

FULL DIABETES & YOU MAGAZINE INSIDE

SPRING 2012

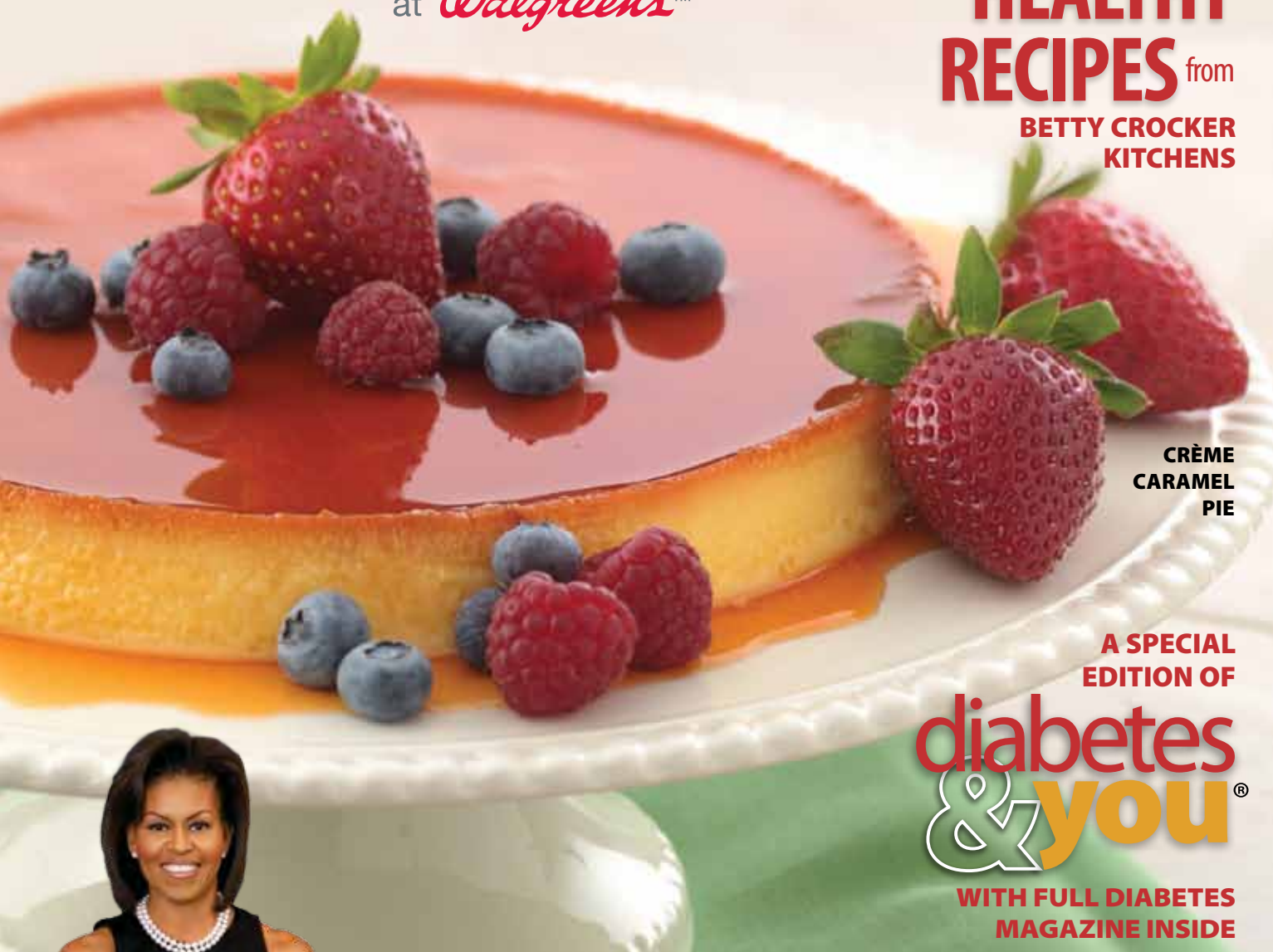
# heart health & you



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**WITH FULL DIABETES  
MAGAZINE INSIDE**



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WORKING WITH WALGREENS FOR A HEALTHIER AMERICA

**Victoza® helped  
me take my  
blood sugar down...**

**and changed how I manage  
my type 2 diabetes.**

**Victoza® helps lower blood sugar when  
it is high by targeting important cells in  
your pancreas—called beta cells.**

**While not a weight-loss product, Victoza®  
may help you lose some weight.**

And Victoza® is used once a day anytime,  
with or without food, along with eating right  
and staying active.

