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 tube connecting to your site, 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’ve asked this very question, and we have been invited to present the culmination of our findings in a poster presentation. Understood, excited and honored to have this new work validated by the AADE Committee, and to share it with those working in the field. We’ve been recognized as factors contributing to an eating disorder, we want to help providers understand the very fundamental differences in 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, *Injecting_, an often overlooked and misunderstood disorder affects the lives of people struggling and their families, and offer practical 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 on their own, and moving to a new city. These changes 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 been identified.

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 given in recognition of the moments an eating disorder brings. It is my distinct pleasure to bestow our I'd Rather Be A Hero, than Die...
We're so proud of our Executive Director, Erin M. Akers, who has been nominated for a WeGoHealth Community for her work creating and administering the diabulimia awareness group. To vote for her [Go Here!](www.diabulimiahelpline.org)