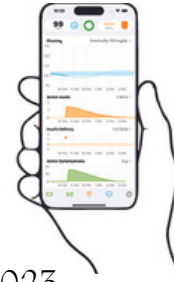


NEWS FROM

# Loop AND Learn

Master Your DIY Closed-Loop Insulin Delivery System

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30 October 2023

[FIND A LOOP-  
FRIENDLY HCP](#)[OPEN MIC  
REPLAYS](#)[CHECK FOR  
UPDATES](#)[VIEW LARGER  
PRINT VERSION](#)IF FORMATTING LOOKS ODD ON YOUR PHONE, PLEASE USE THIS  VERSION.In This  
Edition

- Open Mic Schedule
- Time Zones
- Notes from ISPAD
- Happy Halloween!
- 100 Mile Challenge
- Loop and Learn Italia
- Time to Update or Rebuild?
- FB Q&A

## Upcoming Open Mics

link:  ZOOM

### TIME ZONE CONVERTER

Plug in appropriate info to find your local meeting time

### Loop Informal Discussion

**2 November 6 pm UTC****16 & 30 Nov. 7 pm UTC**

### iAPS

Deep Dive into Dynamic ISF  
w/ Mike Plante**4 November****5 pm UTC**

{will be recorded}

As part of our effort to make attending our events easier, we are switching to listing events in UTC and recommend using a Time Zone Converter such as the one linked to the left to determine what time it will be in your zone. Please let us know how that works for you!

And speaking of time zones, if you use pods and are in one that switches to Daylight Savings Time, **be sure you update your pod when it's time!**



**Here's the Replay of our 28 October  
iAPS Dynamic ISF presentation!**

## Meeting Highlights

Thanks to Miroslava Calegari, 2nd year "dedoc voice", for this summary of a few of the high points from ISPAD 2023!



- The importance of widespread population screening was a central topic. It's not just about one stage of diabetes, when the disease has already set in. Unlike previous conferences (ISPAD2022, ATTD2023) while speaking a lot about Stage 1 and Stage 2 of type 1 diabetes (before clinical diagnosis), this time, much attention was given to what's being called Stage 4 of diabetes - long standing t1d.
- The evidence is clear: we should not simply wait for a universal solution to type 1 diabetes. There are various cures in the pipeline, and one size does not fit all.
- Scientists are passionately embracing the #WeAreNotWaiting mantra as well, in pursuit of a cure. The hot topics of the conference revolved around prevention, screening, immunotherapy, and beta cell replacements. DIY (Do-It-Yourself) presentations, including those by Lenka Petruzekova (AAPS) and Katarina Braune (who, herself, is fully looped on iAPS), have become a significant part of ISPAD.
- The presence of people living with diabetes and caregivers under the #dedoc umbrella is now an essential aspect, both in the present and for the future. The most powerful resource for learning about diabetes is sharing and listening to those who live with it 24/7.

Links of Interest:

- [Miroslava Calegari's ISPAD photos](#)
- [#dedocvoices](#)
- [ISPAD](#)



# Happy Halloween!

Here's a **helpful article** from our friends at **Children with Diabetes**, with a list of **carb counts for candy!**



Looking for a good way to get some exercise, while working towards a cure? **November is the time!**



We are excited to **announce** that *Looped Italia* is becoming **Loop and Learn Italia!** Their aim is to support Italian members in their mother language, following the example of Loop and Learn. How wonderful to have such great DIY support around the globe!

## An exercise for all of us

Take a look at your loop App. When does it expire? Is it up to date? Find the nearest date on your calendar when you can schedule in time to **update or rebuild** and make a plan do do it. Refresh your understanding by reading through the docs before then (schedule that too, in 10 minute chunks if you need to)- this is a great way to stay up and running!



# Q&A from our Facebook Group

*Calling attention to helpful posts*



**Where can I find my TDD?**

**How do I adjust Loop settings for exercise?**

**Why is updating Xcode and iOS taking so long- did I do something wrong?**

**What's up with my Loop Follow Test Flight app?**

**Where's that Resource for Caregivers you promised a while back?**

