to better treat, prevent, and eventually cure T1D.

Less Until None

JDRF is the only global organization with a strategic plan to bring those living with T1D a continuous flow of life-changing therapies and, ultimately, a cure for the disease. JDRF's highest priority remains funding research to deliver a cure for T1D and its complications. At the same time, JDRF is also focused on developing better treatments that will transform the way people with T1D treat the disease today, in order to help them live healthier lives now and in the future. Finally, JDRF also seeks to prevent T1D, to keep future generations from developing the disease. This is all part of JDRF's promise of "less until none": to progressively remove the impact of T1D from the lives of those living with the disease until it is no longer a threat to them or their families.

Innovation and Collaboration

JDRF-funded research has led to many landmark advances in T1D science. JDRF is now in the exciting position of taking that research knowledge and translating it into real therapies that will make life-changing differences for those facing the daily challenges of T1D. Currently, JDRF is funding more than 50 human clinical trials, several of which are in the advanced stages of clinical testing needed before FDA approvals can be sought.

JDRF's influence and leadership extends beyond funding research. We strategically partner with industry, governments, foundations, academia, healthcare insurers, and clinicians to ensure that JDRF and its partners are aligned and working toward a common goal of a world without T1D.

JDRF's advocacy efforts help support a variety of issues that are critical to JDRF achieving its research objectives. Our focus includes increased government funding for T1D research and a regulatory environment that allows people with T1D to benefit from potential new therapies and devices as quickly and safely as possible. Finally, JDRF's outreach efforts provide practical support and resources for people with T1D and their families every step of the way as they live with T1D.

Effective Operations

JDRF has always been dedicated to maintaining the highest levels of efficiency to ensure that our time, resources, and dollars can achieve the greatest possible impact on the lives of people with T1D. We have a solid track record of funding research efficiently and effectively.

Inspiring Results

JDRF was created—and is still led—by people with a personal connection to T1D. Today, volunteers at JDRF's more than 100 locations worldwide remain the driving force behind our activities. That gives us an unrelenting passion and commitment to work to remove the impact of T1D from people's lives. Whether it's providing funding for a late-stage clinical trial, advocating faster regulatory approval of new devices, or partnering with a company on research that might not otherwise receive funding, every decision JDRF makes is driven by our commitment to achieving a world without T1D.

JDRF OUTREACH PROGRAM

JDRF's Outreach program enhances the JDRF mission when it supports and engages the T1D community by creating new partners for JDRF chapters. Outreach brings together people who share our vision for a cure, and who will actively work with us to achieve this goal.

JDRF is a community-based organization, and while its core mission is finding a cure for diabetes and its complications through the support of research, we seek to make JDRF an important part of the lives of those affected by T1D by simultaneously providing resources, across all ages and all stages, and engage this community in ways that positively impact our ability to meet our larger mission, including: donating, fundraising, volunteering, and advocating.

The national Outreach program connects people to their local chapter through several channels: The Online Diabetes Support Team (ODST), a web and email-based program run by volunteers; the Bag of Hope and T1D Care Kits for newly diagnosed children and adults; and requests for toolkits on various life stages of T1D (Teen, Pregnancy, Adult T1D, Newly Diagnosed Adult T1D, and School Advisory Toolkit).

ABOUT THE JDRF OMAHA-COUNCIL BLUFFS CHAPTER

Our Chapter was established in June of 1985. Currently, we serve the Omaha-Council Bluffs Metropolitan areas. Our service area includes eastern Nebraska and western Iowa.

Chapter Staff:

- Laci Naber, Executive Director – lnaber@jdrf.org
- Anna Raur, Outreach Manager – araur@jdrf.org
- Chris Dunn, Development Manager – cdunn@jdrf.org
- Ashley Rusch, Office Manager – arusch@jdrf.org
- Sophie Etter, Development Coordinator – setter@jdrf.org
- Brenda Theobald, Development Coordinator – btheobald@jdrf.org

Chapter Annual Fundraising & Community Events – check jdrf.org/omaha for up to date event details

JDRF One Walk	Saturday in mid-August (August 25, 2018)
JDRF – Youth Making an Impact	Held in schools throughout the school year
JDRF Vala's Pumpkin Patch Outreach Event	Sunday in the Fall (Sunday, October 14, 2018)
JDRF TypeOneNation Summit	Weekend the Fall (Sunday, November 11, 2018)
JDRF Promise Gala	Last Saturday in February (February 23, 2019)
Empower1 (teen group)	Meets 2 nd Thursday of every month
JDRF Adult/Parent/Mom Nights Out	Held throughout the year
Ride to Cure Diabetes	5 rides throughout the year

JDRF WEBSITES TO PROMOTE - Here are a few trusted and reliable JDRF websites.

www.TypeOneNation.org

TypeOneNation is JDRF's vibrant social network for people with type 1 diabetes (T1D), their families and friends. The site is created for—and powered by—the type 1 community. Members of this diverse and lively community exchange information, answers and support.

JDRF Online Diabetes Support Team - This site provides one to one support, a sympathetic ear, and some practical suggestions from JDRF volunteers who have "been there."

<http://jdrf.org/get-support/online-diabetes-support-team/>

WHAT ARE WE DOING? JDRF'S TOP RESEARCH ADVANCES

Encapsulation

The JDRF Encapsulation Program funds development of cell-replacement therapies that can be implanted to provide long-term relief from insulin dosing without the need for immune suppression. More info [here](#).

Artificial Pancreas

JDRF's Artificial Pancreas (AP) Program supports the development of novel technologies that deliver more effective and precise insulin therapy. These automated systems will provide tighter control of blood-sugar levels and significantly reduce the need for frequent glucose testing and manual insulin dosing. To learn more about JDRF's AP Program, please click [here](#).

Glucose Control

The JDRF Glucose Control Program supports the development of novel insulin formulations and drugs that can be used in conjunction with insulin therapy to provide better control of blood-sugar levels. To learn more about JDRF's glucose control research program, please click [here](#).

Restoration

JDRF is exploring ways to restore the body's ability to produce insulin while preventing the autoimmune attack that triggers T1D and would trigger the destruction of new beta cells. To learn more about JDRF's Restoration Program, please click [here](#).

Prevention

The JDRF Prevention Program aims to keep individuals, from ever developing T1D. JDRF is pursuing both primary and secondary prevention strategies:

1. Primary prevention means literally preventing the autoimmune attack so people never develop T1D.
2. Secondary prevention is focused on finding ways to prevent insulin dependence in individuals where the autoimmune attack on beta cells has already begun.

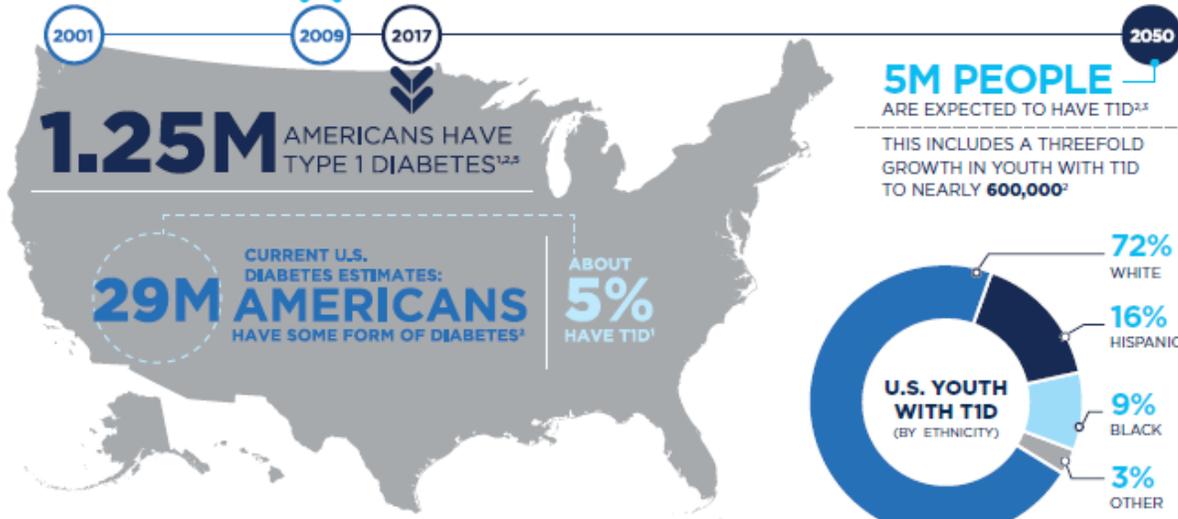
To learn more about JDRF's Prevention Program, please click [here](#)

Complications

JDRF's Complications Program supports development of therapies and prognostic tools that help prevent, treat or reverse diabetes-related eye and kidney diseases. To learn more about JDRF's Complications Program, please click [here](#).

T1D FACTS AND FIGURES

21% INCREASE
IN NUMBER OF U.S. YOUTH WITH T1D BETWEEN 2001 AND 2009¹



Less than one-third of people with T1D in the U.S. are achieving target blood glucose control levels⁶

84% OF PEOPLE WITH T1D ARE ADULTS¹

40,000 PEOPLE ESTIMATED TO BE DIAGNOSED WITH T1D EACH YEAR IN THE U.S.^{1,2}

\$14B T1D-ASSOCIATED U.S. HEALTHCARE COST⁴

RESEARCH: JDRF IS THE LEADING GLOBAL ORGANIZATION FUNDING TYPE 1 DIABETES (T1D) RESEARCH.

ACCELERATING LIFE-CHANGING BREAKTHROUGHS

CURE
RESTORING INSULIN INDEPENDENCE

PREVENT
PREVENTING SYMPTOMATIC T1D

TREAT
IMPROVING GLUCOSE CONTROL



COMMITTED OVER

\$2B

CUMULATIVE RESEARCH FUNDING SINCE 1970



AWARDED

150

NEW RESEARCH GRANTS IN FY2017



CURRENTLY FUNDING OVER

70

ACTIVE CLINICAL TRIALS



FUNDING RESEARCH IN

21

COUNTRIES ACROSS THE GLOBE

ADVOCACY



SECURED 2-YEAR COMMITMENT OF **\$300 MILLION** IN FEDERAL FUNDING FOR THE SPECIAL DIABETES PROGRAM IN 2018

GLOBAL REACH



CHAPTERS THROUGHOUT THE U.S.

6 INTERNATIONAL AFFILIATES

AUSTRALIA DENMARK THE NETHERLANDS
CANADA ISRAEL UNITED KINGDOM

COMMUNITY



900,000 PARTICIPANTS IN **200** JDRF ONE WALKS



13,000 BAGS OF HOPE AND **3,600** CARE KITS DELIVERED



13,000 ATTENDEES AT **41** TYPE 1 ONENATION SUMMITS ACROSS THE U.S.



1,900 CYCLISTS IN **7** JDRF RIDES TO CURE DIABETES

WHEN A CHILD IS DIAGNOSED

This section is especially for parents of children recently diagnosed with T1D. Hearing that their child has a chronic, incurable disease is likely the most traumatic news that a parent could receive. Managing the day-to-day routine of diabetes care is difficult enough, but in combination with the knowledge of diabetes' complications, the disease can be overwhelming. Some tips for coping:

- **Lose the guilt.** Diabetes happened to their child – they are not responsible! Encourage them to focus on providing care, rather than assuming blame.
- **Reach out for help.** They have taken the first step in getting support by requesting to connect with a JDRF Outreach Volunteer. This resource guide lists diabetes professionals and support/networking groups that can be shared. They may benefit from talking to a therapist that can provide professional support and/or groups of parents in similar situations may be just what they need. Encourage them and provide opportunities for them to meet others in the T1D community through JDRF events and activities. No need for them to go through it alone.
- **Don't be afraid to ask questions.** Suggest that they write down and ask their child's doctor any questions that they have about the disease or their child's care. *Many fears are born of ignorance.*
- **Educate yourself.** Feel free to share the list of websites and books on diabetes that are provided within this guide.
- **Take care of yourself and your family; don't let diabetes rule your family.** Remind them to cope with this lifestyle as best they can and live their life as normally as possible. It will get easier as they become more familiar with T1D.
- **Fight back!** Share the many ways that JDRF raises funds for research that increasingly decreases the burden of life with T1D. There are many ways to get involved with JDRF – there's a place for everyone in the JDRF family. Share volunteer and advocacy opportunities, and information about JDRF's fundraising programs.

SCHOOL INFORMATION

When a newly diagnosed child returns to school, it is vitally important that the school is aware of their condition and knows how to properly manage it. A parent should try to meet with the following as soon as possible: school nurse, counselor, all teachers and coaches that come in contact with your child. If this is not possible, provide a written instruction that includes an informational packet with sheets on the symptoms of high or low blood sugar and their effects and doctor's orders. Package items to store in the nurse's office e.g. glucose tablets, juice boxes or other ready sources of sugar, emergency cards and instructions. Address the need for unrestricted water, snack and bathroom breaks, regular blood glucose checks, and to be accompanied to the office in event of a low blood glucose level. It's always a good idea to have the child wear some form of medical ID indicating that they have T1D and are insulin dependent.

Children with diabetes are covered under The Civil Rights of Students with Hidden Disabilities under Section 504 of the Rehabilitation Act of 1973. The key to this law is that it states that school districts are required to provide a free appropriate public education to students with disabilities, based on their individualized educational needs. You can read about the law at the Department of Education website: <http://ed.gov/policy/rights/guid/ocr/disability.html>

Under this Act, parents may request a meeting with school officials, at which time they should work to create a written Section 504 plan, which can include testing and insulin delivery protocol, as well as a plan for action in the event of a high or low blood sugar emergency. A sample, as well as other useful information for students, parents, teachers, and school officials, is available on the JDRF website at jdrf.org. However, if after the scheduled 504 meeting parents still feel that the child is not being granted his or her appropriate rights, they should contact the local Department of Education Office of Civil Rights for further assistance.

