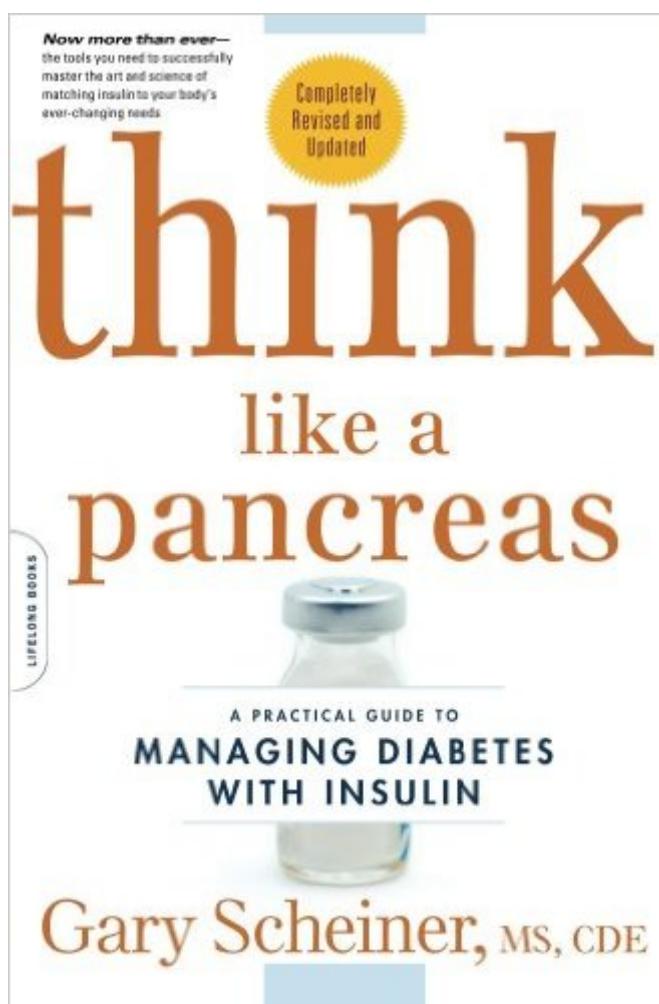


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# Think Like A Pancreas: A Practical Guide To Managing Diabetes With Insulin--Completely Revised And Updated



## Synopsis

Few diabetes books focus specifically on the day-to-day issues facing people who use insulin. In this fully updated and revised edition, diabetes educator Gary Scheiner provides the tools to "think like a pancreas" to successfully master the art and science of matching insulin to the body's ever-changing needs. Comprehensive, free of medical jargon, and packed with useful information not readily available elsewhere, this new edition covers the many strides taken in diabetes education and management since the first edition seven years ago. Think Like a Pancreas includes critical information, such as day-to-day blood glucose control and monitoring, designing an insulin program to best match your lifestyle, up-to date medication and technology, and new insulin formulations and combinations.

## Book Information

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## Customer Reviews

Gary Scheiner's first edition of this book was excellent, it's hard to believe that he could improve on it so much. Full disclosure: I've used Gary's services at Integrated Diabetes Services and benefited greatly from his help. My diabetes technology blog is mentioned in the book. I have had type 1 diabetes for 40 years, this book informed and motivated me. Think Like a Pancreas starts with Gary's diabetes diagnosis story - this guy really gets diabetes because he's had Type 1 since 1985. He has used many different types of diabetes insulin pumps, blood glucose meters, and continuous glucose meters (CGM). The second chapter (What's the Dang Diddly Point?) focuses on the reasons why blood glucose (BG) control is important. Instead of telling you just about 'complications', Gary explains that improved control will give you energy, reduce your appetite, keep

you healthier, and give you the ability to lift cars with one hand. OK, I'm just kidding about the last one. But this chapter is motivating and empowering, you'll WANT to work at improving your BGs after reading this one. As he says at the start of the chapter "Taking care of diabetes is really just an ongoing series of small sacrifices, costs, mental efforts, and time commitments." We're never going to achieve perfection, but we can constantly improve diabetes control.

Lots of positive chatter about this book, so I ordered it. My DH is 52, lifelong Type 1, super-active so we're always looking for useful tidbits. Unfortunately this book's content is pretty elementary. It would be an improvement over the pamphlet you got when you were first diagnosed, but it would certainly be useful only in the first 6 mos - 1 year or so, and then only if your lifestyle is pretty plain vanilla. If you work unusual hours or rotate shifts, if you travel constantly or have a job with loads of stress, if you're extremely athletic, if you have other health issues that seriously affect control, if you're determined to go for tight control, this is not the book for you. Scheiner skips the hands-on details of how to do a lot of things (like down-and-dirty details of adjusting basal and boluses for pump users in complex scenarios). He gives the Readers Digest version but not the super-detailed version. As you'll see throughout the book, Scheiner would like you to consult with his diabetes practice to deal with these trickier situations. Just my personal opinion, but I don't think plugs for your business belong in the actual content of a book like this. If you want to plug your diabetes consulting practice, stick it on a separate page at the front or back of the book. \*MY\* advice for complicated scenarios is that you need a DIFFERENT book, Pumping Insulin: Everything You Need to Succeed on an Insulin Pump. This is an invaluable and unique toolbox for anyone with Type 1.

I was excited to get my hot off the press copy of the new and improved (2nd edition) of Think Like a Pancreas: A Practical Guide to Managing Diabetes with Insulin written by, in my humble opinion, one of the go-to-experts today for people with diabetes who take insulin, Gary Scheiner, MS, CDE. What I love about Gary (yes, I'm a member of his fan club), is that he is tremendously knowledgeable and at the same time extremely practical. In his down-to-earth approach he offers a plethora of innovative out-of-the-box tips for taking care of the everyday, literal and figurative, ups and downs of diabetes using insulin. A big plus of Think Like a Pancreas is Gary's writing style. It's easy-to-read in part because he dovetails his dry wit and fun-loving personality to make, what's dry as a bone material, into a page turner. Throughout the book Gary creates images and uses metaphors to teach and make his points. And if you're a sports fan, you're in luck. Gary is. Therefore many of his metaphors are sports related....I believe baseball and basketball are his

favs. Here's an example, on the very important topic of timing of rapid acting insulin: "However, people with diabetes are like a baseball player with very slow reflexes. We're in the batter's box facing a pitcher who throws 98-mph fastballs; by the time we swing, the ball is already in the catcher's mitt. Rapid-acting insulin that is injected takes about 15 minutes to start working, sixty to ninety minutes to peak, and three to five hours to finish working..." The book starts with Gary's story about the onset of his diabetes and a bit about how he has managed for now more than 30 years. But that just helps you get to know Gary.

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