**If you're ready for a change, talk to your  
doctor about Victoza® today.**

Model is used for illustrative purposes only.

## Indications and Usage:

Victoza® is an injectable prescription medicine that may improve blood sugar (glucose) in adults with type 2 diabetes when used along with diet and exercise.

Victoza® is not recommended as the first medication to treat diabetes. Victoza® is not insulin and has not been studied in combination with insulin. Victoza® is not for people with type 1 diabetes or people with diabetic ketoacidosis. It is not known if Victoza® is safe and effective in children. Victoza® is not recommended for use in children.

## Important Safety Information:

In animal studies, Victoza® caused thyroid tumors—including thyroid cancer—in some rats and mice. It is not known whether Victoza® causes thyroid tumors or a type of thyroid cancer called medullary thyroid cancer (MTC) in people which may be fatal if not detected and treated early. Do not use Victoza® if you or any of your family members have a history of MTC or if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2). While taking Victoza®, tell your doctor if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer.

Inflammation of the pancreas (pancreatitis) may be severe and lead to death. Before taking Victoza®, tell your doctor if you have had pancreatitis, gallstones, a history of alcoholism,

or high blood triglyceride levels since these medical conditions make you more likely to get pancreatitis.

Stop taking Victoza® and call your doctor right away if you have pain in your stomach area that is severe and will not go away, occurs with or without vomiting, or is felt going from your stomach area through to your back. These may be symptoms of pancreatitis.

Before using Victoza®, tell your doctor about all the medicines you take, especially sulfonylurea medicines or insulin, as taking them with Victoza® may affect how each medicine works.

Also tell your doctor if you are allergic to any of the ingredients in Victoza®; have severe stomach problems such as slowed emptying of your stomach (gastroparesis) or problems with digesting food; have or have had kidney or liver problems; have any other medical conditions; are pregnant or plan to become pregnant. Tell your doctor if you are breastfeeding or plan to breastfeed. It is unknown if Victoza® will harm your unborn baby or if Victoza® passes into your breast milk.

Your risk for getting hypoglycemia, or low blood sugar, is higher if you take Victoza® with another medicine that can cause low blood sugar, such as a sulfonylurea. The dose of your sulfonylurea medicine may need to be lowered while taking Victoza®.

Victoza® may cause nausea, vomiting, or diarrhea leading to dehydration, which may cause kidney failure. This can happen in people who have never had kidney problems before. Drinking plenty of fluids may reduce your chance of dehydration.

The most common side effects with Victoza® include headache, nausea, and diarrhea. Nausea is most common when first starting Victoza®, but decreases over time in most people. Immune system-related reactions, including hives, were more common in people treated with Victoza® compared to people treated with other diabetes drugs in medical studies.

**Please see Brief Summary of Important Patient Information on next page.**

If you need assistance with prescription drug costs, help may be available. Visit [pparx.org](http://pparx.org) or call 1-888-4PPA-NOW.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [fda.gov/medwatch](http://fda.gov/medwatch) or call 1-800-FDA-1088.

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**To learn more, visit [MyVictozaInfo.com](http://MyVictozaInfo.com) or  
call 1-866-441-0564.**



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# **VICTOZA®**

## **liraglutide (rDNA origin) injection**

### **Important Patient Information**

**This is a BRIEF SUMMARY of important information about Victoza®. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about Victoza®, ask your doctor. Only your doctor can determine if Victoza® is right for you.**

### **WARNING**

**During the drug testing process, the medicine in Victoza® caused rats and mice to develop tumors of the thyroid gland. Some of these tumors were cancers. It is not known if Victoza® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid cancer (MTC) in people. If MTC occurs, it may lead to death if not detected and treated early. Do not take Victoza® if you or any of your family members have MTC, or if you have Multiple Endocrine Neoplasia syndrome type 2 (MEN 2). This is a disease where people have tumors in more than one gland in the body.**

### **What is Victoza® used for?**

- Victoza® is a glucagon-like-peptide-1 (GLP-1) receptor agonist used to improve blood sugar (glucose) control in adults with type 2 diabetes mellitus, when used with a diet and exercise program.
- Victoza® should not be used as the first choice of medicine for treating diabetes.
- Victoza® has not been studied in enough people with a history of pancreatitis (inflammation of the pancreas). Therefore, it should be used with care in these patients.
- Victoza® is not for use in people with type 1 diabetes mellitus or people with diabetic ketoacidosis.
- It is not known if Victoza® is safe and effective when used with insulin.