The start of the new school year inevitably raises the issue of the rights of a child with diabetes in school. JDRF's TypeOneNation.org website offers a number of resources for families to access to prepare to send their child off to school, including the School Advisory Toolkit, blogs, forums and groups. **The School Advisory Toolkit** was created to promote awareness of diabetes in the school setting and assist in bridging communication between parents and school administrators. Your chapter has copies of these toolkits or an electronic version can be downloaded through typeonenation.org

You can also encourage families to:

- Download a copy of **Helping the Student with Diabetes Succeed: A Guide for School Personnel** from the website of the National Institutes of Health and the Centers for Disease Control and Prevention. If the 88-page PDF file is too large to download and print, one can request a free copy of the document by printing the order form and faxing or mailing it to the Nevada Diabetes Education Program. Go to: <http://ndep.nih.gov>
- Visit the National Association of School Nurse website <https://www.nasn.org/ToolsResources/DiabetesinChildren> to access checklists, resources, and more information about their positioning for diabetes care in the school, as well as tools and education available for school nurses.

“Back to School Basics”

1. Do your homework

Before you meet with staff at your child's school, you'll need to get organized, and do a little research. You should not assume that the school will know how to provide the best care for your child so come prepared with materials to review during your meeting and leave behind.

2. Meet with school staff

The most important thing to do is contact the school before classes start. Speak to the principal, any teacher the child will have, the gym, P.E. or coaching staff, school nurse, and cafeteria manager.

3. Develop your strategy

After you've spoken with the school, you should have a clearer idea of what you need to do to prepare your child for their day-to-day activities. Many parents prepare snack and supply “kits” for the school staff.

4. Stay involved

An ongoing, open relationship between you, your child, and the school is vital to your child's well-being throughout the year. Do everything you can to create the best possible environment for your child.

COLLEGE RESOURCES

JDRF is proud to partner with the **College Diabetes Network (CDN)**, the “go-to” resource for young adults with diabetes, to assist them in empowering and supporting this unique population. CDN is THE organization for young adults with diabetes, creating a community of young adults spread across a national network of campus-based chapters and includes online resources for before, during, and after life in college. Learn more about CDN and find local chapters at www.CollegeDiabetesNetwork.org.

CDN has provided the following resources and information for you and your mentees:

Going to college can be an exciting, but overwhelming, experience- but add diabetes into the mix and it can get a little bit more complicated. CDN offers a suite of online resources, informational booklets, and most importantly in-person support from other students.

Handouts to be aware of for your mentees include:

- *Finding a New Doctor
- *Accommodations on campus
- *Sick Days
- *Challenges to expect on campus
- *Drinking with Diabetes
- *Friends & Roommates
- *Parent Do’s & Don’ts
- *Emotional Burnout
- *Preparing to Move Out Timeline
- *Looking at Schools Guide
- *Family Communication Agreement
- *Important Contacts Document
- *Cheat Sheets for Professors & Roommates



As you already know, connecting with someone in person is one of the most impactful and effective ways to support someone living with diabetes- this becomes even more vital during young adulthood. The following programs provide connection to other young adults at whatever stage of openness with diabetes that they are in.

Student Membership: Whether students are looking to connect with other students, or want nothing to do with associating with diabetes at this point in life, Student Membership provides a way for them to not only get a few perks out of diabetes, but to stay up to date about anything and everything related to young adults with diabetes in college. Signing up for Student Membership is a way to get:

- Connected with chapters or other students at their school.
- Exclusive access to internship and job openings with our partnering organizations and corporate members
- Notifications about clinical trials and patient advisory committees looking for participants.
- Exclusive offers from CDN's Corporate Members
- Monthly CDN e-newsletter with all of the latest news from the diabetes industry relevant to young adults
- Eligibility to be a part of CDN’s Student Advisory Committee (SAC)
- Eligibility to attend CDN’s Annual Student Retreat.
- Eligibility to attend Conferences with CDN Staff. (i.e. ADA, AADE)

Campus Chapters: Chapters allow students to connect with each other about diabetes, learn about the latest diabetes technology and gadgets, exchange tips and tricks for managing diabetes on campus, and anything else that students are interested in discussing.

For more information about the College Diabetes Network (CDN), its programs, or to find a local chapter, visit their website at www.CollegeDiabetesNetwork.org or email info@collegediabetesnetwork.org.

SCHOLARSHIP OPPORTUNITIES



The Diabetes Scholars Foundation Scholarship Program is available to incoming freshmen seeking a higher education at an accredited four year university, college, technical or trade school. This scholarship recognizes students who have high academic performance, are actively involved in the diabetes community; participate in community and/or extra-curricular activities, and who have demonstrated that they are successfully managing the challenges of living with diabetes. Diabetes Scholars Foundation scholarships are not based on financial need. For eligibility, list of scholarships, and to apply visit <http://www.diabetescholars.org>.

College Diabetes Network lists scholarships on their website, [here](#).

DIABETES CAMPS

Diabetes camps build safe environments around youth so they can learn to independently manage their diabetes amongst peers and dedicated professionals in an atmosphere of excitement and adventure. There are hundreds all over the country and each offer different activities and opportunities.



Diabetes Education & Camping Association (DECA)

DECA unites and helps more than 20,000 youth with diabetes through offering 400 diabetes camping programs worldwide.

<http://www.diabetescamps.org>



Riding on Insulin (ROI)

ROI was founded by professional snowboarder and person with T1D, Sean Busby. ROI is an international organization that hosts ski and snowboarding, mountain biking and cycling, and expedition camps for youth with T1D. Camps empower, activate and connect the global diabetes community through shared experience and action sports. In addition to establishing a comfortable environment, they strive to help families explore new passions, challenge the illness, and celebrate each other's successes.

<http://www.ridingoninsulin.org>

Local Camps

Camp Floyd Rogers (NE) - A weeklong, overnight camp offered every year in June for kids ages 8 to 18.

PO BOX 541058, Omaha, NE 68154

(402) 885-9022 – director@campfloydrogers.com

www.campfloydrogers.com

Camp Hot Shots (Louisville, NE) - A three day, day camp for children ages 6 to 11 held in June of each year at Platte River State Park.

Camp Directors, Cory & Chris Harter

P.O. Box 1731, Council Bluffs, IA 51502-1731

camphotshots@camphotshots.org

www.camphotshots.org

Camp Hertko Hollow (Boone, IA) – Various camp options for ages 5 to 18 held late June each year on Y Camp grounds.

Camp Director, Deb Holwegner

Office: 501 Grand Avenue, Des Moines, IA 50309

(515) 471-8547 – d.holwegner@camphertkohollow.com

www.camphertkohollow.com

NETWORKING & SUPPORT GROUPS - *FOR INDIVIDUALS, PARENTS AND FAMILIES*

JDRF Adult Night Out (for adults & parents affected by T1D)

Phone: JDRF Office 402.397.2873

Website: jdrf.org/omaha

***Meetings held throughout the year – view upcoming events on website above or call JDRF Office.**

Empower1 (for teens living with T1D)

Children's Hospital & Medical Center

8200 Dodge Street, Omaha, NE 68114

Phone: JDRF Office 402.397.2873

Website: jdrf.org/omaha

***Meetings held 2nd Thursday of each month from 6:30 – 8:00pm. Check website for up-to-date details as location may change & pre-teen age group may be added.**

Type 1 Diabetes Support Group (for anyone affected by T1D)

Diabetes Education Center of the Midlands, Resource Center

2910 S 84th St, Omaha, NE 68124

Phone: 402.399.0777 ext. 230

Website: www.diabetes-education.com

***Meetings held 2nd Saturday of each month at 10:00am. Call DECM or check online for current schedule.**

Life with Type 1 Diabetes Support Group (for adults living with T1D)

Organized by: Sue Ridder, RN, Certified Diabetes Educator & living with T1D over 23 years.

Usually at Panera Bread

13410 West Maple Road, Omaha, NE

Phone: 402.717.3422

***Meetings held quarterly in the evening from 5:30 – 7:00pm. Call Sue to register or ask questions.**

Mom's Night Out (for adults & parents affected by T1D)

Phone: JDRF Office 402.397.2873

Website: jdrf.org/omaha

***Meetings held throughout the year – view upcoming events on website above or call JDRF Office.**

NEWLY DIAGNOSED FREQUENTLY ASKED QUESTIONS

What are the different types of diabetes?

There are a number of different types of diabetes. The two most common are type 1 diabetes (T1D) and type 2 diabetes. Other forms of diabetes include gestational diabetes, Latent Autoimmune Diabetes in Adults (LADA), and monogenic diabetes.

Type 1 diabetes: (T1D, insulin-dependent or juvenile) can occur at any age, but most commonly is diagnosed from infancy to the late 30s. With T1D, a person's pancreas produces little or no insulin. Although the causes are not entirely known, scientists believe the body's own defense system (the immune system) attacks and destroys the insulin-producing cells in the pancreas.

Type 2 diabetes: (T2D, non-insulin-dependent or adult-onset) Type 2 diabetes typically develops after age 40, but can appear earlier, and has recently begun to appear with more frequency in children. In this form of diabetes, the pancreas still produces insulin, but the body does not produce enough or is not able to use it effectively. Treatment includes diet control, exercise, self-monitoring of blood glucose and, in some cases, oral drugs or insulin.

Gestational Diabetes About 2-10 percent of pregnant women develop high blood glucose during pregnancy. Although this type of diabetes usually disappears after the birth of the baby, women who have had gestational diabetes are at high risk of developing T2D later in life.

Latent Autoimmune Diabetes in Adults: (LADA) T1D diagnosed in adults over 30 may be Latent Autoimmune Diabetes in Adults, sometimes known as type 1.5 diabetes. LADA is often misdiagnosed as T2D because of age, however people with LADA do not have insulin resistance like those with T2D. LADA is characterized by age, a gradual increase in insulin necessity, positive antibodies, low C-peptide, lack of family history of T2D, and insulin-resistance medications being ineffective. Treatment for LADA is the same as for T1D.

Monogenic Diabetes: Monogenic forms of diabetes may account for 1-2 percent of all cases of diabetes in young people. In some cases of monogenic diabetes, the gene mutation is inherited; but in others, the gene mutation develops spontaneously. Most mutations in monogenic diabetes reduce the body's ability to produce insulin, a protein produced in the pancreas that is essential for the body to make glucose for energy. As a result, monogenic diabetes can easily be mistaken for T1D. Different types of monogenic diabetes include neonatal diabetes and maturity onset diabetes of the young (MODY)

What is the "honeymoon phase"?

In a person who has type 1 diabetes (T1D), immune cells destroy the insulin-producing beta cells in the pancreas. However, right after the time of diagnosis, some people go through a "honeymoon phase" in which their existing beta cells still function and the body is able to produce its own insulin. Halting the autoimmune response in people with new onset T1D and those who are at risk is one of the chief areas of research JDRF is focused on. A number of research projects funded by JDRF have shown promise in preserving the function of these existing beta cells in people with T1D past the honeymoon phase.

How long will I or my loved one have type 1 diabetes? Can you outgrow it? What is the life expectancy?

At this point, type 1 diabetes (T1D) is a chronic disease, meaning you never outgrow it. However, JDRF has a strategic research plan to end T1D. Our plan ensures that there will be an ongoing stream of life-changing therapies moving from development through to commercialization that lessen the impact of T1D. We want to keep people with T1D healthy and safe today until we reach our ultimate goal of a cure and universal prevention of T1D.

Although you can never outgrow T1D, treatment options are improving all the time, and people with T1D can lead full and active lives. JDRF is driving research to improve the technology people with diabetes use to monitor blood-glucose

levels and deliver proper doses of insulin. As new tools and technologies are developed to treat T1D, people with T1D achieve tighter glucose control and life expectancy significantly improves. In the meantime, one of the best things you can do is listen and learn from the experiences of others while also responding to your loved one's individual needs or tending to your own. Avoid blaming yourself or your child when things don't go smoothly. The reality is T1D is a difficult disease to manage, but we have come a long way and the technology is getting better all the time. Take advantage of the people, products, and other resources available to you.

Are there any clinical trials that we can participate in?

The JDRF Type 1 Diabetes Clinical Trials Connection provides people affected by type 1 diabetes (T1D) and its complications with up-to-date information on clinical trial participation opportunities.

Clinical Trials Connection is an online service that allows you to "opt in" to get information about trials and access to them. It contains information about all currently active T1D trials in the U.S. Based on the criteria you choose, the connection provides you with information about selected trials and how to contact the researchers conducting them. You can also choose to receive regular updates so that you'll know when new trials that meet your criteria become available. If you find a trial that interests you, you can discuss it with your doctor and also contact the trial's primary investigator with any questions or concerns.

TrialNet:

Type 1 Diabetes TrialNet (TrialNet) is an international network of researchers who are exploring ways to prevent, delay and reverse the progression of type 1 diabetes. The TrialNet Natural History Study is a screening that involves drawing blood and shipping the specimen to a core laboratory for assessments of autoantibodies that are predictive of the development of T1D. Those who test positive are eligible to enter the monitoring phase which includes a baseline monitoring visit at a TrialNet site to estimate the level of risk of developing T1D. Participants are followed-up either annually or semi-annually depending on their risk level.

JDRF and TrialNet have a formal partnership which allows every JDRF One Walk to have a tent where the Natural History study can be available to all Walk participants.

AUTOIMMUNE DISEASES

There are more than 80 types of autoimmune diseases, and some have similar symptoms. This makes it hard for your health care provider to know if you really have one of these diseases, and if so, which one. Getting diagnosed can be frustrating and stressful. In many people, the first symptoms are being tired, muscle aches and low fever. The diseases may also have flare-ups, when they get worse, and remissions, when they all but disappear. The diseases do not usually go away, but symptoms can be treated.

