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# Sugar Surfing: How To Manage Type 1 Diabetes In A Modern World

## SUGAR SURFING™



How to manage type 1 diabetes  
in a modern world

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## Synopsis

"Lots of great tips and a philosophy that I remember all the time. This book stuck with me. It's more than the usual guidance I get from my health care providers and it makes so much sense!" -

Michelle (verified purchaser). Stephen Ponder was diagnosed with type 1 diabetes at age 9 and grew to become one of the world's leading endocrinologists. Sugar Surfing teaches anyone how to manage in a dynamic way following a course of self-experimentation. The woefully outdated static approach that most every doctor and CDE teach is based on adherence to ratios and correction factors which more often than not make little sense and produce less than satisfactory results. \*\*\*

Register for updates and frequent lessons at [sugarsurfing.com](http://sugarsurfing.com) Available in paperback and all ebook formats. All proceeds are used to support workshops and other outreach programs.

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## Customer Reviews

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.

In my almost 57 years as a T1d, this is the most practical book on living with diabetes I have read! Dr. Ponder is so real and as a kindred soul (we both are 50 year medalists), know what it is like to live with this "strange little condition." I have purchased a copy for my endocrinologist and tell every T1 I know about it. I even tell people who don't have T1, but might know someone who does about it!

This is an excellent book for all T1 diabetics to read before deciding whether to buy a CGM or not. It shows very clearly that a person has to think about his condition and make considered decisions all day to get the excellent results a CGM can achieve. For a dedicated person this will become increasingly automatic and not a chore. A Continuous Glucose Monitor is not for the person who wants to forget about his diabetes.

This book and the skills that Dr. Ponder teaches are critical for people living with Type 1 diabetes and those who care for them (family and healthcare providers). I am a Type 1 diabetic spine surgeon. I use a low carb approach to my diet, but it is because of the skills that I have learned from Dr. Ponder's book that I have an A1c of 4.7-5.1. Diabetes is hard, but it doesn't have to limit your life. In fact we can be healthier than the average person by using the data we have available with blood sugar monitors and CGMs. Anyone can do this and even those using a low carb approach benefit from these techniques. My blood sugar tends to rise from performing surgery. Not always but sometimes. It isn't food related. With the skills I have learned from Dr. Ponder, it is much easier to manage to keep a steady blood sugar. I can't emphasize enough that every parent, teen, CDE, endocrinologist and even the seasoned long term adult with Type 1 diabetes should read this book

and learn these skills!!!!

I bought this as an ebook last year and are now buying the hard copy for easier referral. I really like Dr. Ponder's non-judgmental and informative style. He has the best info I've found so far on using CGMs for Type One diabetes management and also how to calibrate CGMs properly. The overall philosophy he has is that T1D management has too many variables to ever be well controlled with a fixed insulin regime. I find this advice so reassuring on the many, many days when T1D is confusing. Ratios and basal are important, but often things happen that are not your fault and it's better to just correct as needed rather than beat yourself up about it.

Great book! Quick read with lots of great practical advice. Just started using a cgm and after reading this book I now realize how much potential there is to help control my bg. I've been trying a few of the techniques in this book over the past week and they've been super helpful. As far as the kindle version vs the print version, kindle version was fine on my iPad. It has a lot of color photos so I recommend a color display, but it's not necessary.

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!

Dr. Ponder's approach is refreshing and honest! You can do everything right and still have blood sugar peaks and valleys that do not make sense. I love his surfing model, which gives those struggling with blood sugars a flexible and dynamic approach to move blood sugars back into the zone.

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