



Letter from our Executive Director

Summer is halfway over, and as always I've seen the heatwave bring with it some scary new "trends." Although, let's be real more exposed than ever. We have had six calls in the last three days on the hotline for people looking for resources, advice, into the hands of those who need it I also worry about what this time of year does for my fellow diabetic friends. At a conference I heard one girl say, "sometimes it just feels easier to take it off." Yes, these devices may seem bulky, a hassle, a straight up pain through that existence and it's not living, it's barely a life. The cute crop top, still looks cute X pounds heavier and with a tummy the expectation of this weather, this summer, or this life bring you down. Remember to *create* your own ordinary. Choose the life you make. Let your soul breathe! Eternally, with Hope.

Erin M. Akers
Founder & Executive Director,
Diabulimia Helpline
Dream.Believe.Hope

[Diabulimia Awareness FB Support Group](#)

Why Do People with T1D Bear so Much Risk for Eating Disorders?

Find the answer at this year's American Association of Diabetes Educators' annual conference. Over the last three years we have asked this very question, and we have been invited to present the culmination of our findings in a poster presentation, Under the microscope we are excited and honored to have this new work validated by the AADE Committee, and to share it with those working in the field. If you have been recognized as factors contributing to an eating disorder, we want to help providers understand the very fundamentals of developing an eating disorder.

You can discuss all this in more detail with Dawn and Erin at Meet the Poster Author sessions 12:00 – 1:00 pm on Friday. We will have copies of the poster and reference materials available for distribution afterward.

[Type 2 Diabetes & Eating Issues Support Group](#)

Interview with Dr. Ann Goebel-Fabbri,

Executive Director, Erin M. Akers, and author Dr. Ann Goebel-Fabbri discuss Dr. Goebel-Fabbri's new book, *Injectin*, an often overlooked and misunderstood disorder affects the lives of people struggling and their families, and offer practical advice and **use discount code IRK71 to get 15% at checkout**. This book has been fully vetted and recommended by all reading!



Academic Article Spotlight

Helping Our Adolescent and Young Adult Diabetes Patients Successfully Transition Into Adult Care

This time of year many young adults are preparing for major life changes - going to college, starting a new job, living with a new care team into the adult healthcare system. We know that all of these changes often bring emotional stress, higher A1C, and provide the biggest barriers to diabetes management during this time. In looking for ways to ensure the best possible transition. An important result to note: 23.5% of patients screened positive for disordered eating, even though none had a history of eating disorders.

[Utility of Psychological Screening of Young Adults with Type 1 Diabetes Transitioning to Adult Providers](#)

Family & Friends Support Group

Every quarter one former client receives the "I'd Rather Be A Hero, Than Die A Size Zero" Award. It's an award that recognizes the moments an eating disorder brings. It is my distinct pleasure to bestow our *I'd Rather Be A Hero, than Die A Size Zero* Award.



We're so proud of our Executive Director, Erin M. Akers, who has been nominated for a WeGo Community for her work creating and admining the diabulimia awareness group. To vote for her [Go Here!](#)



**Check out Erin M. Akers'
#WEGOHealthAwards Nomination**

Congratulations on your WEGO Health Awards nomination Erin M. Akers. Learn about this amazing Patient Leader at <https://awards.wegohealth.com/nominees/13383>



www.diabulimiahelpline.org

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