Type 1 diabetes (T1D) is an autoimmune disease in which a person's pancreas stops producing insulin, a hormone that enables people to get energy from food. It occurs when the body's immune system attacks and destroys the insulin-producing cells in the pancreas, called beta cells. While its causes are not yet entirely understood, scientists believe that both genetic factors and environmental triggers are involved.

Type 1 diabetes strikes both children and adults at any age. It comes on suddenly, causes dependence on injected or pumped insulin for life, and carries the constant threat of devastating complications.

Addison's Disease: This is a disorder that occurs when your body produces insufficient amounts of certain hormones produced by your adrenal glands. In Addison's disease, your adrenal glands produce too little cortisol and often insufficient levels of aldosterone as well. Also called adrenal insufficiency, Addison's disease occurs in all age groups and affects both sexes. Addison's disease can be life-threatening. Treatment for Addison's disease involves taking hormones to replace the insufficient amounts being made by your adrenal glands, in order to mimic the beneficial effects produced by your naturally made hormones.

Alopecia Areata: Alopecia areata is a prevalent [autoimmune skin disease](#) resulting in the loss of hair on the scalp and elsewhere on the body. It usually starts with one or more small, round, smooth patches on the scalp and can progress to total scalp hair loss (alopecia totalis) or complete body hair loss (alopecia universalis). The scalp is the most commonly affected area, but the beard or any hair-bearing site can be affected alone or together with the scalp. Alopecia areata occurs in males and females of all ages, but onset often occurs in childhood. Over 6.6 million people in the United States and 147 million worldwide have, had or will develop alopecia areata at some point in their lives. Alopecia areata is a highly unpredictable and cyclical condition. The affected hair follicles become very small and produce no visible hair above the skin's surface. Hair can grow back in or fall out again at any time, and the disease course is different for each person.

Celiac (Celiac) Disease: Celiac disease is an autoimmune disorder that can occur in genetically predisposed people where the ingestion of gluten leads to damage in the small intestine. It is estimated to affect 1 in 100 people worldwide. Two and one-half million Americans are undiagnosed and are at risk for long-term health complications. When people with celiac disease eat gluten (a protein found in wheat, rye and barley), their body mounts an immune response that attacks the small intestine. These attacks lead to damage on the villi, small fingerlike projections that line the small intestine, that promote nutrient absorption. When the villi get damaged, nutrients cannot be absorbed properly into the body.

Read more at <https://celiac.org/celiac-disease/what-is-celiac-disease/#QOopFXTsGKu5x12x.99>

Crohn's Disease: Crohn's disease is an inflammatory bowel disease (IBD). It causes inflammation of the lining of your digestive tract, which can lead to abdominal pain, severe diarrhea, fatigue, weight loss and malnutrition. Inflammation caused by Crohn's disease can involve different areas of the digestive tract in different people. The inflammation caused by Crohn's disease often spreads deep into the layers of affected bowel tissue. Crohn's disease can be both painful and debilitating, and sometimes may lead to life-threatening complications.

While there's no known cure for Crohn's disease, therapies can greatly reduce its signs and symptoms and even bring about long-term remission. With treatment, many people with Crohn's disease are able to function well.

Grave's Disease: Grave's Disease is an autoimmune disease related to the thyroid gland. It causes the thyroid gland to grow twice the original size, leading to other problems related to thyroid and hormones. It is a genetic disorder in most of the cases. Its symptoms are exophthalmos, edema, hypothyroidism, fatigue and muscular weakness. Grave's Disease is treated using anti-thyroid drugs, which help in reducing the activity of the thyroid gland. Another medication is radioactive iodine. The last for the treatment of the Grave's disease is the surgery called thyroidectomy, which involves the removal of the thyroid gland itself.

Hashimoto's Disease: It is also known as Hashimoto thyroiditis and is an autoimmune disorder in which the body's T cells attack the thyroid cells. Hashimoto's disease was the first disease to be classified as an autoimmune disease. This attacking of the thyroid cells finally leads to hypothyroidism. The symptoms of Hashimoto's thyroiditis include muscle weakness, fatigue, depression, mania, sensitivity to cold, constipation, memory loss, migraine, infertility etc. It is treated by the replacement of the thyroid hormone with some agents like levothyroxine. Medications are also prescribed to some patients in order to keep the thyroid level in control. In most cases, the medication has to be continued throughout life once started.

Lupus Erythematosus: It is also known as a connective tissue disease. It is basically an inflammatory disease and occurs when the body attacks its own tissues. Lupus erythematosus can affect various parts across the body like joints, skin, kidneys, heart and lungs. Its treatment includes oral medication of steroids and application of high SPF sunscreen lotions. It also includes therapy for joints and muscles.

Myasthenia Gravis: It is an autoimmune disorder related to the muscles. It is caused when there is a communication problem between the brain and the muscles. Simply stated: "Myasthenia gravis is caused by a defect in the transmission of nerve impulses to muscles." Its unique symptom is the muscle weakness which is also termed as fatigability. The muscles that are more prone to this are muscles related to facial expressions, eyelid movement and swallowing. Myasthenia gravis is treated by both medication and surgery. Medicines include the ones that directly improve muscle function and immuno-suppressant drugs. The surgical method for its treatment is known as thymectomy.

Psoriasis: It is a suspected autoimmune disease and is a disorder of skin. It is defined as an "autoimmune disease that affects the skin and the joints". It is a chronic recurring disorder and causes accumulation of skin around elbows and knees. It is also found in other areas of the body including fingernails. It has been divided into various types depending upon its severity and the area it has affected. There are a lot of treatments available for psoriasis but it is very difficult to successfully treat it as it is chronically recurring. It is generally treated using ointments, oral medicines and sometimes with exposure to ultra violet light.

UNDERSTANDING CELIAC DISEASE

Studies show that celiac disease (CD) occurs in almost 1 in 10 children with diabetes. So if your child has diabetes, you should know the signs and symptoms of celiac (also known as "sprue"). Here are some answers to common questions about celiac disease and diabetes:

WHAT IS CELIAC DISEASE?

Celiac Disease (also known as "sprue") is an allergic reaction to gluten proteins found in wheat, rye and barley. The reaction occurs in the intestine, skin, and other tissues. Common symptoms can include stomach pain, diarrhea, gas, and, in children, failure to grow and thrive. Celiac causes the body to absorb nutrients inefficiently, which sometimes leads to bone loss. Other symptoms may include:

- abdominal bloating
- chronic diarrhea
- constipation
- gas
- pale, foul-smelling, or fatty stool
- stomach pain
- nausea
- vomiting

Most often, however, there are no symptoms. Celiac is diagnosed using a blood test and then confirmed with an intestinal biopsy. Celiac causes damage to the small intestine. In the early stages of untreated celiac disease, the small intestine becomes irritated and damaged, but still functions. Problems with food absorption become apparent right away. Celiac often develops after a viral illness and the symptoms are similar to the flu, so celiac onset is often mistaken for the flu in its early stages.

Over time, the continued and repeated exposure to gluten makes the intestinal irritation worse. Problems with food absorption continue until celiac is diagnosed and treatment begins. If celiac disease goes untreated, a person can become very malnourished and literally starve to death.

HOW IS CELIAC TREATED?

Celiac is treated by removing all products containing gluten from the diet completely. These include primarily wheat, rye and barley. Rice, corn, and oats, are generally gluten-free and can still be eaten.

It takes time for the gluten-induced damage to heal, and it's the intestinal damage that causes symptoms. So introduction of even one serving of a gluten-containing food can cause symptoms. Thus, the people with celiac disease must completely remove all gluten-containing foods from their diets entirely.

Adults who are asymptomatic often go untreated. Left untreated, over the long term celiac can cause gastrointestinal tumors. There have been a few case reports of adults who have died with a cancer of the intestine where celiac disease has been found.

HOW DOES CELIAC RELATE TO DIABETES?

Type I diabetes occurs at a rate of about 0.5% in the general population, but at a rate estimated at 5-10% among celiacs. Celiac is a genetic disease carried on one of the genes that causes high risk for type 1 diabetes. Thus, people with type 1 diabetes are 20 times more likely to also have celiac disease, and vice-versa.

Additionally, the Celiac Disease Autoimmunity Research (CEDAR) project has shown that 10% of diabetic children and adults, 3% of their relatives and 1% of the general population have celiac disease.

Some studies have indicated that a gluten-free diet may improve glycemic control in children with diabetes and celiac disease. However, risk for type 1 diabetes in first-degree relatives of children with type 1 diabetes is not reduced by a gluten-free diet. Like type 1 diabetes, celiac disease is also more commonly found in those of Northern European extraction. No connection has been found between type 2 diabetes and celiac disease.

For more information, visit: <http://www.niddk.nih.gov/health-information/health-topics/digestive-diseases/celiac-disease/Pages/facts.aspx#what>

WHEN AN ADULT IS DIAGNOSED

Being diagnosed with T1D as an adult can be difficult. People often don't know much about T1D, and don't expect an adult to be diagnosed with the disease. As an adult, we already have responsibilities and tasks that need to be performed each day and there may be a fear or a feeling that T1D will get in the way of accomplishing these obligations or limit one from participating in the more enjoyable activities. Some tips for coping:

- **Lose the guilt.** Diabetes happened to them – they are not responsible! There's nothing they could have done to avoid being diagnosed with T1D. Encourage them to focus on caring for themselves, rather than assuming blame.
- **Reach out for help.** They have taken the first step in getting support by requesting to connect with a JDRF Outreach Volunteer. This resource guide lists diabetes professionals and support/networking groups that can be shared for other sources of help that they may benefit from. Talking to a therapist can provide professional support and/or groups of other adults in similar situations may be just what they need. Encourage them and provide opportunities for them to meet others in the T1D community through JDRF events and activities. No need for them to go through it alone.
- **Don't be afraid to ask questions.** Suggest that they write down and ask their doctor any questions that they have about their disease. *Many fears are born of ignorance.*
- **Educate yourself.** Share the list of websites and books on diabetes that are provided within this resource guide. Also, if they are not yet aware of the toolkits JDRF offers, you may send them a copy. Copies of the Newly Diagnosed Adult Type 1 Toolkit, Experienced Adult Toolkit, or the Pregnancy Toolkit are available through your JDRF chapter/branch office. These can also be downloaded through typeonenation.org.
- **Take care of yourself; don't let diabetes rule your life.** Remind them that to cope with this lifestyle as best they can and live their life as normally as possible.
- **Fight back!** Share the many ways that JDRF raises funds for research. Encourage them to get involved in your local chapter/branch's events and Outreach programs.

NETWORKING & SUPPORT GROUPS - FOR ADULTS

JDRF Young Leadership Committee (YLC) The JDRF Young Leadership Committee is a group committed to promoting interest in JDRF and its funding of diabetes research. Members participate on various committees and help in the planning and implementation of happy hours, networking events, and large annual socials. YLC is a great opportunity to be associated with a leading and energetic successful group of young professionals focused on its mission. www.jdrf.org/Omaha – 402.397.2873

JDRF Adult Night Out & Mom's Night Out (for adults & parents affected by T1D)

Phone: JDRF Office 402.397.2873; Website: jdrf.org/omaha

***Meetings held throughout the year – view upcoming events on website above or call JDRF Office.**

Type 1 Diabetes Support Group (for anyone affected by T1D)

Diabetes Education Center of the Midlands, Resource Center – 2910 S 84th St, Omaha, NE 68124

Phone: 402.399.0777 ext. 230; Website: www.diabetes-education.com

***Meetings held 2nd Saturday of each month at 10:00am. Call DECM or check online for current schedule.**

Life with Type 1 Diabetes Support Group (for adults living with T1D)

Usually at Panera Bread on 13410 West Maple Road, Omaha, NE

Phone: 402.717.3422

***Meetings held quarterly in the evening from 5:30 – 7:00pm. Call Sue Ridder, RN, CDE to register or ask questions.**

PHARMACEUTICAL COMPANIES (That offer patient assistance programs)

AZ&ME™ PRESCRIPTION SAVINGS PROGRAMS

If Byetta or Symlin medications cannot be afforded, AstraZeneca may be able to help. They have programs designed to help qualifying people without insurance, those in Medicare Part D, those who receive their medications through participating health care facilities, and those who have faced a financial challenge recently.

<http://www.astrazeneca-us.com/medicines/help-affording-your-medicines>

1-800-AZANDME (292-6363)

ABBOTT DIABETES CARE

Abbott is the developer of glucose testing products. FreeStyle Promise Program is a patient assistant program offered to individuals with and without insurance. Eight out of 10 members with private insurance pay only \$15 per month for test strips, even if their plan changes. The card may be used one time per month every month. .

<https://www.myfreestyle.com/>

1-877-695-5494

ACCU-CHEK

Roche Diagnostics, the maker of ACCU-CHEK products, is committed to assuring access to ACCU-CHEK blood glucose test strips and insulin delivery technology for people with diabetes. If one doesn't have coverage, or cannot afford test strips on your own, ACCU-CHEK has created a Patient Assistance Program to help. Information about the Accu-Chek Connect diabetes management system and the online portal can be found on their website.

<https://www.accu-chek.com/index.html>

1-800-858-8072

BAYER

Bayer offers a number of glucose meters. The Contour CHOICE card is valid for monthly refills on Bayer test strips and expires 12 months after the first use of the card. Maximum benefit paid per prescription refill is \$35.00 per month after patient's initial \$15.00 co-pay.

<http://www.contournext.com/>

1-800-348-8100

JOHNSON & JOHNSON HEALTH CARE SYSTEMS

Johnson and Johnson is the creator of OneTouch® meter and insulin pump. There can be savings of more than \$40 a month on co-pay for test strips. Programs are available for the uninsured and underinsured who qualify.

<http://www.janssenprescriptionassistance.com/>

1-866-317-2775

LILLY CARES

Lilly TruAssist is the collection of Lilly patient assistance programs that offer assistance to help people obtain the Lilly medicines they need.

