



Sugar Surfing: How to Manage Type 1 Diabetes in a Modern World

Stephen W. Ponder, Kevin L. McMahon

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Review from Diabetesmine.com (August 24, 2015) "Dr. Ponder's method shows a path to not just 'OK' control but to excellent, repeatable results that can improve the quality and -- ostensibly -- the duration of our lives." About The Book The book includes more than 50 full color annotated blood sugar data streams and other color visuals on high quality stock. Sugar SurfingTM is changing the way doctors view and prescribe treatment for people with type 1 diabetes. Finally, an endocrinologist speaks out about the myths of current education based on a 50 year old static paradigm. With so much chaos, the authors provide candid suggestions that run counter to basing decisions on numbers alone.

Sugar Surfing: How to Manage Type 1 Diabetes in a Modern World Details

Date : Published by MediSelf Press (first published 2015)

ISBN : 0996253904

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Format : Paperback 280 pages

Genre : Nonfiction, Health, Medicine, Medical



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From Reader Review Sugar Surfing: How to Manage Type 1 Diabetes in a Modern World for online ebook

Susan Phelan says

Good information, but should have been pamphlet .

Amy says

The best dynamic management of T1D that I have ever read. I recommend for the advice given in the book. It covers a lot some may already be familiar with if you are an experienced type 1 diabetic or caregiver. I was able to skim a lot of the book and focus on the techniques and found a lot of repetition as the book went on. This will be good for some people but it was a quick read for me and implementing these techniques with my son dropped a1c considerably

Nicole McAninch says

Important Paradigm Shift

Dr Ponder has been an amazing source of support since our daughter's diagnosis in 2014. As a leading pediatric endocrinologist and fellow T1D, we have been blessed to have Dr Ponder as her primary physician. This book summarizes his revolutionary perspective as it relates to proactive diabetes care. I highly recommend!

Keller Adcock says

This book has really gotten me on track since I get a CGM. I can't wait to see what my next A1C is going to be!

Stacy says

Before you start reading this review, you may want to sit down and make yourself comfortable. I have a lot to say, most of it complimentary.

Let's start with my background. As of this review, my daughter has been a type 1 diabetic for 9 years (she's 11) and my son has been a T1D for 2 years (he's 13.) It would be fair to say that I spend a decent chunk of time as a pancreas. Well, pancreata, actually, if one can be plural. Anyhow, I have spent years learning about diabetes. We've done MDI and pumps, been through surgeries, illnesses and the diagnosis of additional auto immunes. I make all changes, evaluate all Dexcom reading, manage foods, oversee carb counting, change sites, wake up sleeping kids to feed them, stay up late to watch a temp basal kick in and then spend my free

time researching ways to do it even better.

I first heard of Dr. Ponder on Facebook. I became a follower because I liked his tips/posts. At some point, I realized he was writing a book about his approach to diabetes and when he started to raise funding, I contributed. Going in, I expected to like the book. But, please note that I was not GIVEN this book - there is no giveaway and this isn't a review based on a freebie. I paid my money and I'm very happy to have done so.

So on to the book. Basically, I loved it. In 9 years, I have tried many, many things. People that don't live with T1D have no idea how hard diabetes is. It's 24/7/365 and there are no days off. Ever. There is no afternoon off. Most parents of T1Ds are just happy when the stars align and they are able to sleep through an entire night without an alarm. We don't have the disease but we have to have the knowledge because we feel this pressure to make sure our kids are given every opportunity to have healthy, complication-free adult lives without being constantly in their faces about diabetes.

I remember when my daughter was diagnosed and I found carb factors in my research...and then had to explain it to the CNP at the next four endo visits. And implementing the TAG idea in meal planning so that fats and proteins were covered appropriately...and then explain it to the CNP. As you can imagine, I decided to do my own thing fairly early on and the habit has stuck. I see the endo as a prescription source and like to figure out things on my own.

And then along came this book! And I realized that I wasn't alone. That there is an endo out there (who is a multi-decade T1D himself) that gets this. That experiments and tests and keeps an open mind. That takes his results, figures out WHY they happened and then figures out how to repeat it. And then SHARES it with the world.

I'm going to touch on a few topics that might help reviewers determine if this is a book for them.

First, basal rates. Dr. Ponder is a bit pushy about the idea of a single basal rate, or at least a small number of them. It's not a rule but it's something he appears to value. I have varied basals greatly over the years but I've never used a single basal rate. Perhaps it's because we did split dosing on long-acting insulins and I timed the overlap to cover dawn effects and bedtime growth hormones...so we never really had "one flat line" even on MDI. But I have learned over time that I gradually add basal rates until I become overwhelmed by them, at which point I scrap them all and start minimal again. With both kids in puberty and a son that is that teenage stage where kids 'forget' to bolus, one rate isn't right for them...but I have really given some thought to it. My son has three different levels - lower at night, really high in the morning, and high all day - and it's working well, so point to Dr. Ponder. My daughter's basal rates have been incredibly detailed before so while it's not three, I have reduced them by 3. Again, it's working well and it's easier to remember, so another point to Dr. Ponder.

Second, I needed a good reminder that a flat line means a basal rate is right, and that it means the other details need changed. I had been struggling with nights and had been changing them so often...and it was completely the wrong approach. I changed my mindset and the results have been wonderful. He slept 12 hours last night and was between 75 and 100 the entire time with no eating, no temping, no bolusing. Thank you, Dr. Ponder.

