

diabetes care



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Answers
at *Walgreens*TM



Answers begin here for diabetes care.

Diabetes is a condition in which the body can't properly use glucose for the energy it needs. Having diabetes means that blood glucose (sugar) levels get too high, and untreated high blood glucose levels can lead to a number of health problems.¹ Learn more about diabetes and what you can do to stay healthy if you have diabetes.



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What is diabetes?

There are three main types of diabetes: type 1, type 2 and gestational.

- With **type 1 diabetes**, the pancreas does not make insulin. Without enough insulin, glucose levels in the blood become too high.
- With **type 2 diabetes**—the more common type—the pancreas does not make enough insulin or does not use the insulin properly.
- Pregnant women can also get a type of diabetes, called **gestational diabetes**. This form of diabetes usually goes away after the baby is born, although women who have had gestational diabetes are at higher risk for developing diabetes later on.²



How does diabetes affect my body?

Over time, having too much glucose in your blood can cause problems in the body. Left untreated, high blood glucose can damage your eyes, kidneys and nerves. Diabetes can also cause heart disease and stroke, and can increase the chances of losing a limb.³

How is diabetes diagnosed?

Your healthcare provider can determine if you have diabetes by doing a special blood test. You might also take a blood glucose test, either first thing in the morning before breakfast or after drinking a sugary drink.⁴



Who is at risk for diabetes?

Some of the risk factors for diabetes include:

- a higher-than-normal blood glucose level (prediabetes)
- a family history of diabetes
- being older than 45 years of age
- not being physically active
- being overweight
- having low HDL “good” cholesterol, high triglycerides or high blood pressure⁵

What are the symptoms of diabetes?

- extreme thirst
- having to urinate often
- feeling very hungry or tired
- weight loss for no known reason
- sores or cuts that heal slowly
- dry, itchy skin
- tingling or numbness in your feet and/or hands
- blurred vision

You may have one or more of these symptoms, or you may have no symptoms at all.⁶



blood glucose testing



Why is it important to check blood glucose?

Checking your blood glucose levels with a meter can help you make choices about your food, physical activity and medicines.⁷ Keep a record of your results and use them to understand your readings. Take your blood glucose records to your healthcare provider visits, which will help you both decide how often you should check your blood glucose and if any changes are needed in your diabetes treatment plan.⁸ Ask your Walgreens pharmacist or Take Care nurse practitioner to help you choose the blood glucose meter that is best for you.

be *i*nformed

Speak to your healthcare provider about your blood glucose targets.

For most people, they are:

- Before meals: 70–130 mg/dL
- Two hours after meals:
below 180 mg/dL
- At bedtime: 90–150 mg/dL⁹

What should I consider when choosing a blood glucose meter?

- Is it accurate?
- Is it easy to use?
- Is it easy to carry?
- Is the display screen large enough to see my results?
- Can I use blood from my forearm or other non-finger sites?
- Will insurance cover the meter and strips?
- Can I upload the results to a computer?¹⁰



ABCs of diabetes



What are the ABCs of diabetes?

- **A**1C. Measures your average blood glucose over the last three months.
- **B**lood pressure. High blood pressure makes your heart work too hard.
- **C**holesterol. LDL “bad” cholesterol can clog your blood vessels.

Speak to your healthcare provider about how to reach your ABC target numbers to lower your risk for a heart attack, stroke and other diabetes problems.¹¹

ABC Numbers	Target for most people	Your target number	How often to measure
A1C	Less than 7%		2–4 times a year
Blood pressure	Less than 130/80		At every regular provider visit
Cholesterol (LDL)	Less than 100		At least once a year ^{12,13}

How can I reach my ABC targets?

- **Check your blood glucose and your blood pressure** as often as your healthcare team recommends.
- **Stop smoking.** Ask for advice on how to quit.
- **Take any medicines** your healthcare provider prescribes and ask if low-dose aspirin might be helpful for you.
- **Get regular check ups** of your kidneys, feet and eyes and report any changes to your healthcare provider.
- **Ask for help** if you feel down or have trouble handling stress.¹⁴



What food and activity choices can help me reach my ABC targets?

- **Choose healthy foods.** Eat more fruits and vegetables, fish, lean meats and chicken or turkey without the skin. Bake, broil or grill your meat and keep your portion sizes small. Also, eat beans, whole grains and low-fat or skim milk and cheese.
- **Be active** for 30–60 minutes most days of the week.
- **Weight.** Reach and stay at a healthy weight for you.¹⁴



How can I stay healthy with my diabetes every day?

- **Foot care.** Check your feet every day for redness and for sores or cuts that don't heal. Wash—but don't soak—your feet with a mild soap, rinse with water and dry well. Ask someone to check your feet for you if you have trouble seeing or reaching them.¹⁵
- **Skin care.** Your skin can become dry and cracked, which can lead to infection. Look for products that add moisture, gently exfoliate, increase circulation and promote healing. Use mild lotions, and avoid those with heavy perfumes or alcohol.¹⁶
- **Wound care.** If you have a wound, see your healthcare provider right away. Inspect the wound at least once a day. Clean your wound gently once or twice a day, then apply an antibiotic ointment.¹⁷
- **Oral care.** Brush your teeth and floss every day to avoid problems with your mouth, teeth and gums.¹⁸



Where on my body should I inject insulin?