<http://lillytruassist.com/>

1-855-LLY-TRUE

MEDIC ALERT

MedicAlert is a service that provides emergency responders and hospital staff your medical information 24 hours a day. MedicAlert Foundation provides a sponsored membership program available for individuals in need of their services and unable to afford membership.

<http://www.medicalert.org/>

1-888-633-4298

NOVO NORDISK

The Novo Nordisk Diabetes Patient Assistance Program (PAP) provides free medicine to those who qualify. If approved, a free 90-day supply of medicine will be sent to the prescribing healthcare providers' office to be picked up at the patient's convenience. Novo Nordisk will automatically contact the healthcare provider 90 days later to approve the medication refill. Novo Nordisk's Patient Assistance Programs (PAP) helps those who:

- Do not have private health insurance or
- Do not qualify for private, local, state, or federal prescription reimbursement

These programs provide a lifeline to people who have difficulty obtaining and affording their medications. Some programs offer more than product assistance. For more information and eligibility for assistance visit their website.

<http://novonordisk-us.com/>

1-866-310-7549

SANOFI-AVENTIS

The mission of the Sanofi-Aventis U.S. Patient Assistance Program is to assist U.S. patients with limited financial resources in accessing needed Sanofi-Aventis medications, focusing on the individual patients and acting as a resource for patients and their advocates.

<http://www.sanofi.us/>

1-800-981-2491

PROGRAMS THAT DONATE OR ASSIST WITH THE COST OF SUPPLIES

FreeMeds.com

Website provides information regarding resources for diabetic supplies, prescription cards and insurance.

[FreeMeds.com](#)

Does not offer telephone help

Free Medicine Ministry

Upon approval, applicants typically receive supplies of free brand-name medicine, month after month and year after year. There are more than 54,000 medicines available through free or low cost programs. You and your family can apply for ALL of the medicines you need; there is no limit. Because of US federal government incentives, pharmaceutical companies may provide free prescription medicines.

<http://freemedicinefoundation.com/>

Does not offer telephone help

NeedyMeds

NeedyMeds is a 501(c) (3) non-profit information resource devoted to helping people in need find assistance programs to help them afford their medications and costs related to health care. NeedyMeds was founded in 1997 by Richard Sagall, MD and Libby Overly, MSW.

The mission of NeedyMeds is to make information about assistance programs available to low-income patients and their advocates at no cost. The NeedyMeds website is the face of the organization. Databases such as Patient Assistance Programs, Disease-Based Assistance, Free and Low-Cost Clinics, government programs and other types of assistance programs are the crux of the free information offered online. NeedyMeds is funded by small grants, donations, sponsorships, subscriptions to PAPTracker, and syndication of various database information. NeedyMeds also works with the patient assistance programs of several pharmaceutical distributors. Through NeedyMeds you may apply for the following:

- **Patient Assistance Programs** – which provide medicine at no cost or at a discount to people who qualify.
- **Free / Low Cost Clinics** – This is a database of clinics that offer healthcare at no cost, for a small fee, or on a sliding scale.
- **Disease-Based Assistance** – Programs that help with the costs of specific diseases and conditions, including some insurance co-pays and premiums.
- **State Programs** – Programs offering various types of assistance with healthcare costs for residents of specific states.
- **The Free NeedyMeds Drug Discount Card** – Save up to 75% on prescriptions. There are no fees or registration; no financial, age, or residency restrictions; and cannot be used with insurance.

To apply for any of these programs or to download your drug card visit their website.

<http://www.needymeds.org/>

Partnership for Prescription Assistance

The Partnership for Prescription Assistance helps qualifying patients without prescription drug coverage get the medicines they need through the program that is right for them. Many will get their medications free or nearly free. Many diabetes medications including insulin as well as other medications are available through this program for those who cannot afford to pay for their medications. You can go to the website to see if the prescriptions you have are covered by this program. You will need your doctor to fill out the forms for free or low cost prescriptions.

<https://www.pparx.org/>

Patient Assistance

PatientAssistance.com is a free resource designed to help connect patients who can't afford their prescription medications with patient assistance programs.

Does not offer telephone help

<http://patientassistance.com/>

RxAssist

Patient assistance programs are run by pharmaceutical companies to provide free medications to people who cannot afford to buy their medicine. RxAssist offers a comprehensive database of these patient assistance programs, as well as practical tools, news, and articles so that health care professionals and patients can find the information they need all in one place.

<http://www.rxassist.org/>

Does not offer telephone help

TMP - The Medicine Program

The Medicine Program is a Patient Advocate Organization and is a FREE service. Their goal is to assist you and your family find, apply and qualify for the right Patient Assistance Program(s). By working closely with you, your doctor and the drug manufacturers, they help cut through the red tape and assist you in receiving your medicine free-of-charge.

<http://www.themedicineprogram.com/>

Does not offer telephone help

Together Rx Access

Together Rx Access helps individuals and families without prescription drug coverage gain access to immediate savings on hundreds of brand-name and generic prescription products right at their neighborhood pharmacies. It also can connect you with resources about access to coverage options and more.

<http://www.togetherrxaccess.com/>

1-800-444-4106

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

NIDDK has a publication called "Financial Help for Diabetes Care," which offers information about resources that may help with medical expenses of a person with diabetes. You can [view this publication online](#) or order copies from the National Diabetes Information Clearinghouse at 1-800-860-8747.

Diabetes Supply Center of the Midlands

2910 South 84th Street, Omaha, NE 68124

www.diabetes-supply.com ; 402.399.8444

DISCOUNT CARDS

Discount card programs are independent organizations that have negotiated volume discounts for prescription medications. Most cover all drugs, but have relationships with particular pharmacies. Discounts vary by card, so please read through each program's material carefully to determine if a discount would be beneficial to you. The Partnership for Prescription Assistance (PPA) does not influence or control these independent organizations.

FREE DRUG CARD

This **Free Drug Card** program is being sponsored by a *non-profit organization* to help all Americans lower their prescription drug costs. Simply download the **Free Prescription Drug Card** and receive savings of up to 75% at more than 56,000 national and regional pharmacies. There is no cost for this Rx savings plan. Additionally, this Rx savings card is available to anyone and everyone at out of pocket expense to help lower prescription drug costs. This program works like a free Rx drug coupon. Simply print a card and take it to the pharmacy and lower your prescription drug costs. This program was developed to help uninsured and under insured people afford their prescription needs by offering the best discounts available through our partners. In addition to helping people get their prescription medications at more affordable prices, they also offer prescription assistance service.

<http://freedrugcard.us/>

PS CARD

The PS Card is free, and provides discount savings of up to 50% off of full retail prices. Generic and brand-name discounted medications at over 55,000 local pharmacies, including Walgreens, CVS, Wal-Mart, and many locally-owned independent Good Neighbor and Medicine Shoppe pharmacies.

<http://pscard.com/>

888-516-2535

THE SUN PATIENT CARD

is a prescription discount card program for people who do not have insurance or take medications that are not covered by their insurance plan. All commonly prescribed medicines are covered. Savings may vary by drug and by pharmacy. Members should see savings for all prescriptions, even the \$4.00 scripts available at some pharmacies!

<http://sunassociation.org/prescriptiondiscounts.html>

866-662-1351

TOGETHER RX ACCESS

Individuals and families without prescription drug coverage can gain access to immediate savings on hundreds of brand name and generic prescription products right at their neighborhood pharmacies. They can also connect you with resources about access to coverage options and more.

<http://www.togetherrxaccess.com/>

800-444-4106

TRUE RX SAVINGS

This discount prescription card entitles families to savings - up to 80% from pharmacies usual and customary prices. Even if your current insurance plan covers prescriptions, not all drugs are covered, or you may not save very much. TrueRxSavings may be used at over 60,000 participating pharmacies nationwide, including most major chains.

<http://www.rxfreecard.com/>

870-586-6337

YOUR RX CARD

This program is being produced to help all Americans cut their prescription drug costs. Simply download your Free Prescription Drug Card and receive savings of up to 75% at more than 57,000 national, regional, and local pharmacies.

<http://yourrxcard.com/>

866-561-1926

LOW COST DIABETES SUPPLY RETAILERS

American Diabetes Wholesale

American Diabetes Wholesale offers affordable, brand name diabetic supplies directly to the consumer at up to 60% below retail prices - especially for people who are uninsured, underinsured or have to pay out of pocket. Save on diabetic supplies such as diabetic test strips, glucose monitor kits, diabetic lancets and lancing devices, diabetic footwear, vitamins and medicines for diabetics, insulin pumps and insulin pump supplies, wound care supplies and skin preparation products.

<http://www.adwdiabetes.com/>

1-877-241-9002

Caremark

CVS Caremark works hard to make sure your prescription benefits work for you. They want you to stay healthy. They also want to help you manage your medicines so you can save time and money on refills. After all, these are your benefits. Shouldn't they be about you?

<https://www.caremark.com/wps/portal>

1-800-552-8159

Edgepark

Edgepark Medical Supplies offers a full line of diabetes supplies for diabetics that can help make living with diabetes as easy as possible. Their web site also includes educational tools to help you become more knowledgeable about diabetes management and how you can live a healthy lifestyle.

<https://www.edgepark.com/>

1-888-394-5375

Mini Pharmacy & Medical Supplies

Mini Pharmacy provides convenient home-delivery diabetes prescription services and mail order diabetic supplies with free shipping within the U.S. Mini Pharmacy supplies brand-name, top-quality diabetic supplies online at affordable prices, with a keen eye to helping those who have to buy their testing and medical supplies themselves, are under-insured, or are without insurance.

<http://diabetic-supplies-online.com/>

1-888-545-6464

Other web sites to visit for low cost diabetes supplies include:

<http://www.amazon.com/>

<http://diabeticexpress.com/>

<http://www.ebay.com/>

<https://www.express-scripts.com/index.html>

<http://www.diabetesnet.com/>

<http://www.drugstore.com/>

<https://www.express-scripts.com>

<http://www.walgreens.com/>

HEALTH INSURANCE – [VIEW THE JDRF TYPE 1 DIABETES HEALTH INSURANCE GUIDE](#)

Insurance coverage for people with type 1 diabetes (T1D) varies from insurer to insurer. Below are some common questions and answers around T1D and insurance.

How do I get a policy?

Assess your current health insurance plan and new options, e.g. family plan, college plan, employer plan, and healthcare.gov.

How do I know whether my plan has a coverage policy?

Medicare, Medicaid, and many commercial and health exchange plans list their coverage policies publicly on their websites. Some plans make them available to members or participating physicians by request. If you are unable to find your plan's coverage policies online, contact the plan by phone and ask the customer services representative for a copy of the policy. If they cannot provide you with a copy of the policy, ask them about their plan's coverage of the item or service you're interested in (e.g., CGM, insulin pump, CGM and pump combinations, sometimes referred to as sensor-augmented pumps or artificial pancreas device systems). You may also ask your physician or their staff to inquire on your behalf.

Where do I look on the plan website to find coverage policies?

Coverage policies are usually listed in the "Coverage" or "Medical Policy" section of plan's websites. For certain plans, you may need to establish a user name and password and then sign into the Members Section to view these pages.

After locating my plan's listing of coverage policies online, how do I find the specific policy that discusses the item or service I'm interested in?

Once in the coverage or medical policy section of the site, use the search feature to locate a specific policy. Useful search terms to locate policies may be: "diabetes supplies", "CGM", "continuous glucose monitoring", "blood glucose monitoring/testing", "insulin pumps", "insulin delivery", "artificial pancreas", "APDS", and "durable medical equipment". Some policies may include the actual name of a product. In some cases, the policy containing CGM or insulin pump coverage information is named something similar to "Diabetes Tests, Programs and Supplies." NOTE: A policy like this will likely include coverage information on ALL diabetes supplies, so you will need to search within the policy itself to find the item or service you are interested in.

Once I locate a medical or coverage policy, how do I figure out what it means?

Medical policies from commercial insurers, health exchanges, Medicare Advantage, and Managed Medicaid plans differ by company. Policies that provide coverage will most likely contain the phrase "medically necessary for" or "covered for." Coverage will also likely be subject to specific patient criteria, such as having type 1 diabetes (T1D) or documented history of hypoglycemia. It is important to understand these criteria and work with your physician to ensure you have the necessary documentation demonstrating that you meeting the criteria for coverage. In addition, keep an eye out for the phrase "experimental and investigational," which is often a rationale for non-coverage. In addition, as new products come to market with enhanced features (e.g., low-glucose suspend systems, CGM with predictive alerts, etc.), insurers may refine their policies to be more specific about what options are or are not covered. Be sure to read carefully for any distinctions between products that the policy may include.

Medicaid policies vary by state, and some may vary further by specific plan within a state. Similar to commercial insurers, policies that provide coverage will most likely contain the phrase "medically necessary for" or "covered for." Coverage will also likely be subject to specific patient criteria, such as having T1D or documented history of hypoglycemia. It is important to understand these criteria and ensure you have the necessary documentation from your physician to demonstrate meeting the criteria for coverage. In addition, keep an eye out for the phrase "experimental and investigational," which is often a rationale for non-coverage.

Medicare policies are fairly standard nationwide. Medicare's insulin pump policy includes several criteria to qualify for coverage, including laboratory tests to detect beta cell autoantibodies and C-peptide levels, indicators of overall diabetes management (e.g., A1c >7%), and participation in diabetes education. Medicare's detailed requirements for insulin pump coverage can be found [here](#). Medicare does not currently cover CGM.

What if I cannot find a coverage policy?

It is possible that your insurer may not have a policy specific to the item or service you are interested in.

If my insurer does not have a coverage policy, is there any way I can still obtain coverage?