Third, pivot points. He talks about the idea of using micro-boluses and small amounts of carbs to turn the line, and to do it before a high gets high and a low gets low. It's an idea I first introduced to the kids when my daughter tried a low carb lifestyle a few years ago and it was fabulous. For whatever reason, the pivot

point made it much clearer to my daughter and she selected 100 as her cut off, with 70 as low and 140 as high...but she doses by 130 and eats or temps by 80 so she's been able to head off more highs and lows. My son has zero interest in that level of self-management so it's not a point against Dr. Ponder - just that I only have one kid that utilizes that idea.

Fourth, hollow highs. It's something my kids don't grasp yet - the idea that some highs aren't 'real' highs and need to be left alone to drop. Giving it a name has helped get the idea across, however. And, with my son at basketball camp every evening, we've had some great examples (adrenaline highs that drop within an hour of the end of a game). Dr. Ponder's approach to handling these hollow highs has been spot on for us.

Lastly, the images in the book are incredibly helpful. Actual, real results with explanations, labels, arrows...they add so much to the book.

Now, the few negatives. The book layout is confusing. It reads like chunks of data that have been organized into larger chunks and then combined into chapters. It lacks flow, basically. I realize that it's a quasi-manual but it's just a little too choppy. And I'm not a fan of the surfing analogies. His idea, his book so his terms stay but there were so many sections and examples and phrases that were forced into a ocean theme and it made it feel a little gimmicky. The section where ketones are "sharks in the water" did me in. I had to stop reading for awhile. Which is a shame because the ketone section was fabulous. No negatives outweigh the awesomeness of the book, though, so it's a five star book for me.

Julie says

I have 2 kids with type 1 diabetes. Yeah, it's fun. Our daughter is also disabled so we completely manage her diabetes for her. With CGM use becoming more common, the premise behind Sugar Surfing is very helpful. We manage her diabetes a lot differently than we used to before CGM. There are a lot of great hints and suggestions for those with type 1 or have a loved one with it. The writing style was a bit not to my liking and I found myself skimming in areas where it felt like there was a lot of repetition or just too many examples. That being said, it is a very helpful book.

Charley says

Very good book and well written.

Some of the information tends to be a little technical, but overall understandable.

I found a lot of useful information in this book that I am already starting to apply to my diabetes.

The book is very well written and will have to be referred to often because of the vast amount of information.

It helps that the author is a type 1 diabetic and has developed this approach over a vast amount of years.

If you are open to trying things in a non-traditional manner, then you will benefit greatly from this book.

A word of caution, some endocrinologists may not be receptive to this approach and may offer resistance.

January says

I hate to give this book a low rating, simply because there aren't enough books out there that are candid and realistic about Type 1 care. And also there aren't a lot of Drs out there that are so realistic and helpful. I also hate to give a self published book a low rating, but honestly it could use a good over haul from an actual editor. There was simply too much in this book. It could have been cut down probably by half. There was a lot repeated and he tended to talk around and around, writing 10 sentences that could have been condensed and more direct with one sentence. That's not to say I didn't learn anything from the book. I have been a Type 1 for 33 years and have had a pump for 17, and a CGM for about 5. I really did like the concept of micro-bolusing, micro-carbing and even "pivoting". It also inspired me to actually put on my alarms and narrow in on a good blood sugar. But honestly, the concepts in this book, if you have been a Type 1 for any amount of time and have a pump, and are interested in taking care of your disease, you probably have figured a lot of this out.

Deb says

Every insulin dependent diabetic or family member of a diabetic should have a copy of this book. Learned so much. Full of examples of situations that we've all had as a type 1. Why not learn how to decrease your chances of complications and live a healthy life like those that don't have diabetes

Teresa says

This is a great resource for diabetics who want to maximize the use of their CGM to achieve tight control of their blood sugars. When I first heard about the CGM, I imagined that it would lesson the need for multiple finger sticks each day and help me manage my blood sugars minute by minute. But, when I was initially trained to use the CGM, it wasn't for much more than as a back up to the usual multiple finger stick routine. There is soooo much more and, using the strategies outlined in Dr. Ponder's book, I'm now getting the support I need to achieve the tight control that I imagined I would get from my CGM.

Chris says

I've been using a CGM (Dexcom) for almost 2 years now and had figured out a lot of this on my own--but I am going to be more diligent about micro-bolusing and micro-carbing when possible, and hunt up the control solution for my meter. :) I also look forward to experimenting with "waiting for the bend."

I echo what others have said--the drawback of this book being homespun and self-published was that it's poorly edited. I feel like it could have been half as long and still contain all the relevant info. Also, I struggle with authors (of all kinds!) who come off as though they have All The Answers. While I really appreciated his pointing out our need for patience, resilience, and consistency, I feel like he doesn't acknowledge how much mental effort this level of diligence requires. Sure, you can do very well with this system--as long as you're willing to glance at your CGM 40-50 times a day and take action (or decide not to) accordingly.

I was surprised that he didn't mention the importance of being properly hydrated for your CGM to work properly. Also, I was surprised that he gives actual doses in his examples without offering constant caveats that everyone's doses, ratios, sensitivities, etc. are different. Someone new to diabetes may glance through the book and take his doses as guidelines for themselves, which could be dangerous.

Kevin Oliver says

I liked the premise but not the writing style. Way too much repetition of the same things over and over.

Deb Holmes says

Must read for T1Ds

This book is well written, easy to read and very, very interesting! I am looking forward to applying these techniques.

Julia says

The writing is a little choppy and hard to follow but the information is outstanding and has really helped me lower my t1d daughters a1c

Josee1010 says

Loved the subject/concept. Totally worth reading to get the knowledge and technic.
Started applying and results are great. Really enjoyed the surfing references, but I have to mention that it needs a serious editing job; way to many repeats and going in circles.