### **Who should not use Victoza®?**

- Victoza® should not be used in people with a personal or family history of MTC or in patients with MEN 2.

### **What is the most important information I should know about Victoza®?**

- In animal studies, Victoza® caused thyroid tumors. The effects in humans are unknown. People who use Victoza® should be counseled on the risk of MTC and symptoms of thyroid cancer.
- In clinical trials, there were more cases of pancreatitis in people treated with Victoza® compared to people treated with other diabetes drugs. If pancreatitis is suspected, Victoza® and other potentially suspect drugs should be discontinued. Victoza® should not be restarted if pancreatitis is confirmed. Victoza® should be used with caution in people with a history of pancreatitis.

- Serious low blood sugar (hypoglycemia) may occur when Victoza® is used with other diabetes medications called sulfonylureas. This risk can be reduced by lowering the dose of the sulfonylurea.
- Victoza® may cause nausea, vomiting, or diarrhea leading to the loss of fluids (dehydration). Dehydration may cause kidney failure. This can happen in people who may have never had kidney problems before. Drinking plenty of fluids may reduce your chance of dehydration.
- Like all other diabetes medications, Victoza® has not been shown to decrease the risk of large blood vessel disease (i.e. heart attacks and strokes).

### **What are the side effects of Victoza®?**

- Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath while taking Victoza®. These may be symptoms of thyroid cancer.
- The most common side effects, reported in at least 5% of people treated with Victoza® and occurring more commonly than people treated with a placebo (a non-active injection used to study drugs in clinical trials) are headache, nausea, and diarrhea.
- Immune system related reactions, including hives, were more common in people treated with Victoza® (0.8%) compared to people treated with other diabetes drugs (0.4%) in clinical trials.
- This listing of side effects is not complete. Your health care professional can discuss with you a more complete list of side effects that may occur when using Victoza®.

### **What should I know about taking Victoza® with other medications?**

- Victoza® slows emptying of your stomach. This may impact how your body absorbs other drugs that are taken by mouth at the same time.

### **Can Victoza® be used in children?**

- Victoza® has not been studied in people below 18 years of age.

### **Can Victoza® be used in people with kidney or liver problems?**

- Victoza® should be used with caution in these types of people.

### **Still have questions?**

This is only a summary of important information. Ask your doctor for more complete product information, or

- call 1-877-4VICTOZA (1-877-484-2869)
- visit [victoza.com](http://victoza.com)

*Victoza® is a registered trademark of Novo Nordisk A/S.*

Date of Issue: May 2011  
Version 3

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140517-R3 June 2011



# editor's letter



## Dear Readers:

Welcome to the 2012 *Walgreens Heart Health & You/Diabetes & You* issue. We are proud to announce that our magazine recently won a Gold Medal in the 2011 National Health Information Awards competition. We hope you enjoy the great health information in our magazine, which is available each quarter at all Walgreens stores nationwide.

The first part of this magazine is our heart health section, with articles for everyone with heart disease—including the nearly 70 percent of people with diabetes who have heart disease, as well. Our feature article is on First Lady Michelle Obama. Her *Let's Move!* initiative has helped change the way kids think about food and nutrition. Walgreens has joined the First Lady to improve

access to healthy, affordable foods in underserved communities. That will help kids in those areas live healthier lives. It will also give them a better chance of avoiding health conditions, such as heart disease and diabetes, later in life.

Our *Diabetes & You* magazine starts on page 35, with articles on all aspects of diabetes care, as well as an interview with *American Idol* star Crystal Bowersox, who has type 1 diabetes. The Crème Caramel Pie on the cover is just one of the delicious recipes we bring you from Betty Crocker Kitchens, in addition to Grilled Shrimp and Scallop Kabobs, Tomato Lentil Soup and Dijon Chicken Smothered in Mushrooms.

These great recipes are diabetes- and heart-healthy, so dig in!