A formal coverage policy is not required for coverage. Some plans may readily provide coverage for items and services but do not have a formal written policy. Others provide case-by-case coverage through the appeals process for certain members that demonstrate a need for items such as CGMs and insulin pumps. A thorough guide to obtaining case-by-case coverage can be found [here](#).

If my insurer offers coverage for a diabetes product I need, what are my next steps?

If you haven't done so already, you'll need to talk to your physician about what specific product is right for you and make sure they are willing to fill out the necessary prescription and paper work to help you obtain a CGM and/or insulin pump. You will then need to talk to the device company who will help you get started and answer questions that you may have. If your doctor does not have a representative from the device company that they work with regularly, you may wish to call the manufacturer directly.

How will my insurer reimburse me for the cost of the CGM or insulin?

The manufacturer of your CGM and/or insulin pump will work directly with your insurance company. The device company will then contact you if you are required to pay any portion of the item's cost (e.g., co-payment or coinsurance charge).

If my CGM or insulin pump is covered by my insurance company, will they pay the entire cost of the device?

The amount paid by the insurer varies among plans based upon their individual coverage and payment policies for diabetes supplies or durable medical equipment. You will need to speak with your plan directly to determine the amount they cover.

How do I ensure that my insurer will continue to pay for supplies related to my CGM or insulin?

Coverage of supplies, such as the sensor, infusion sets, and insulin reservoirs will likely also be addressed in the coverage policy for CGM, insulin pumps, and/or diabetes supplies. If your plan does not have a coverage policy or you cannot find the payment and coverage information, contact your plan's customer service representative for clarification (if your manufacturer has not already done so).

OTHER INSURANCE OPTIONS

HEALTHCARE.GOV

When the Affordable Care Act was signed into law on March 23, 2010, Americans began to take their health care into their own hands. MyCare is an initiative to educate Americans about new programs, benefits, and rights under the health care law.

<http://www.Healthcare.gov>

INSURE KIDS NOW!

Every state in the nation has a health insurance program for people under 18.

<http://www.insurekidsnow.gov>

1.877.KIDS.NOW

KIDS-HEALTH-INSURANCE.COM

Service that connects you to the top health insurance carriers in the country and lets you choose the one that best fits your needs and budget. In addition to online health insurance quotes, you may receive quotes direct from agents from top companies.

<http://www.kids-health-insurance.com>

PRODUCT & SUPPLY CUSTOMER SERVICE

IMPORTANT PHONE NUMBERS: IN CASE OF PRODUCT URGENCY

Insulin Manufacturers:

- Aventis - 1-800-633-1610
- Lilly – 1-800-545-5979
- Novo Nordisk – 1-800-727-6500

Glucose Meters:

- Abbott – 1-888-522-5226
- Bayer – 1-800-348-8100
- BD – 1-888-232-2737
- Lifescan – 1-800-227-8862
- Relion – 1-800-992-3612
- Roche – 1-800-858-8072

Insulin Pumps:

- Accu-Chek (Roche) - 1-800-280-7801
- Dana Diabecare (Sooil) – 1-866-342-2322
- MiniMed (Medtronic) – 1-800-646-4633
- OmniPod (Insulet) – 1-800-591-3455
- t: Slim (Tandem) 1-877-801-6901

INSULIN PUMP COMPANIES

Insulet Corporation (OmniPod)

9 Oak Park Dr.
Bedford, MA 01730
800-591-3455

<http://myomnipod.com/>

Medtronic Diabetes (MiniMed)

18000 Devonshire St.
Northridge, CA 91325-1219
1-800-646-4633

<http://www.medtronicminimed.com/>

Roche (Accu-Chek Spirit /Accu-Chek Combo)

11800 Exit 5 Pkwy., Suite 120
Fishers, IN 46037
1-800-858-8072

<https://www.accu-chekinsulinpumps.com/ipus/>

Tandem Diabetes Care (t: Slim)

11045 Roselle Street
San Diego, California 92121
1-877-801-6901

<http://tandemdiabetes.com/>

MEDICAL ID JEWELRY

Hope Paige Designs

National sponsor of JDRF, Hope Paige created their first medical ID for a 16 year old with T1D 13 years ago. They offer free custom engraving on all medical identification products, the best pricing and a huge selection for all ages. Their experienced customer service team is always happy to help with your ID selection and custom engraving questions. Medical IDs alert first responders to your personal lifesaving information.

www.hopepaige.com

877-651-5186

Jewel Basket

Distinctive medical ID alert jewelry for less. The company carries a large collection of unique medical bracelets, medical pendants or charms worn on a necklace or medical bracelets. Medical jewelry is available in 14k gold, sterling silver, gold filled, gemstones and more.

www.Jewelbasket.com

1-800-692-1644

MedicAlert

Established in 1956, the nonprofit MedicAlert Foundation delivers the most dependable, the most responsive, the most intelligent, and the most trusted emergency identification and medical information network. MedicAlert ensures that emergency responders and hospital staff get your up-to-date medical information, the moment they need it, to make informed decisions about your treatment and care.

www.MedicAlert.org

1-888-633-4298

Medical Alert ID Jewelry

The company offers personalized, fashionable and stylish medical jewelry, medical alert bracelets and medical ID necklaces for women, men, children, teenagers, toddlers and kids of all ages. Medical jewelry will alert a medic of your special medical needs.

www.Medids.com

1-318-397-8441

Pictures On Gold

This company carries a number of different personalized diabetic jewelry options, including diabetic necklaces, charms and diabetes charm bracelets in different metals, colors and more. Most of the diabetic jewelry comes in gold and silver and can be engraved with a personal message.

<http://www.picturesongold.com/shop/medical-jewelry.html>

1-877-703-1143

Road ID

Road ID allows people in an emergency situation when you can't speak for yourself to give First Responders immediate contact information to family members and friends who can provide details about your health or give consent for potentially lifesaving procedures. D enables hospital staff to locate vital medical records.

<http://www.roadid.com>

1-800-345-6336

ADULT ENDOCRINOLOGISTS

This information is provided to you strictly as a resource. JDRF does not evaluate or recommend specific programs, corporations, organizations, institutions, or medical care providers. *Indicates Board Certified Endocrinology

Physician Name/Clinic Name/Address	Phone Number
Marium ILahi, M.D.; David Odegaard, M.D.; Alain Taylon, M.D.; Robert Recker, M.D. CHI Health: Bergan Endocrinology 7710 Mercy Road, Ste 3000, Omaha, NE 68124	402-717-3636
Robert Anderson, M.D.; Mohsen Zena, M.D. CHI Health Clinic: Dundee Endocrinology 5002 Underwood Ave, Omaha, NE 68132	402-717-0785
Mohsen Zena, M.D. CHI Health Clinic: Immanuel 6829 N 72 nd Street, Suite 3100, Omaha, NE 68122	402-717-0785
Marium ILahi, M.D.; Alain Taylon, M.D. CHI Health Clinic: Lakeside Endocrinology, Diabetes & Metabolism 16909 Lakeside Hills Court, Ste 300, Omaha, NE 68130	402-717-3636
David Odegaard, M.D. CHI Health Clinic: Midlands 11109 S 84 th Street, Ste5800, Papillion, NE 68046	402-717-3636
Isam Marar, M.D.; Alain Taylon, M.D. CHI Health Clinic: West Broadway 1701 W Broadway, Council Bluffs, IA	712-256-5600
Timothy Wahl, M.D.; Claire Baker, M.D.; Sarah Konigsberg, M.D.; Umasaankari Sundaram, M.D.; Radha Andukuri, M.D. Diabetes Endocrine Associates 7831 Chicago Court, Omaha, NE 68114	402-561-2740
Adam Vossen, M.D. Ehrling Berquist Clinic 2501 Capehart Road, Offutt AFB, NE 68113	402-232-2273
Laura Armas, M.D.; Brian Boerner, M.D.; Andjela Drincic, M.D.; Leslie Eiland, M.D.; Whitney Goldner, M.D.; Namita Gupta, M.D.; Jennifer Larsen, M.D.; Lynn Mack, M.D.; Rita Madan, M.D.; Amy Neumeister, M.D.; Vijay Shiyaswamy, MBBS Nebraska Medicine Diabetes Center 4400 Emile Street, Omaha, NE 68198	402-559-8700

PEDIATRIC ENDOCRINOLOGISTS

*This information is provided to you strictly as a resource. JDRF does not evaluate or recommend specific programs, corporations, organizations, institutions, or medical care providers. *Indicates Board Certified Endocrinology*

Physician Name/Clinic Name/Address	Phone Number
<p>Children's Hospital & Medical Center: Endocrinology Clinic 8200 Dodge Street, Omaha, NE 68114</p> <p>Medical Director Christopher Maloney, M.D.</p> <p>Clinical Staff: Monina Cabrera, MD Melinda Chen, MD Salaheddin Elrokhsi, MD Marisa Fisher, MD Bracha Goldsweig, MD Zoe González-García, MD Earline Edwards, APRN-NP Christina Fast, PA-C Alice Jardee, APRN-NP Caitlin Rosenbaum, APRN-NP Dana Schave, APRN-NP Peggy Struebing, PA-C</p>	<p>402-955-3871</p>

DIABETES CENTERS/ LOCAL HOSPITALS/CLINICS

This information is provided to you strictly as a resource. JDRF does not evaluate or recommend specific programs, corporations, organizations, institutions, or medical care providers.

Ashland Family Clinic	705 N. 17th Ave. 2115 14th Street, Suite 100	Ashland	NE	68003
Auburn Family Health Center: Diabetes Care	100	Auburn	NE	68305
Butler County Health Care Center: Diabetes Education Program	372 S 9th Street	David City	NE	68632
Cass County Memorial Hospital: Diabetes Center	1501 E. 10th Street	Atlantic	IA	50022
Charles Drew Health Center, Inc.	2915 Grant Street	Omaha	NE	68111
CHI Health Bergan Mercy Diabetes Education	7710 Mercy Road, Suite 509	Omaha	NE	68124
CHI Health Clinic: Bergan	7710 Mercy Rd, Ste 426	Omaha	NE	68114
CHI Health Clinic: Clarkson Family Medicine	322 Pine Street	Clarkson	NE	68629
CHI Health Clinic: Dundee Endocrinology	5002 Underwood Ave	Omaha	NE	68132
CHI Health Clinic: Elkhorn Family Medicine	1130 N 204th Ave	Elkhorn	NE	68022
CHI Health Clinic: Endocrinology Creighton	601 N 30th St, Ste 4820	Omaha	NE	68131
CHI Health Clinic: Howells Family Medicine	121 South 6th Street	Howells	NE	68641
CHI Health Clinic: Immanuel	3829 N 72nd St, Ste 3100	Omaha	NE	68122
CHI Health Clinic: La Vista Family Medicine	8248 S 96th Street	Papillion	NE	68046
CHI Health Clinic: Lakeside Endocrinology, Diabetes & Metabolism	16909 Lakeside Hills Court, Ste 300	Omaha	NE	68130
CHI Health Clinic: Midlands	11109 S 84th St, Ste 5800	Papillion	NE	68046
CHI Health Clinic: Schuyler	1721 Colfax Street	Schuyler	NE	68661
CHI Health Clinic: West Broadway	1701 W Broadway	Council Bluffs	IA	51501
CHI Health Clinic: West Broadway	3135 W Broadway, Ste 100	Council Bluffs	IA	51501
CHI Health Diabetes Education	7101 Newport Avenue, Suite 304	Omaha	NE	68152
CHI Health Dunlap Family Medicine	704 Iowa Ave	Dunlap	IA	51529
CHI Health Immanuel – Diabetes Education	6901 N 72nd Street	Omaha	NE	68122
CHI Health Lakeside: Wellness Center	16940 Lakeside Hills Plaza	Omaha	NE	68130
CHI Health Mercy Corning	603 Rosary Drive	Corning	IA	50841
CHI Health Mercy Council Bluffs Diabetes Center	714 Harmony St. Ste 109	Council Bluffs	IA	51503
CHI Health Mercy Council Bluffs Diabetes Center	800 Mercy Road	Council Bluffs	IA	51503
CHI Health Midlands	11111 S 84th Street	Papillion Missouri	NE	68046
CHI Health Missouri Valley	631 N 8th Street	Valley	IA	51555
CHI Health Plainview	704 N 3rd St.	Plainview	NE	68769
CHI Health Schuyler	104 W 17th St	Schuyler	NE	68661
Children's Hospital & Medical Center: Endocrinology Clinic	8200 Dodge St, 3rd floor SPC	Omaha	NE	68114
Clarinda Regional Health Center: Diabetes and Nutrition Health Team	220 Essie Davison Drive, PO Box 217	Clarinda	IA	51632

