

# POSITIVE!

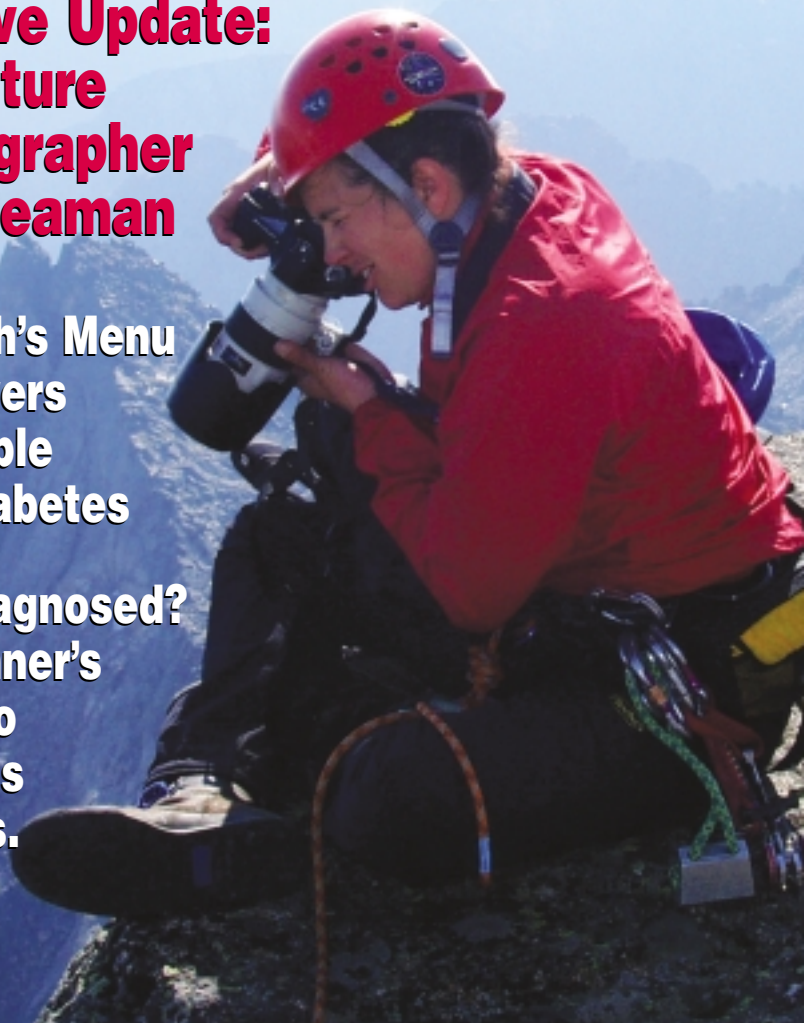
## DIABETES

MARCH 2008

### Positive Update: Adventure Photographer Lisa Seaman

B. Smith's Menu  
Makeovers  
for People  
with Diabetes

Just Diagnosed?  
A Beginner's  
Guide to  
Diabetes  
Choices.



**POSITIVE LIVING WITH DIABETES**

# Lisa Seaman

**W**e first featured Lisa Seaman as our “Positive Profile” in April, 2002. At that time, Lisa, who participates in a wide variety of outdoor and mountain sports, had just successfully climbed 22,834 ft. Cerro Aconcagua in Argentina—the highest

Flash forward a few years, and a few things have changed in Lisa’s life, but a few have remained the same. She is still an avid outdoor athlete. Among Lisa’s notable recent accomplishments was her participation in an expedition on 7,134-meter Pik Lenin in Kyrgyzstan with an

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mountain peak in the western hemisphere—with a group of other climbers with diabetes. At the time, she was working with the Breckenridge Outdoor Education Center in Colorado, an organization that provides adventure programs for people with disabilities and disease states of all kinds.

international group of insulin-dependent climbers.

Among the changes was the choice of a new career that lets her take advantage of her outdoor skills. “Three years ago, I went back to photography school,” Lisa says. “I’ve been pursuing that ever since, doing outdoor, lifestyle

*Cover Photo: Lisa Seaman on the NE Arete of Mt. Cowen, Bozeman, MT.*

*Photo by Doug Bursnall*

and adventure photography.” Her photographs have already been published in such distinguished magazines as *National Geographic Adventure*, *National Geographic Traveler* and *Backpacker*. Among the services she offers is personal vacation photography. People going on a climbing or skiing adventure hire her to document their fun. Her business is called Story Lens, Inc., and you can see examples of her work at [StoryLensInc.com](http://StoryLensInc.com).

One other change Lisa has made is her choice of insulin pump. An enthusiastic pumper since 1999, she recently switched to the new OmniPod Insulin Management System, which consists of

two parts: the “Pod,” which holds and delivers the insulin and can stick to various parts of the body; and a Personal Diabetes Manager (PDM), which controls the Pod through radio frequency technology.

Lisa likes the fact that there are no tubes or wires connecting the Pod to the PDM.

“I love not having the tubing,” Lisa said. “My lifestyle created some issues with a traditional pump. For example, with a traditional pump, when you change elevation from 14,000 to 18,000 feet, you develop an inch-long air bubble in the tubing. So, for four units, you think you’re getting insulin, but you are

*Lisa Seaman in the Selkirk Mountains, BC., Canada, during photo shoot of the Babes in the Backcountry Woman’s Skiing trip.*



Photo by Lisa Seaman

Photo by Lisa Seaman



just getting air. The OmniPod simply doesn't have all that tubing. Also, since the Pod is worn directly on your body, the insulin doesn't freeze."

"I also like that the PDM has a built-in blood glucose monitor," Lisa said. "With my other pump, there were times that if my meter wasn't in my hand I might not check my blood sugar. I would just dial up however much insulin I thought I needed. With the meter always there, I tend to check more often."

We asked Lisa what advice she would give to someone newly diagnosed with type 1 diabetes.

"Really dial in your insulin regimen so that it fits around your schedule," Lisa said. "We're so lucky today to have access to insulin pumps and continuous glucose monitors."

"Get involved with a really good Certified Diabetes Educator or Endocri-

nologist," Lisa continued. "I had a friend who was being treated by a General Practitioner. No offense to them, but they really can't be experts on diabetes. There are just too many options these days, and too much to know."

"Also, get involved with other people with diabetes. Before I went on the expedition to Aconcagua with other mountaineers with diabetes, I didn't think I needed or wanted to know other diabetics. Now I think that connecting with other people with diabetes is really valuable and important." □

*Lisa Seaman camping on the rim of Canyonlands National Park, Moab, UT.*



Photo by Lisa Seaman