



Topics in Living with Type 1 Diabetes

A CGM Insurance Coverage Success Story



In April of 2007, Bridget Flynn, 34, was approached by her endocrinologist in Boston, to participate in a new clinical trial being sponsored by JDRF on the continuous glucose monitor (CGM). Bridget, who had been living with type 1 diabetes since the age of 12, decided to participate and began the year-

long trial in June 2007. She was initially randomized to the control group, which meant that she did not begin using a CGM device until the last six months of the trial. She completed the trial in June of 2008.

During the trial, participants were provided with free diabetes supplies. When Bridget finished the trial, she contemplated whether or not she could—or would—pay the \$350 a month to purchase her sensors out-of-pocket from Medtronic Minimed.

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Join Juvenation.org

juvenation
A Type 1 Diabetes community created by JDRF

Check out JDRF's new social network. [Click here](#)

Have you heard about JDRF's new social network for people with type 1 diabetes? Juvenation now has more than 2,000 members, just two months after we first launched the site in November. Our members are very active in communicating with one another, and feedback has been very positive. Read this heartfelt testimony from one grateful member.

I wanted to say thank you to the site creators and those who make Juvenation.org possible. I started being active on Juvenation two months ago. At the time I was feeling pretty burnt out. My HbA1c

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Adults with Type 1 Survey Results Gathered by JDRF

JDRF recently finished tallying the results from the survey we sent out via this e-newsletter in the past year. The survey was designed to gather an understanding of the concerns held by adults with type 1 diabetes and garnered responses from nearly 1,700 people.

Overall, the survey responses told a very positive story, with the most common concern being related to the dietary restrictions placed on all people with type 1 diabetes. It was also noted that technology played a large part in the positive feedback, as 62 percent of respondents reported that they used an insulin pump and 21 percent said they used a continuous glucose monitor to help them in their day-to-day management of the disorder. In addition, 46 percent of all respondents said they favored the use of an artificial pancreas, when developed.

A summary of the comments made by respondents will be available on jdrf.org shortly.

Ask a Parent

Teen Showing Signs of Depression

Q: My teenage daughter was just diagnosed with type 1 diabetes in August of 2008. She has done extremely well managing her diabetes and is a very good student. My husband and I are concerned, however, because she is beginning to show signs of depression. I believe she is scared and it is finally hitting her that she will have this disease for the rest of her life or until there is a cure.

A: I am a volunteer for JDRF, and although I am not a medical expert and cannot dispense medical advice, I do have a 17-year-old daughter who has had type 1 diabetes for almost 12 years. I've seen a lot and learned a lot over the years, and hopefully I can help you and your daughter out—but anything I suggest here should also be run by your daughter's diabetes team.

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First of all, great for you for being so progressive with your daughter's care. It sounds like you've really figured out that treating a child with diabetes—particularly a teen—is about treating the entire child. Smart, and in the end this will be so helpful to your daughter.

My daughter has seen a counselor on and off for many of her diabetes years. Her take on it recently was, "Mom, I think all teens need counseling, not just teens with diabetes!" Ha, ha, good point. We had no luck finding a counselor who specializes in diabetes, but we did find one that my daughter liked and was comfortable with and who was willing to learn about and understand type 1 diabetes and its implications.

A good first step for you might be talking to a social worker affiliated with your medical office. Sometimes they are even able to work in appointments during your regular endo visit (or CDE visit). Give them a call and let them know what you've noticed and why you want to meet with them. It's a great start, and the social worker can help you and your daughter think things through above and beyond a counselor. I would suggest reaching out to them right away.

Second, talk to your daughter's endo or CDE about what you want to do and why, not her primary care physician. The endo team will—and should—have insight into how your daughter is doing and what all teens with diabetes face. They should be able to help you think about if and when counseling is needed, and what you all can do as a team to help your daughter as well.

Another great resource is diabetes camp. My daughter attended one for years as a camper and later as a counselor. There she found support, advice, and people who truly understand (the way even I cannot) what she is facing and going through. I know it's hard to get a teen to think about camp, but maybe she would just do a winter weekend, or consider a visit to find out what it is all about on an open house day.

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Her insurance, at that time, was not covering any supplies related to CGM, as they had deemed its use "experimental."

Ultimately, Bridget decided to pay for the supplies because she was getting married and wanted to have a day free of worrying about her blood glucose levels. Surely there would be enough to do, she thought, without having to stop to test her blood sugar every hour.

She continued paying for the sensors after her wedding, but in October of last year, JDRF published the results of its year-long CGM trial, which found that people with type 1 diabetes who used CGM devices to help manage their disease did experience significant improvements in blood sugar control. At that time, Bridget was just beginning to launch her real battle with the insurance company, with data in hand, when they beat her to the punch and agreed to cover her use of CGM. As of this month, Bridget's supplies are covered, and she is thrilled. JDRF is working to educate health care companies on the positive results of the CGM trial and to encourage broader coverage of CGM for type 1 patients.

"In the end, I really didn't have to take on my insurance company as I have in the past, for example, 10-plus years ago when I first began using an insulin pump," says Bridget. "However, I can testify to two things. First, participating in clinical trials is so very important. I was stunned at the immediate impact this study had on compelling the insurance companies to change their coverage policies. As we've seen many times in the past, once one insurance company begins covering something, the others usually follow. Second, I can attest to the benefits of CGM use and let others know that it's not as difficult as it may seem— and it provides great peace of mind. Lastly, if you can hide an insulin pump and a CGM under a strapless wedding gown and dance the night away with no problems, you can pretty much wear it anywhere!"

Bridget is confident that a look at the data from her blood sugar readings on her wedding day would be enough to convince anyone that CGM works!

For more information about JDRF's CGM trials results, go to www.jdrf.org/cgmtrial.

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I also want to let you know that our local JDRF office is a robust and wonderful group. By connecting with JDRF locally, you'll meet other parents (like me), your daughter will meet other teens (like my daughter), and you'll learn all about research, progress, and yes, hope. Research is moving forward and there truly can be a time when your daughter's life can change for the better—seeing that first hand and understanding it can go a long way for a teen or young adult. If you'd like me to connect you to our local chapter just let me know.

If you have a question for JDRF's Online Diabetes Support Team, go to www.jdrf.org/diabetessupport.

Join Juvenation.org

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had been 8.2-8.6 for a year or two and I was feeling inadequate in my care/knowledge about what I was doing and how to get back on the right track.

First I made some friends who shared some very helpful advice. Then I found a new doctor. Now I have only been on the site for two months and I have already seen a turnaround! My last HbA1c had been 8.2 in late November. At my new doctor's on January 19th my HbA1c had already dropped to 7.8! My new doctor has taught me some ideas about using my pump to its fullest potential and is directing me on how I can do better.

Thank you Juvenation, I really don't think that this change would have happened as quickly or as easily without you and your members being there.

–stilledlife, age 22

Juvenation is for people with type 1 diabetes who are at least 13 years of age. Members can create a profile page, make new friends, contribute to discussion groups, write blog posts, upload videos, and more. If you have a child with type 1 diabetes who is 12 years old or younger, they can enjoy similar peer support at our [Pen Pals site](#). There's even a section for family and friends!