Columbus Community Hospital: Diabetes & Health Education	4508 38th Street, Suite 210	Columbus	NE	68601
Community Medical Center: Diabetic Education Program	3307 Barada Street - P.O. Box 399	Falls City	NE	68355
Crawford County Memorial Hospital: Endocrinology	100 Medical Parkway	Denison	IA	51442
Creighton University Medical Center: Diabetes Center	601 N 30th St, Ste 6715	Omaha	NE	68131
Diabetes & Endocrine Associates	7831 Chicago Court	Omaha	NE	68114
Diabetes Education Center of Midlands	2910 South 84th St	Omaha	NE	68124
Ehrling Bergquist Clinic	2501 Capehart Road	Offutt AFB	NE	68113
Fremont Health: Diabetes Education	450 East 23rd Street	Fremont	NE	68025
Johnson County Hospital	202 High Street	Tecumseh	NE	68450
Memorial Community Hospital: Diabetes Management & Nutrition Counseling	810 N. 22nd Street	Blair	NE	68008
Methodist Hospital: Center for Diabetes and Nutritional Health	8303 Dodge Street, 2nd Floor North Tower	Omaha	NE	68114
Methodist Jennie Edmundson Hospital Diabetes Management Center	933 E. Pierce St.	Council Bluffs	IA	51503
Methodist Physicians Clinic HealthWest	16120 W. Dodge Road	Omaha	NE	68118
Methodist Physicians Clinic Hawthorne Court	17675 Welch Plaza	Omaha	NE	68135
Methodist Physicians Clinic Indian Hills	8901 West Dodge Road	Omaha	NE	68114
Methodist Physicians Clinic Louisville	203 Main Street	Louisville	NE	68037
Methodist Physicians Clinic Malvern	415 Main Street, Suite 1	Malvern	IA	51551
Methodist Physicians Clinic Millard	5908 S. 142nd Street	Omaha	NE	68137
Methodist Physicians Clinic Northwest	10710 Fort Street	Omaha	NE	68134
Methodist Physicians Clinic Papillion	101 E. Centennial Road	Papillion	NE	68046
Methodist Physicians Clinic Regency	10060 Regency Circle	Omaha	NE	68114
Methodist Physicians Clinic Risen Son	1001 Risen Son Boulevard	Council Bluffs	IA	51503
Methodist Physicians Clinic South	3353 L Street	Omaha	NE	68107
Methodist Physicians Clinic Valley	625 S. Pine Street, PO Box 337	Valley	NE	68064
Montgomery County Memorial Hospital: Diabetes Education	2301 Eastern Ave	Red Oak	IA	51566
Myrtue Medical Center: Diabetes Education	1213 Garfield Avenue	Harlan	IA	51537
Bellevue Medical Center	2500 Bellevue Medical Center Dr.	Bellevue	NE	68123
Nebraska Medicine Diabetes Center	984100 Nebraska Medical Center	Omaha	NE	68198
Nemaha County Hospital, Diabetes Education	2022 13th Street	Auburn	NE	68305
Oakland Mercy Hospital	601 E 2nd Street	Oakland	NE	68045
One World Community Health Centers, Inc.	4920 S 30th Street, Suite 103	Omaha	NE	68107
Saunders Medical Center: Health Coach	1760 County Road J	Wahoo	NE	68066
Shenandoah Medical Center: Diabetes Care	300 Pershing Avenue	Shenandoah	IA	51601

St. Francis Memorial Hospital: Diabetes Education	430 N Monitor St	West Point	NE	68788
VA Nebraska-Western Iowa Health Care System	4101 Woolworth Ave	Omaha	NE	68105

PEDIATRIC DIABETES SPECIALISTS

This information is provided to you strictly as a resource. JDRF does not evaluate or recommend specific programs, corporations, organizations, institutions, or medical care providers.

Physician Name/Clinic Name/Address	Phone Number
Children's Hospital & Medical Center: Endocrinology Clinic 8200 Dodge Street, Omaha, NE 68114	402-955-5400

PSYCHOLOGICAL SERVICES

This information is provided to you strictly as a resource. JDRF does not evaluate or recommend specific programs, corporations, organizations, institutions, or medical care providers.

Physician Name/Practice Name/Address	Phone Number
<p>Nanci Nilles , Psychologist, PsyD, Specializes in Chronic Illness and Depression The Center of Mindful Living 4915 Underwood Ave, Omaha, NE 68132</p>	<p>402-933-4070</p>
<p>Molly Petersen, Psychiatric Nurse Practitioner, APRN, FNP-C, PMHNP, Specializes in Anxiety and Depression, Working with Chronic Illness, Working with Clients of all Ages Collaborative Psych Practitioners 17670 Welch Plaza Suite 102 Omaha, NE 68135</p>	<p>402-810-8161</p>
<p>Boys Town Behavioral Health Clinic, Working with Anxiety and Worry, Depression, Bedtime Problems and Sleep Disorders, Following Instructions 8 Locations in the Omaha Area 13460 Walsh Drive Boys Town, NE 68010</p>	<p>402-498-3358</p>
<p>Beth Beltz, Counselor, LMHP, NCC, LPC, Specializes in Depression, Coping Skills, Anxiety, Self Esteem Adult, Adolescent and Child Therapy 10846 Old Mill Rd Suite 5 Omaha, NE 68154</p>	<p>402-991-7441</p>
<p>Pamela Feldman, MS, LPC, LIMHP, Working with Adolescents and Adults with Depression, Life Adjustments, Anxiety Associated Counseling Professionals 2255 S. 132nd Street Suite 200 Omaha, NE 68144</p>	<p>402-334-1122</p>
<p>Glen Fineman, LICSW, LIMHP, Working with Individual, Child and Families, Depression, Anxiety, Life Transitions, Child and Adolescent Issues, Self-esteem Issues, Stress Management, School Related Issues Associated Counseling Professionals 2255 S. 132nd Street Suite 200 Omaha, NE 68144</p>	<p>402-334-1122</p>
<p>Children’s Family Support Center, Psychologist 1000 N, 90th Street Suite 200 Omaha, NE 68114</p>	<p>402-955-3900</p>
<p>OneWorld Community Health Centers, Inc., Working with Depression, Anxiety, Chronic Illness, Child and Adolescent Well-being 6 Locations in Omaha Area One World Teen & Young Adult Health Center 4310 S. 24th Street Omaha, NE 68107</p>	<p>402-502-8880</p>

Nicholas J. Battafarano, M.D. , Child and Adolescent Psychiatry and General Adult Psychiatry Woodhaven Counseling Associates 12001 Q Street Omaha, NE 68137	402-592-0328
Choices Counseling & Consulting, Inc. , Multiple Care Providers Working with Children and Families 300 W Broadway Council Bluffs, IA 51503	712-328-3700

LOW COST CLINICS & LABORATORIES

OneWorld Community Health Centers, Inc.

This is a health center that provides chronic disease care, education, and follow-up care. They use a sliding fee scale for cost effective health care.

Multiple Omaha Locations

Corporate Headquarters:

(Livestock Exchange Building)

4920 S. 30th Street

Omaha, NE 68107

<http://www.oneworldomaha.org/>

Medical Appointments: 402-734-4110

NeedyMeds Free / Low Cost Clinics

This is a database of clinics that offer healthcare at no cost, for a small fee, or on a sliding scale.

needymeds.org/

Does not offer telephone help

DIABETES RELATED MAGAZINES

<http://diabetesadvocates.org/>

<http://diabetesdigest.com/>

<http://www.diabetesforecast.org/>

<http://www.diabetesforecast.org/>

<http://www.diabeteshealth.com/>

<http://www.diabeticlivingonline.com/>

<http://www.diabetesselfmanagement.com/>

JDRF RESOURCE MATERIALS

Copies of the following JDRF resources can be obtained at your local chapter office or downloaded from the JDRF web site at: www.jdrf.org

Adult Type 1 Toolkit (Newly Diagnosed)

As an adult with type 1 you already have responsibilities and tasks that you need to perform each day and you may be feeling that diabetes will get in the way of what you want to do. A diagnosis of diabetes is like starting a journey on a road that is new and unfamiliar. No one should be on that journey alone. JDRF has a personal toolkit for adults with type 1 full of information and resources for life with type 1 as an adult.

Adult Type 1 Toolkit (More Established)

No matter where you are on your journey living with type 1, this toolkit will help guide you through the various stages of life with diabetes.

School Advisory Toolkit

JDRF has developed a number of innovative programs and materials to assist parents and school personnel in working together on behalf of students with diabetes in a respectful and mutually beneficial manner. The toolkit can be downloaded free and is also available in the JDRF office.

Pregnancy Toolkit

This guide provides information for parents-to-be or future parents-to-be with T1D—explaining the disease management goals for pregnancy and reviewing how to obtain the best possible support from healthcare providers at every stage.

Teen Toolkit

This guide offers practical advice to help address the questions most common to teens with T1D—mood swings, academic performance, friendships, driving with T1D, and many others—so that parents and teens know what to expect and can enjoy this unique time in their lives.

Clinical Trials Connection

Participating in a clinical trial is the most personal way you can help find a cure for type 1 diabetes and its complications. The Clinical Trial Connection provides a customized search based on personalized criteria of a database of hundreds of clinical trials that are enrolling patients. You can also get a monthly email from the service that has up-to-date information about newly launched trials that you could be eligible for.

DIABETES RELATED BOOKS

Sugar Was My Best Food: Diabetes and Me

Ages: 8–13

By Carol Antoinette Peacock, Adair Gregory, and Kyle Carney Gregory; Illustrated by Mary Jones

My name is Adair. Adair means “courageous and strong” in Irish. Two years ago, I got diabetes. This is the story of how I got sick and how I got better. Diabetes brought big changes for Adair and his family. The first year was rough, but Adair lived up to his name. Little by little, he and his family learned to manage his illness. His true story will help other kids in their struggle with diabetes and any other difficult sickness.

A Magic Ride in Foozbah-Land: An inside look at diabetes

Ages: 3–7

By Jean Betschart, M.N., R.N., C.D.E. Illustrated by Jackie Urbanovic

With 4-color illustrations on every page, this book takes children on an imaginative journey through the human body. With simple rhymes, children will learn what causes diabetes, why they need to take shots, and how insulin is good for them. Comes with an audiocassette that a child can listen to alone or with parents.

Even Little Kids Get Diabetes

Ages: 2–6

By Connie White Pirner; Illustrated by Nadine Bernard Westcott

A storybook parents can read to their children about a little girl with diabetes. An ideal resource for helping a child deal with the psychological effects of diabetes.

Taking Diabetes to School

Ages: 6–11

By Kim Gosselin

This book allows elementary school students to teach their classmates about diabetes. Is it “catching?” Do shots hurt? Why do some kids eat snacks in school? What’s a “finger-prick?” Can you still be my friend? And much more.

In Control: A Guide for Teens with Diabetes

Ages: 12–18

By Jean Betschart, M.S.N., R.N., C.D.E., and Susan Thom, R.D., L.D., C.D.E.

This invaluable, upbeat guide dispels myths and tackles the real issues teens with diabetes face. Helps teenagers learn to take good care of their diabetes without letting it get in the way of their lives. Illustrated with fun, “off-the-wall” cartoons.

Everyone Likes to Eat: How Children Can Eat Most of the Foods They Enjoy and Still Take Care of Their Diabetes

Ages: 6–14

By Hugo J. Holleroth, Ed.D., and Debra Kaplan, R.D., M.S., with Anna Maria Bertorelli, M.B.A., R.D., C.D.E.

Written in conjunction with the Joslin Diabetes Center. Totally revised and updated, this guide is filled with activities, puzzles, and problem-solving exercises that show kids how to control their diabetes, yet eat at parties, holiday time, and fast food restaurants. Also covers school lunches, meal plans, and snacks. A complete list of choices and exchanges make it fast and easy.

My Sister Rose Has Diabetes

Ages: 6–14

By Monica Driscoll Beatty; Illustrated by Kathy Parkinson

This refreshing, original book describes in their own words the impact of diabetes on ten-year old Rose and her twelve-year old, non-diabetic brother. It explains why some of the family’s routines have changed to accommodate Rose’s needs and the importance of a positive attitude.

It's Time to Learn about Diabetes

Ages: 7–11

By Jean Betschart, M.S.N., R.N., C.D.E.

This workbook helps school age kids learn everything they need to know about diabetes, including how to dispel much of the fear associated with insulin shots and blood tests.

Rufus Comes Home - Rufus, The Bear with Diabetes

Ages: 3–10

By Kim Gosselin

A warm and touching true story about Rufus, the Bear With Diabetes, and how a mother's caring creation provided the love and comfort for her son, newly diagnosed with diabetes. This book, together with the Rufus plush teddy bear, can provide a unique gift of comfort and education. Kim Gosselin is a JDRF volunteer and noted author of books for kids with special needs.

Sarah and Puffle: A Story for Children About Diabetes

Ages: 4-10

By Linnea Mulder; Illustrated by Joanne H. Friar

In this upbeat story, a stuffed animal comes to life just in time to help a young girl, who is feeling angry and sad about her condition. Puffle's funny little rhymes are chock full of valuable advice sure to comfort all children with diabetes and to provide further understanding for siblings and friends. Parents will appreciate the clearly written introduction before sitting down to giggle — and learn — with their children.

The Best Year of My Life Book 1: Getting Diabetes

Ages 4–10

By Jed Block

While I waited for the results of my second test, I sat on my dad's lap and wondered what I had done wrong. "Did I eat too much candy?" So goes this inspirational story, written in the voice of a newly diagnosed seven-year-old girl who also illustrated the book. It's about setback, resilience and hope. It helps families deal with the jolts and emotional issues that accompany diabetes.

Matthew Takes His Shot

Ages: 4–10

By Owen Coleman; Illustrated by Judy Bullock

A heartwarming story of a young polar bear diagnosed with T1D and his personal struggle to stay positive and hopeful after being confronted with adversity. Although frightened at first, Matthew soon learns that he can control his diabetes by taking charge of his treatment. Once overcoming this challenge, Matthew discovers that he can do anything if he believes in himself and shows a little courage.

Diabetes at 14: Choosing Tighter Control for an Active Life

Ages: 12–17

By Bill Mellowish; Illustrated by Paul Bourgeois

Diagnosed with insulin-dependent diabetes as a teenager, the author worked through the challenges and struggles he faced with maturity and a positive attitude to gain control over his life. Now in college, this active athlete and musician keeps a busy schedule. He wrote this book to show other teenagers with diabetes that they can control their disease and enjoy an improved quality of life by developing their own management system.

Type 1 Diabetes Guide to the Universe

Ages: children

By Joe Solowiejczyk RN MSW CDE

A new e-book on diabetes management integrates the psychological and family dynamics aspects of coping & living with diabetes into the core of medically managing it on a daily basis. The emphasis here is on helping families learn how to manage diabetes as independently as possible.

