

Managing Diabetes: Living Without Limits®

LIVE WELL

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DIABETES MEDICATION 101



Living with diabetes can be manageable when you choose a healthy lifestyle: smart food choices, exercising, keeping up with doctor visits and checking your blood sugar levels every day. Another way to be healthy is to understand and use all of your medications correctly.

Generic Versus Brand Name

Find out whether your prescription medicines are generic or brand name. Generic prescriptions are usually less expensive, and work the same as the brand medication. Talk with your doctor and pharmacist about switching to generic prescriptions if cost is an issue. For some medicines, however, a generic drug might not be available.

Taking Your Medication

It is important to know how much of a drug to take, when to take it and how often. You can have better talks with your doctor and pharmacist when you are taking them exactly as prescribed. If you do not understand the label, ask your doctor or pharmacist.

Sometimes splitting pills is acceptable if the dose is too high, but never do that on your own. It is up to your healthcare provider to determine your dosage.

Effects of Medications

You should know exactly what your medications are for as well as any side effects they may have. Some diabetes medications can cause nausea or vomiting, headaches, cramps or hypoglycemia (if taken on an empty stomach). Sometimes if there are interactions, your doctor can switch you to another medication that will garner more effective results. Remember to report any side effects to your pharmacist, no matter how minimal.

Many diabetes medications take a while to work, in some cases, up to six weeks. Others take 24 hours to kick in. Be patient, and talk to your pharmacist if you are worried about the effects of a medication.

Medications and Meals

It is important to know your recommended blood glucose range, and how high or low can it go before you need to take action. You should also know how often to check your blood sugar. Some medications are best taken before meals, others after, or even with meals. It also can be beneficial to take your medicine at the same time every day.

Choose One Pharmacy

Because people with diabetes often go to different doctors, it is good to have one pharmacy to keep track of all of the different medicines that these doctors suggest. Some medicines are not supposed to be taken at the same time. In addition, vitamins and over-the-counter products are medicines too. Going to one pharmacy allows the pharmacist to check and catch this.



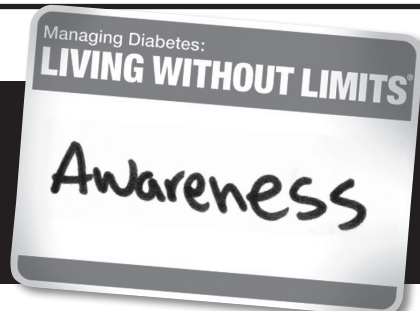
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ARE YOU AT RISK FOR A STROKE?

People with diabetes have a two to five times greater risk of having a stroke, and having diabetes also puts you at higher risk of dying from a stroke—especially for women and those who have had diabetes for a long time. That's the bad news. The good news is that you can take steps to reduce your likelihood of heart disease and stroke, by knowing and controlling your ABCs—A1c, blood pressure and cholesterol.

Healthy Steps

A few other steps that can be taken towards having a healthy heart include:

- Sticking with a healthy eating plan and including more fiber-rich foods to reduce glucose and blood pressure.
- Exercising regularly to improve cardiovascular fitness.
- Quitting smoking and avoiding drug use.
- Using alcohol in moderation.
- Taking medications, when necessary, to help reduce blood glucose, blood pressure and cholesterol levels.
- Knowing the signs of stroke and acting immediately if a stroke is suspected.

Test	Frequency	Goal
A1c	2-4 times/year	Less than 7%
Blood pressure	Every doctor visit	Less than 130/80 mm Hg
Cholesterol	Every year	LDL-Cholesterol Less than 100mg/dL HDL-Cholesterol <i>For women:</i> More than 55mg/dL <i>For men:</i> More than 45mg/dL Triglycerides: Less than 150mg/dL

Warning Signs of Stroke

According to the American Stroke Association, you should seek emergency treatment if you suddenly experience:

- Weakness or numbness of the face, arm or leg, especially on one side of the body
- Confusion or problems with talking
- Vision loss affecting one or both eyes
- Dizziness, loss of balance or coordination or trouble walking
- Severe headache



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ENCOURAGING CHILDREN TO EXERCISE



The benefits of exercise for everyone, including children, are undisputable. Exercise strengthens bones, helps to prevent obesity, lowers blood pressure, helps to prevent the development of diabetes, improves moods, reduces stress levels and keeps blood sugar levels in check. Learning to incorporate exercise into daily life is very important, especially for impressionable children. But, too many children these days spend hours in front of computers or televisions.

Experts recommend that children get 60 minutes of total exercise a day. Parents have an important role to play in encouraging their children to get in their exercise. Setting the right example early can impact a child's health later in life, and avoid the onset of chronic diseases, such as diabetes, or to improve the lives of those with diabetes.

Quick Tips

- Be a role model. As a parent, the best thing you can do is set a good example. Let your kids see you engaging in physical activities, such as biking, walking, playing ball, or doing yoga.
- Limit TV and computer time.
- Sign kids up for team sports, such as baseball, soccer, volleyball or basketball.
- Join a local pool, and take the kids swimming several times a week.
- Go on family walks before or after dinner, or go out and throw a ball with your kids.
- Sign up for a parent/child yoga class.
- In bad weather, try indoor activities like

dancing, jump rope, or exercise DVDs (they make several for children).

- For children who are obsessed with video games, consider investing in the Nintendo Wii, a game system that requires physical activity to play. The Wii Fit is a game for the system that includes a balance board that kids (or parents) use to do yoga, strength training, balance games and aerobic workouts. Another game, Dance Dance Revolution, can be played on most systems and is another fun and very active game.

Remember, the best activity is the one that a child wants to do. If your child wants to run around the backyard instead of playing organized sports, that is fine. Find an activity your child enjoys and make it a regular part of your day.



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