Review how to take your injections with your healthcare provider. Then, choose one of the following sites. Rotate the sites to keep scar tissue from building up:

- **Stomach.** Inject at least 2 inches away from the navel, scars and moles.
- **Arm.** Inject into fatty tissue on the back of the upper arm.
- **Thigh.** Inject into the middle or outer part of the thigh, keeping at least 4 inches above your knee and at least 4 inches away from the top of your leg.
- **Buttocks.** Inject into the fatty tissue above the leg.¹⁹

How do I inject insulin?

If you use a syringe:

- 1 Clean your injection site with an alcohol swab.
- 2 Pinch up a small area of skin (2–3 inches wide).
- 3 Inject the insulin into the pinched skin at a 90-degree angle.
- 4 Keep the needle in and let go of the pinched skin.
- 5 Count to five slowly, then remove your needle.²⁰

If you use an insulin pen:

- 1 Screw on a new needle.
- 2 Prime your pen with an air shot by injecting two units of insulin into the air. This removes any air and allows you to get the exact dose of insulin.
- 3 Dial up your dose.
- 4 Hold the pen like a pencil. Make sure you can see the dosing window. Insert the needle straight into the skin. There is no need to pinch the skin.
- 5 Push firmly on the dose button and hold for five seconds, then remove the pen.²¹

Dispose of syringes, pen needles and lancets (sharps) properly.²² Do not reuse syringes, to insure you inject with a clean insulin syringe every time.



How will I know if my blood glucose is too low (hypoglycemia)?

If your blood glucose goes low, you may feel shaky, dizzy, sweaty, weak, hungry or grumpy. If your blood glucose is 70 mg/dL or below, treat your low with 15 grams of carbohydrates. Here are examples of low blood glucose treatments with 15 grams of carbohydrates:

- 4 glucose tablets
- 1 serving of glucose gel
- ½ cup of regular fruit juice
- 1 tablespoon of sugar or honey

After 15 minutes, check your blood glucose again. If it's below 70 mg/dL, repeat your treatment with another 15 grams of carbohydrates. Repeat these steps until your blood glucose is at least 70 mg/dL. Eat a small snack to prevent your blood glucose from dropping again.²³



What are common symptoms of high blood glucose (hyperglycemia)?

- fatigue
- frequent infections
- increased thirst
- increased urination
- extreme hunger
- blurred vision
- dry mouth or skin
- weight loss for no reason
- slow-healing cuts or sores²⁴



What Walgreens services can help me with my diabetes care?

- **Medicare Part B and D resources**

Walgreens accepts most major Medicare prescription insurance plans, and our pharmacists can help you determine which plan is right for you. Walgreens can also bill Medicare directly for your Part B-covered diabetes supplies, with little or no out-of-pocket cost to you.

- **Health tests**

Our pharmacists are here to help you know your numbers, with in-store health tests, including cholesterol, blood glucose, A1C and body composition.

- **Immunizations**

Walgreens offers vaccines at most locations to help protect you and your family. Walk in anytime or schedule an appointment online.

- **ExpressPay**

Pick up your prescriptions and check out even faster. Sign up once and Walgreens will automatically bill your credit card anytime you pick up an order.

- **90-day prescriptions**

A 90-day prescription is three refills in one. Pick up your prescription once, and for three months, you're done. Fewer refills means fewer chances to run out of your medication. We also offer same day ordering and pickup.

- **E-prescriptions**

With this free service, you can enjoy the benefits of having your prescription sent directly from your doctor to Walgreens. We receive your prescriptions before you arrive, so there are no prescriptions to drop off. You don't have to sign up, either; simply tell your doctor which Walgreens location you prefer.

- **Walgreens Prescription Savings Club**

Receive savings on thousands of brand-name and all generic medications. To join or learn more, ask in the pharmacy or visit [Walgreens.com/rxsavingsclub](https://www.walgreens.com/rxsavingsclub).



What other Walgreens prescription services can help me?

- **Easy refills**

Walgreens offers four ways to refill your prescriptions:

- 1 **Auto refills.** Sign up in the pharmacy or online, and we'll automatically refill your prescription a few days before it runs out.
- 2 **Refill by scan.** Refill in seconds with the free Walgreens mobile app.
- 3 **Online refills.** Refill anytime on Walgreens.com.
- 4 **Touch-tone refills.** Walgreens can also call, email or text you when your prescriptions are ready.

- **Multiple languages**

Walgreens offers a Dial-A-Pharmacist program as well as translated prescription labels, so you can learn all about your prescriptions in your preferred language.

Walgreens also offers easy-open prescription bottle caps and large-type prescription labels.

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Questions about which diabetes care products are right for you or a loved one?

Walgreens pharmacists can help you find the best diabetes care products for your individual needs. Consult with one of our knowledgeable pharmacists in person or, if you're a Balance™ Rewards member, log on to **Walgreens.com/pharmacychat** to chat live with a pharmacy professional anytime, day or night.

For more information, please visit **Walgreens.com/diabetes**. Also look for our free, award-winning *Walgreens Diabetes & You* magazine in the pharmacy every quarter.