

# Diabetes Awareness Month 2022

## What is Diabetes?

Diabetes Awareness Month is in November. The term diabetes mellitus comes from the Greek word "diabetes" (to siphon or pass through) and the Latin word "mellitus" (honey or sweet). Diabetes (usually referring to diabetes mellitus) has long been described in the:

- Ebers Papyrus (c. 1550 BCE).
- Ayurvedic physicians (5th/6th century BCE) first noted the sweet taste of diabetic urine, and called the condition madhumeha ("honey urine").
- The term "diabetes" traces back to Greek physicians ~ 1st century BCE.
- Traditional Chinese medicine as "wasting-thirst".
- Medieval Islamic world, Avicenna.

In people with type 1 diabetes, their body's immune system attacks and destroys the pancreas' beta cells, which are responsible for making insulin. This is why Type 1 Diabetes Mellitus is an auto-immune condition; there's nothing that anyone did or didn't do to make it happen. People with type 1 diabetes must take insulin because their bodies no longer make this hormone.

Learn more about Type 1, Type 2 and other types of diabetes here:

<https://www.diabetes.org/diabetes> Learn more about T1D at the link below:

<https://beyondtype1.org/type-1-diabetes/>

1921, Frederick Banting and Charles Best introduced an extract of pancreatic islet cells from healthy dogs into dogs with diabetes; then purified insulin from the pancreas of cows and produce the first treatment for diabetes. In January 1922, 14-year-old Leonard Thompson was the first person to receive an injection of insulin to treat diabetes.

1969 BG meters became available to hospitals and physicians.

1954 - 1986 The first insulin pen aka "painless diabetes syringe," in Sweden

1974 The first insulin pump was called the Biostator. It was approximately the size of a microwave oven; it was able to measure blood glucose levels and dispense insulin into the body every five minutes. Select insulin pumps can now even work in concert with continuous glucose monitoring systems (CGM.)

1978, scientists created the first human-based insulin Humulin, identical in structure to human insulin.

1981 The first personal-use blood glucose meter (Bayer's Glucometer) is released and available for diabetics to test their blood sugar on their own instead of only at the hospital.

1986, the insulin pen delivery system appeared.

1996 Lispro, the first short-acting insulin, appeared

2006 Dexcom releases the first Continuous Glucose Monitoring system (CGM) to track our blood sugar levels with even more precision. Continuous Glucose Monitoring systems such as Dexcom and Freestyle Libre allow for nearly seamless BG observations and notifications throughout the day; CGM systems can now be integrated with certain insulin pumps.

2008-2012 Closed loop insulin pumps began to be researched. A closed loop system consists of 3 parts: a pump, a continuous glucose monitor, and a pump algorithm that takes data from the monitor and adjusts insulin delivery through the pump automatically; essentially working as an artificial pancreas. At present time there are 2 closed loop pumps on the market, with a third in the works.

### **Famous People with Diabetes:**

People living with diabetes can do anything they put their minds to! The sky is the limit! Check out some of these inspirational people with type 1 diabetes, who have achieved great success in the careers.

*Jay Cutler:* Quarterback in the NFL. He was diagnosed during his 2008 football season while playing for the Denver Broncos. He went on to have career highs in passing touchdowns that season and made it to the Pro Bowl.

*Joe Jonas:* Famous musician/singer/song writer, most known for the Jonas Brothers. He was diagnosed at age 13 years old, while on tour with his band. More recently, you may also recognize him in commercials promoting helpful diabetes technology like Dexcom (a Continuous Glucose Monitor).



*Sonia Sotomayor:* Supreme Court Justice. She was diagnosed at age 7. In 2009 she became the first woman of color and first Latina woman (and only the 3<sup>rd</sup> woman ever) to become a member of the Supreme Court. Her experience growing up with Type 1 inspired her to write a children's book "Just Ask!: Be Different, Be Brave, Be You," as well as a memoir called "My Beloved World."

*Lila Moss:* Runway model, daughter of supermodel Kate Moss. Last year, during her participation in Milan Fashion Week, she was seen sporting not only Fendi and Versace, but also showing off her Omnipod insulin pump!

## Ways to get Involved:

Here are some excellent organizations that help with fundraising and networking in the Type 1 Diabetes community.

### **JDRF**

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

### **Friends for Life**

<https://childrenwithdiabetes.com/>

### **College Diabetes Network**

<https://thediabeteslink.org/>

### **American Diabetes Association**

<https://diabetes.org/>

And don't forget to ask your endocrine provider about the list of local summer camp options for kids with T1DM for summer 2023!!

## Helpful Thanksgiving Tips!

As we enter the holiday season, remember that people with diabetes can enjoy the same foods as everyone else and we can still keep holidays fun and healthy! Before meals, it just takes a little extra thought: What's my blood sugar? How many carbs are in my meal choice? When was my last insulin dose? Will I be more active later or sedentary?

Encourage the whole family to get in some good activity before or after you enjoy your holiday favorites!

Maybe try a new recipe? Check out [diabetesforecast.org](https://diabetesforecast.org) or [skinnytaste.com](https://skinnytaste.com) for some nutritious alternatives to the classic holiday favorites.

Also check\_out this handy chart from our friends at Beyond Type 1 for carb counting with your favorite Thanksgiving foods <https://beyondtype1.org/wp-content/uploads/2018/11/BT1-THANKSGIVING-CARB-CHART-ENGLISH.png>