



The 2017 Holiday Survival Guide

You told Glu!

This year the team at MyGlu.org asked a series of questions about how you manage your diabetes during the holiday season. Between the colder weather, heavy foods, parties with alcohol, and of course time with the family there are many challenges this season. Here is how your fellow Glu users respond to these questions.

Baby, It's Cold Outside

64% OF GLU USERS **CHANGE THEIR EXERCISE HABBIT IN THE COLD**

The sweetest time of the year

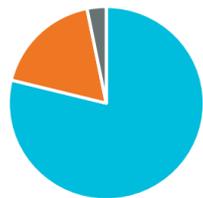
5 OUT OF 10 GLU USERS ADJUST THEIR INSULIN TO ENJOY HOLIDAY TREATS AT THE OFFICE



Achooo!

Yes No Not Sure

79% OF GLU USERS HAVE GOTTEN OR WILL GET A FLU SHOT IN 2017

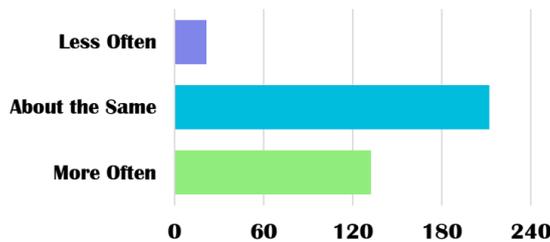


Oh the places you'll go!



62% of device users wear their pump or CGM through airport security

Check the halls



The majority of Glu users check their blood sugar with the same frequency on holidays like Thanksgiving

Ho ho ho and a bottle of rum

Tips for enjoying some "holiday cheer"

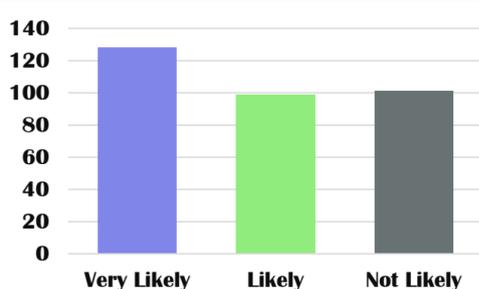
I like an occasional craft beer, especially porters. I cover with my usual carb:insulin ratio and check my CGM more often.

I just make sure I eat when I drink. With a CGM keeping a watch it is far easier to relax and enjoy.



Eat before, snack during, check glucose before, during and after. Drink moderately.

The season of sharing



69% of Glu users are either likely or very likely to bring "easy to bolus" for foods to holiday potlucks

A year of progress

The top three things Glu users most hoped for in 2017 were...

Closed Loop Systems

- May 2017: Dexcom launches clinical trials of their closed loop system
- June 2017: The FDA approves the [MiniMed 670G hybrid closed loop system](#)
- July 2017: Abbott and Bigfoot Biomedical announce their partnership, and plans to start clinical trials in 2018

Continuation of the ACA

The status of the ACA is still in flux, however 2017 enrollment is over 45% higher than 2016 enrollment as of 11/15. Last December [T1D Exchange](#) partnered with 72 other patient advocacy organizations to fight for your care.

Medicare Coverage for CGMs

In January CMS announced that the Dexcom G5 Mobile system is now covered! [This decision](#) came following the approval of this system for non-adjunctive (no fingersticks!) use by the [FDA](#).

Let's thank the team...

doctor
devices
God
parents
dietitian
Obamacare
CDE
DrNick
sibling
colleagues
Spouse
friends
internet
child

who helped Glu users with their diabetes this year

One Glu user shares her favorite "easy to bolus" for recipe

Ingredients

- ❖ 16 oz cream cheese
- ❖ 1/2 cup sugar
- ❖ 1/2 cup alternative sweetener
- ❖ 3 eggs
- ❖ 1/2 tsp vanilla

Topping

- ❖ 1/2 pint sour cream
- ❖ 1 tsp vanilla
- ❖ 4 tbsp sugar, alternative sweetener, or a mix

Directions

- ❖ Preheat oven to 350°
- ❖ Whip together cream cheese, sugar, artificial sweetener, eggs, and vanilla
- ❖ Pour into well greased pie plate
- ❖ Bake 35 minutes until puffy
- ❖ Remove and cool for 10 minutes. Do not turn off the oven
- ❖ Mix ingredients for toppings
- ❖ After 10 minutes, add topping to the pie, avoiding the edges
- ❖ Bake for ten more minutes
- ❖ Serve with fruit topping of your choice

For other great recipes, check out our [Dec 12 question of the day](#)

Thanks for your 106,952 answers to and 18,305 comments on our 308 QOTDs in 2017. Keep on answering in 2018! – The Glu Team