Type 1 Teens: A Guide to Managing Your Diabetes

Ages: Teens

by Korey K., Ph.D. Hood

Provides teens with a variety of strategies and tips to manage their day-to-day lives with Type 1 diabetes. It gives teens honest and straightforward facts and advice on a host of important issues, including dealing with family and friends; navigating school and future plans; relationships and sex; and alcohol and drugs. This primer on the basics of life with Type 1 diabetes empowers teens to be their own best advocates and helps them acquire the psychological and social tools to prepare for a long, healthy life. |Type 1 diabetes might be part of some teens' lives, but it doesn't have to run their lives. Type 1 Teen gives teens a slew of strategies and tips to manage their day-to-day lives with Type 1 diabetes. This book gives teens honest and straightforward facts and advice on issues including dealing with family and friends; navigating school and future plans; relationships and sex; and alcohol and drugs. This primer on the basics of life with Type 1 empowers teens to be their own best advocates and helps them acquire the psychological and social tools to prevent diabetes burnout and prepare for a long, healthy life.

Balancing Diabetes: Conversations About Finding Happiness and Living Well

Ages: All

by Kerri Sparling

When a person receives a diagnosis of diabetes, he or she starts a process of adjusting and making sense of the new normal living with a chronic disease. A large part of that adjustment is figuring out how to balance diabetes with all the intricacies of a life outside of diabetes care. In *Balancing Diabetes*, diabetes online community blogger Kerri Sparling compiles strategies used by people with diabetes and their caregivers to bring that elusive balance into their lives. Whether adult or child, type 1 or type 2, spouse or caregiver, male or female, people in the diabetes world will find themselves in this book and be inspired by the commonality of that continuing search for balance.

Cheating Destiny: Living with Diabetes

Ages: All

By by James S. Hirsch

A candid, provocative, and moving account of one of America's fastest-growing health issues

If you or someone you love has diabetes, you are not alone — more than twenty million Americans now live with the disease. In *Cheating Destiny*, the best-selling author James S. Hirsch offers an incisive, sometimes surprising portrait of diabetes in America. Hirsch is intimately familiar with the disease: he has lived with type 1 diabetes for three decades. His brother, Irl, also a diabetic, is one of the country's leading diabetologists. Most poignantly, his son Garrett was diagnosed at age three.

The Book of Better: Life with Diabetes Can't Be Perfect. Make It Better.

Ages: All

By Chuck Eichten

"I have diabetes. I've lived with it for years and years. I've done everything to learn as much as I can about it. I've made more idiot mistakes—accidentally and on purpose—with diabetes than you think would be safe. I've managed to stay very healthy. And by some standards, my life is pretty "normal." Throughout my extended career as a person with diabetes, the most important fact I have learned is that ANY BIT BETTER (...3%...5%...28%...91%...) IS STILL BETTER. It might be the most important thing you can know about your diabetes. Maybe we can't make it go away. Maybe we can't make it perfect. Maybe we're still mad that we got stuck with it. But we absolutely CAN make it BETTER. It's not always easy, but it's not complicated either. Diabetes gets Better if you make it Better."

The Diabetic Athlete

Ages: All

By Sheri Colberg, Ph.D.

Written by a diabetic athlete with a Ph.D. in exercise physiology, this book draws on the experiences of hundreds of diabetic athletes to provide great advice for people with type 1 and type 2 diabetes. You'll find detailed information on blood sugar regulation, medication and nutrition for 86 sports and activities, and profiles of elite and amateur athletes. Specific insulin advice is also included for pump users.

Think Like a Pancreas: A Practical Guide to Managing Diabetes with Insulin

Ages: All

By Gary Scheiner

The essential guide that “provides an organized and systematic approach to demystifying the complexities of insulin and glucose regulation.

The Ten Keys to Helping Your Child Grow Up with Diabetes

Ages: Parents

Second Edition

By Tim Wysocki, Ph.D.

A practical book for parents and caregivers of children with diabetes that addresses in detail the psychological, social and emotional hurdles that often complicate the lives of youngsters with diabetes. You'll learn about emotional pitfalls, communicating with friends and teachers about diabetes and much more. This second edition deals with advances in insulin and insulin pumps.

Diabetes Care for Babies, Toddlers, and Preschoolers

Ages: Parents

By Jean Betschart, C.R.N.P., C.D.E.

Everything you need to learn to take care of your child's diabetes. This reassuring guide will help you find a balance between good diabetes management and normal life. It explains how diabetes impacts your child's growth and development, and gives you plenty of ideas for dealing with routine diabetes care.

Growing Up With Diabetes

Ages: Parents

By Alicia McAuliffe

This new book gives parents the opportunity to understand and relate to their child as he or she grows up with diabetes. The author is a 21-year-old student who was diagnosed with diabetes at age 11. She has committed herself to promoting a sense of normalcy and setting an example for children, young adults, and their families who live with diabetes.

Raising Teens with Diabetes: A Survival Guide for Parents

Ages: Parents of teens

by Moira McCarthy

The teen years with diabetes on board are a challenging time for parents and anyone who cares about a child with diabetes. Raising Teens with Diabetes: A Survival Guide for Parents, by well-known diabetes mom, author, and advocate Moira McCarthy, is a no-nonsense, honest approach at not just surviving but thriving in those years, from a mom who has been there.

MOBILE SOFTWARE

iPhone

There are 50+ Diabetes related apps in the iTunes App Store. Some are loosely geared towards diabetes, but there are many diabetes specific apps available. Along with the apps below, Apple has also picked the 13 best apps for people with diabetes. You can view them here: <http://mobihealthnews.com/34568/apple-picks-13-apps-for-people-with-diabetes/>

- **AgaMatrix Diabetes Manager** helps you track statistics and data, view a glucose logbook, sync for easy backup, and access from multiple devices.
Price: free
- **Figwee** gives visual representations of portion sizes, with nutritional information, including alcohol. And a cool sliding-bar that lets you shrink and grow the portion sizes.
- **Glooko** (with an additional cable) allows you to download information directly from your meter to your iPhone. Usable meters include: Contour, Freedom Lite, Freestyle Lite, Ultra2, UltraLink and the UltraMini.
Price: Free App + \$40 cable
- **Glucose Buddy - Diabetes Helper 2.0** allows you to enter glucose, carbohydrates, insulin, pills and activity logs. There are medication reminders and alerts built in, as well. You can email or view all of your data on your free **GlucoseBuddy.com** online account.
Price: Free
- **Blood Sugar Diabetes Control** provides an easy way to record and keep track of all your diabetic information needs. Glucose levels get charted automatically. The chart is divided by colors making it easy to track and understand. Jot down your food and medication intake and exercise. You can take screenshots of the graphs and information and automatically send them to your physician.
Price: \$0.99
- **Diabetes App for iPhone / iPod Touch** is designed and supported by people with diabetes who actually use the software themselves. Every feature is designed to be fast, flexible, and easy to use. Use the program alone or, better yet, use it in combination with our Diabetes Pilot Desktop software. Information that you record on your iPhone or iPod can be transferred to Diabetes Pilot Desktop where extensive reporting and printing features allow you to further analyze your data, print it, back it up for safekeeping, and save it in various formats for emailing, faxing, and use in other programs.
Price: \$11.99
- **DexCom G5 Mobile App** gives you the information you need quickly at-a-glance. Simply turn on your compatible smart device with the Dexcom G5 Mobile app and stay one step ahead of your diabetes. With readings every 5 minutes, Dexcom G5 Mobile will give you the glucose information you need so you can just focus on where you're headed in life!
- **DexCom Share2 App, Share App, and Follow Up** compatible with Dexcom G4® PLATINUM System with Share™ features BLE (Bluetooth Low Energy) wireless communication built into the receiver, enabling remote monitoring capabilities. Through secure wireless connections, the Dexcom G4® PLATINUM Receiver with Share™ allows remote viewing of glucose levels, trends and data between the person with diabetes and their spouse, grandparent or other loved ones from an Apple iPhone® or iPod touch®.
- **Diabetes Diary** is an application that allows you to record glucose readings, insulin doses and carb intake, supporting both mmol/L and mg/dL units for glucose readings and a fully customizable list of insulin types.
Price: \$2.99
- **Diasend** provides easy uploading of information from most glucose meters, insulin pumps, CGMs and mobile apps. The diasend® System consolidates and presents your information in clear and structured reports.
Price: free
- **Insulin Calc.** allows you to set up your I:C ratio, sensitivity target and testing time. At meal or correction times you enter your BG and carb total; it calculates how much insulin you need.
- **My Fitness Pal** – nutritional information
- **Nightscout** is an opensource, DIY project that allows access to Dexcom G4 CGM
- **One Touch Reveal** is an app that works with the Verio Sync, specific to diabetes.
- **Telcare Diabetes Pal** - The new MyTelcare Diabetes Pal App allows patients and caregivers to use their iPhone to visualize every glucose reading sent by the Telcare BGM®; while tracking medication, nutrition, activities, and

notes. The app also enables patients who don't have the Telcare BGM to manually enter their blood glucose data and track it over time.

Price: Free

Android

For a comprehensive, up-to-date list of the thousands of titles that are available, you will need to view Android Market on a handset.

- **Glucose Buddy: Diabetes Log** is a data storage utility that allows you to track your BG, carbs, medication, activities, A1C, blood pressure, and weight
Price: free
- **OnTrack Diabetes** lets you quickly and easily track blood glucose, hemoglobin A1c, food, weight and many others. Can add/edit categories to suit your needs, generate detailed graphs and reports to share with your physician, easily keep track of your daily, weekly and monthly average glucose levels
Price: free
- **mySugr Diabetes Logbook** is a charming diabetes tracker for blood sugar, food, carbs, insulin, pills, weight, a1c and more. It makes your diary useful in everyday life with playful elements and immediate feedback through your diabetes monster
Price: free

Separate Devices

- **Coheso.com** carries the **Track3** to help you with your diabetes management. It's small enough to slip into your pocket or purse. In addition to providing a quick and easy method of recording your food, exercise, and medications, it also includes specific nutritional information for over 35,000 food items. You can even create a list to make entering your favorite foods easier.
Price: \$79.99

See this website for a list of the best diabetes iPhone and Android apps of 2015:

<http://www.healthline.com/health/diabetes/top-iphone-android-apps#2>

ONLINE RESOURCES

- <https://www.accu-check.com/us/> offers data management.
Price: Free
- <http://www.contournext.com/> Bayer Healthcare offers an Online Logbook with graphics.
Price: Free
- <https://carelogger.com/> - Users can sign up and use CareLogger free of charge, as a logbook for glucose levels, blood pressure and medication intake. It helps users identify trends in their daily routine and tracks exercise.
- <http://diabetease.com/dcs/public/index.jsp> is a web-based download program. Said to work with One Touch Basic, One Touch Profile, SureStep, Ultra, Glucometer Dex, Glucometer Elite XL, and FreeStyle meters.
Price: Free
- <https://blueloop.mycareconnect.com/> MyCareConnect is your personal electronic health record for people with diabetes and all caregivers – parents, spouses, school personnel, doctors & more. Share blood sugars, carbs, medication, notes and more instantly with your caregivers via e-mail and text message.
- <https://sugarstats.com/> - SugarStats provides online diabetes management, community support and collaborative sharing to motivate and improve health.
Free accounts or \$8.29/month accounts available.

COMPUTER SOFTWARE

Mac and Windows Software

- **CareLink Personal software** (<http://www.medtronicdiabetes.com/products/carelink-personal-diabetes-software>) is a free, secure, web-based therapy management software from Medtronic. It allows you to upload your insulin pump, continuous glucose monitoring (CGM) device, and blood glucose meter data to a free, web-based program. From there, you can store your information and give your Diabetes Healthcare Team access to it.
- **Calorie King Nutrition & Exercise Manager** (<http://www.calorieking.com/>) is built to help you lose weight quickly and effectively. You can record what you eat and the exercise you do and track your weight over time. Their personal profiling feature tells you exactly how many calories you need every day to lose, gain or maintain your ideal body weight. **Free trial available**
Download Price: \$45.00 Box Price: \$49.00 Upgrade Price: \$6.00
- **Animas ezManager Max** (<http://www.animas.com/animas-insulin-pumps/ezmanager-max-software>) helps manage and analyze diabetes information from select Animas insulin pumps and select OneTouch® glucose meters and insulin pumps. Works with both Mac and Windows based computers. Available with the purchase of new pumps.
Price: \$49.00
- **GNU Gluco Control** (<http://ggc.sourceforge.net/>) is open-source (free) software, intended for type 1 diabetics. It supports storing insulin, BG data and food data (use the USDA database that's included or create your own). Other features include a helper for Bolus doses, printing data, displaying graphs and support for importing meter data. Also works on Linux systems.

Mac Only Software

- Track your blood glucose tests with ease with the **1-2 tracker** (ttpsoftware.com) for the Mac. **Download the free trial or purchase it for \$15.00.**

Windows Only Software

- **Nutritional Computing Concepts** (<http://www.nconcepts.com>) has released version six of their helpful programs. The NCC programs can be used to automatically plan meals/menus using carb counting, choose Your Foods: Exchange Lists for Diabetes or any other approach you prefer. You can select the nutrient types you wish to have included in nutritional analyses (160 nutrient types are available). Although, it's kind of crude looking, it works fairly well. A few cosmetic changes could make this a great program.
- **Diabetes Pilot Desktop for Windows** (<http://www.diabetespilot.com/>) includes all of the standard Diabetes Pilot features and allows you to print reports, save your data for use in other programs or email, and edit and analyze your data on your computer. **Free trial available.**
Price: \$39.99
- **Lifescan Software** (<http://www.lifescan.com/>) downloads www.onetouch.com/software_kit
OneTouch® Diabetes Management Software is a powerful and efficient way to track and monitor your management of diabetes over time. Once you've installed the software on your computer, you can download data from your OneTouch® Meter via the meter's data port. OneTouch® Software will crunch the numbers for you so you can get a comprehensive, visual picture of how you are doing. Then use any of the 10 powerful reports to easily identify trends and patterns in your glucose levels. The only thing you have to buy is the OneTouch® Interface Cable. The software is always free.

GOVERNMENT WEBSITES

JDRF Advocacy

JDRF Advocacy efforts complement JDRF fundraising — for every dollar JDRF invests in research, the Federal Government provides more than \$3! Our Advocates are dedicated to building a stronger T1D community, and advancing our national legislative and health policy agenda that expands research for T1D. Advocates work together to: build relationships with Members of Congress and their staff through regular communication including personal meetings, phone calls, emails, and letters; participate in legislative and health policy ‘action alerts’ sent by the JDRF Advocacy office in Washington, DC; share with social media networks important messages from JDRF, including ways to mobilize others; and encourage other advocates to join our mission to bring about a world without T1D.

www.jdrf.org/advocacy

advocacy@jdrf.org

202.371.9746

The National Diabetes Information Clearinghouse (NDIC)

A service of the National Institute of Diabetes and Digestive and Kidney diseases (NIDDK). Established in 1978, the clearinghouse provides information about diabetes to people with diabetes and to their families, Health care professionals, and the public.

diabetes.niddk.nih.gov

1-800-860-8747

The National Diabetes Education Program

The National Diabetes Education Program is a federally-sponsored initiative that involves public and private partners to improve the treatment and outcomes for people with diabetes, to promote early diagnosis, and to prevent the onset of diabetes.

ndep.nih.gov

301-496-3583

CDC’s Diabetes and Health Resource

CDC's Division of Diabetes Translation translates diabetes research into daily practice to understand the impact of the disease, influence health outcomes, and improve access to quality health care.

cdc.gov

1-800-232-4636

US Food and Drug Administration – Diabetes

The FDA regulates the medical products used to treat diabetes, including glucose meters, insulin pumps, diabetes medicines, and insulin. Its Web site is an excellent source for new products that have received FDA approval and other current information about diabetes care.

fda.gov/diabetes

1-888-463-6332

HOMELAND SECURITY/TRAVELING WITH DIABETES

FLYING WITH TYPE 1 DIABETES

The terrorist threats in recent years have made travel in the 21st century more complicated than anyone might have imagined. Today there are two things that are truer than ever, especially for people with type 1 diabetes and their families: Before leaving home, make sure you're informed and prepared.

HOMELAND SECURITY MEASURES MAY IMPACT TRAVELERS WITH DIABETES

The Transportation Security Administration (TSA) of the Department of Homeland Security has implemented a number of security measures which may impact travelers with type 1 diabetes. Depending on your destination and the most recent security protocols, liquids and gels might need to be stored in a particular way, and certain items might be prohibited in carry-on baggage.

All liquids, gels, and aerosols--such as beverages, shampoo, hairspray, suntan lotion, toothpaste, and creams--in carry-on baggage must be in containers 3 ounces or smaller. All liquids, gels, or aerosols in such containers must fit into a single, quart-size, zip-top, clear plastic bag--only one bag per traveler--which will need to be removed from your carry-on bag and placed in a bin when going through X-ray scanning. Otherwise, these items should be packed in luggage not carried on. The best course of action is to not carry on any liquids or gels that you won't absolutely need during travel time.

To ensure the health of certain travelers, **greater than 3 ounces of the following are permitted** in "reasonable quantities," but these exceptions must be presented to the security officer at the checkpoint.

- Baby formula, breast milk, and juice if a baby or small child is traveling
- Prescription and over-the-counter medications
- Liquids including water, juice, or liquid nutrition for passengers with a medical condition (such as someone with type 1 diabetes who might require a juice to raise blood sugar levels)
- Life-support and life-sustaining liquids such as blood products
- Other gels/liquids required for medical or cosmetic reasons

If reasonable amounts over 3 ounces of any of the above items are needed for travel, you must separate the items from your quart-size, zip-top bag, inform one of the security officers at the checkpoint that you are carrying the items, and present the items for additional inspection at the X-ray.

Also, any liquid, gel, or aerosol purchased in the secure area after you have gone through a security checkpoint is allowed on the airplane, so it might be helpful to buy extra juices you may need once you are at the airport.

Call your airline ahead of time and see how early they suggest you arrive at the airport. By thinking about what might make the security check easier--rather than focusing on what is strictly mandated--you can greatly decrease delays before boarding. Likewise, cooperating with security guards, even if they're asking for something more than you believe to be required or necessary, will help you get through the checkpoint a little faster. Most airports are now doing some level of added random checking. And while it's advised to all travelers, it's especially important that people with medical conditions watch their luggage at all times. Thirty thousand feet is the wrong place to discover your insulin or strips have gone missing.

The information below is excerpted from the guidelines for **travelers with type 1 diabetes** provided by the TSA. Please note, however, that JDRF is not responsible for the accuracy of this information. You may want to check the [TSA website](#), as well as call your airline for additional information, before leaving for your trip.

PERSONS WITH TYPE 1 DIABETES

Notify the Security Officer that you have diabetes and are carrying your supplies with you. The following diabetes-related supplies and equipment are allowed through the checkpoint once they have been screened:

- Insulin and insulin loaded dispensing products (vials or box of individual vials, jet injectors, biojectors, epipens, infusers, and preloaded syringes);
- Unlimited number of unused syringes when accompanied by insulin or other injectable medication;
- Lancets, blood glucose meters, blood glucose meter test strips, alcohol swabs, meter-testing solutions;
- Insulin pump and insulin pump supplies (cleaning agents, batteries, plastic tubing, infusion kit, catheter, and needle). Insulin pumps and supplies must be accompanied by insulin.
- Glucagon emergency kit;
- Urine ketone test strips;
- Unlimited number of used syringes when transported in Sharps disposal container or other similar hard-surface container.
- Sharps disposal containers or similar hard-surface disposal container for storing used syringes and test strips.

What if my insulin, liquids, and gels are more than 3.4 ounces?

- Despite the general rule prohibiting passengers from bringing most liquids and gels through security, people with diabetes may take their insulin, other medications such as Smylin, Byetta, and Glucagon, and other liquids and gels, including juice and cake gel, through TSA checkpoints, even if they are in containers greater than 3.4 ounces.
- Although TSA does allow multiple containers of liquid or gel to treat hypoglycemia, as a practical matter you may want to consider alternative forms of carbohydrates, including glucose tablets, hard candy, or raisins.
- All medical liquids in containers greater than 3.4 ounces must be removed from your carry-on luggage and declared to TSA. They should not be placed in the quart-sized zip-top bag used for non-medical liquids.
- Under normal conditions, insulin can safely pass through X-ray machines at airport terminals. If you have concerns about X-rays, you can request hand inspection.
- Also, insulin never should be placed in checked baggage. It could be affected by severe changes in pressure and temperature. Inspect your insulin before injecting each dose. If you notice anything unusual about the appearance of your insulin or you notice that your insulin needs are changing, call your doctor.

See more at: <http://www.diabetes.org/living-with-diabetes/know-your-rights/discrimination/public-accommodations/air-travel-and-diabetes/what-can-i-bring-with-me.html#sthash.7sziQKd7.dpuf>

Insulin in any form or dispenser must be clearly identified. If you are concerned or uncomfortable about going through the walk-through metal detector with your insulin pump, notify the Security Officer that you are wearing an insulin pump and would like a full-body pat-down and a visual inspection of your pump instead.

Advise the Security Officer that the insulin pump cannot be removed because it is inserted with a catheter (needle) under the skin.

Advise the Security Officer if you are experiencing low blood sugar and are in need of medical assistance. You have the option of requesting a visual inspection of your insulin and diabetes associated supplies.

If you feel you've been treated inappropriately by TSA personnel, complaints about discriminatory treatment can be directed to TSA's Office of Civil Rights.

You can call TSA: 1-877-EEO-4TSA (336-4872) or go to its discrimination complaint site at http://www.tsa.gov/research/civilrights/civilrights_travelers.shtm

TRAVEL TIPS

Whether you're planning short day trips or a voyage of several weeks, thinking ahead will alleviate many problems, not to mention a lot of stress. Although T1D requires extra work, you will find that virtually any trip or event you have planned is doable. Below are some tips on how to prepare to have a fabulous vacation.

PUT TOGETHER A SUPPORT TEAM

Discuss vacation plans with your doctors and other T1D care providers to work out a tailored plan. Any change in activity can affect blood sugar levels. For big trips, added excitement may cause lows or highs, so you may want to consult your doctor for help with changing insulin dosage at such times. Also, ask your doctor for a letter explaining your medical condition and treatment needs, and get a prescription for insulin in case of an emergency.

Make any special accommodations for your child with T1D well in advance of camp trips and other events. Speak to camp counselors, coaches, relatives, friends, etc. ahead of time to be sure you and/or your child will have enough support wherever you go. If you're not comfortable with the level of support consider changing your plans.

Pack extra supplies of everything you use to treat T1D, and pack them in more than one bag, including a carry-on or purse. It's always recommended to wear a medical ID bracelet or other medical identification, and let friends or family members know your itinerary.

Finally, you may also want to make reservations at restaurants to avoid long waits, and ask if they can provide you with nutritional information on their menu items.

CHECK BLOOD SUGAR LEVELS MORE OFTEN

In general, people with T1D should check blood sugars at least six times a day as part of their regular routine, and more whenever their schedule changes. Heat and excitement are two factors that can significantly affect blood sugar levels. The more often you check blood sugars, the more easily you'll be able to anticipate and avoid problems.

The insulin pump is becoming more and more popular, as it provides quite a bit of flexibility in your routine while also eliminating the need for insulin injections. Kids are becoming "pumpers" at very young ages and immediately after diagnosis as the technology improves and word spreads. If you have a child with T1D, ask your doctor if the pump is right for him or her and, if possible, speak to other parents about their experiences with their children or teens on the pump.

BEAT THE HEAT

People with T1D may experience more low blood sugars in the heat, so take extra precautions. Dehydration can be a serious problem, whether or not you have T1D, so make sure you carry water with you at all times, even when going to the beach or pool for the day. Most experts recommend drinking at least eight 8-oz. glasses of water a day in order to avoid problems, and even more if you're going to be very active.

Keep meters, test strips, and insulin out of direct sunlight and use insulated containers or ice packs, but be sure insulin doesn't freeze either.

SPECIAL CONSIDERATIONS FOR AMUSEMENT PARKS

If you are taking a child with T1D to a major amusement park like Disney World/Land, here are some tips to ensure you have a happy and healthy Disney vacation:

- Upon arrival, go to the Guest Relations counter located just inside the turnstile of the park's entrance. Disney cast members are trained to answer any questions you might have. Ask for maps of food stands and first aid stations.
- Consider requesting Disney's Guest Assistance Card there on hot days to help you get through lines more comfortably and avoid overheating, suggests Smith. Explain to the staff that your child has T1D and must eat, check blood sugars, and/or take shots at specific times. Some of them will give you a pass that will get your family in the handicapped line for most rides, which will drastically cut the amount of time you will have to wait in lines.
- Bring a backpack with snacks, juices, water, and all your T1D supplies.
- You may also want to pack meters and insulin pumps in waterproof bags so they don't get wet on water rides.
- If your child is relatively young, you can also rent a stroller for the day and stash supplies in there--and when she gets tired, she can rest in it, too.
- Many parents also suggest making reservations for sit-down meals at amusement park restaurants before leaving for your trip.
- Pick up a free map and locate the First Aid center, your refuge should you need a cool resting place or a consultation with a registered nurse. In addition, First Aid can securely store your supplies, refrigerate your medicine and safely dispose of sharps free of charge.
- Plan to check blood sugar levels more frequently.
- Pack a range of snacks to manage blood sugar levels. "Bring glucose tabs and juice boxes to treat low blood sugar, and also some protein snacks like nuts, beef jerky or cheese," says Chisholm.
- Stay hydrated. "Plain water is the best way to do that," recommends Chisholm. Carry a refillable bottle to fill at water fountains located throughout each park.
- If your child needs immediate assistance, don't be afraid to step to the front of the line or use the handicapped entrance in order to reach food or other help quickly.
- In the event of a medical emergency, locate the nearest Disney cast member and call 911.
- Take precautions to protect your pump. "Free-fall" rides sometimes use very powerful electromagnets. Pumps should be removed and not taken on these "free-fall" types of rides. High gravity forces can be experienced when riding on some roller-coasters. It is recommended to disconnect your pump while on roller-coaster rides or at water parks. You may want to use a basal bolus program, consisting of a long-acting insulin and a rapid-acting insulin instead of a pump for a day at the park. Contact your healthcare provider for further recommendations regarding possible changes to your insulin needs at amusement parks.

WEBSITES/RESOURCES/MATERIALS IN SPANISH

Children with Diabetes provides a list of websites and resources in Spanish.

Childrenwithdiabetes.com/es

The Diabetes Hands Foundation hosts an online Spanish language community and is a resource for parents.

estudiabetes.org

JDRF offers the Latino community a resource on glucagon, warning signs, high blood sugar, and financial assistance. A number of our chapters also order the Pink Panther books in Spanish. JDRF.org is in English, but chapter staff can assist in connecting individuals with volunteers that speak Spanish to answer questions through our Online Diabetes Support Team at jdrf.org/diabetessupport

[JDRF Recursos Españoles](#)

[All JDRF ToolKits are available in Spanish.](#)

Learning About Diabetes Provides easy-to-understand diabetes self-care information and offers culturally sensitive programs in Spanish and other languages.

learningaboutdiabetes.org

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) conducts and supports basic and clinical research on many of the most serious diseases affecting public health. They provide many publications in Spanish that are available for download. Web site can also be viewed in Spanish.

diabetes.niddk.nih.gov/spanish/indexsp.aspx

BD Diabetes offers a variety of free educational materials in English and Spanish on a variety of topics.

bd.com/us/diabetes