If you are a healthcare provider, we'd be happy to send you additional, complimentary copies for your offices (U.S. addresses only, no P.O. Boxes; one shipment per address). Walgreens customers can contact us at [diabetes.magazine@walgreens.com](mailto:diabetes.magazine@walgreens.com) to receive an electronic version of the magazine.

As always, we invite you to share your questions or comments. Our contact information is below:

*Walgreens Diabetes & You*  
200 Wilmot Rd, MS # 2243  
Deerfield, IL 60015  
Or send e-mail to:  
[diabetes.magazine@walgreens.com](mailto:diabetes.magazine@walgreens.com)

Sincerely,

Michael Wolf, PharmD  
Director of Merchandising, Diabetes Care  
Walgreen Company

**For past issues of *Diabetes & You*, or for the Walgreens Diabetes Newsletter, visit [walgreens.com](http://walgreens.com) and click on health info.**

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## EDITOR-IN-CHIEF

**Michael Wolf, PharmD**  
Director of Merchandising,  
Diabetes Care  
Walgreen Company

## EDITOR

**Martha M. Funnell,**  
MS, RN, CDE  
Research Investigator,  
Michigan Diabetes Research  
and Training Center,  
University of Michigan,  
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## what's new at Walgreens

By Jonathan Jarashow

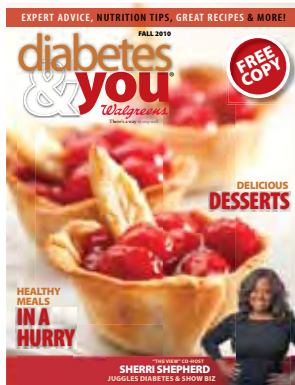
### Diabetes & You Wins Gold Award for Health Information

*Diabetes & You*, the free, quarterly diabetes magazine available exclusively at Walgreens pharmacies and Take Care clinics nationwide, has been awarded the National Health Information Awards' top honor for consumer health information programs and materials: the Gold Award.

"We're proud to receive this honor because it acknowledges the work we do every day on behalf of people impacted by diabetes," says Michael Wolf, editor of *Walgreens Diabetes & You* and

Walgreens director of merchandising for diabetes care. "As a health and daily-living destination in thousands of communities coast to coast, Walgreens is uniquely positioned to provide access to information that can help customers manage or even prevent this disease. We're pleased that so many people consider *Diabetes & You* a useful and valuable guide."

The writers for *Walgreens Diabetes & You* magazine are some of America's top diabetes educators who continually strive to bring



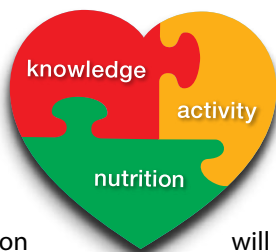
Winner of the 2011 National Health Information Awards' Gold Award

you helpful information on diabetes and related health conditions, such as heart disease, each quarter. Our next issue will be in stores in May.

To view previous editions of our award-winning magazine online, go to [walgreens.com](http://walgreens.com).

### Walgreens Joins the 'Million Hearts' Initiative to Prevent Heart Attacks and Strokes

Walgreens has partnered with several government agencies on a heart disease- and stroke-prevention program called "Million Hearts" that launched in September, 2011. The goal of the program is to help prevent 1 million heart attacks and strokes over five years by finding ways to reduce the number of people who need



treatment and to improve the quality of treatment for those who need it.

Walgreens will support the program by providing free blood pressure testing during the month of February. Each test includes a consultation with a Walgreens pharmacist or Take Care Health provider.

"Million Hearts" aims to

educate Americans about making healthy choices, such as preventing tobacco use, and reducing sodium and trans fat consumption. In addition, the program looks to increase awareness of the heart health "ABCS" (appropriate aspirin therapy, blood pressure control, cholesterol control and smoking cessation) in people who are at risk for heart disease.

For more information visit [millionhearts.hhs.gov](http://millionhearts.hhs.gov).

### PRODUCT UPDATES

#### • Walgreens TRUEresult™ Blood Glucose Meter

The easy-to-use Walgreens TRUEresult™ meter, which requires no coding and gives results in as fast as 4 seconds, recently received a recommended rating from a top independent consumer product testing organization. TRUEresult™ is also recommended by Walgreens Pharmacists. This meter uses only a 0.5 microliter blood sample size, stores 500 results with date/time and has 7-, 14- and 30-day averaging.

As with all Walgreens Brand products, there is a 100% satisfaction guarantee or your money back. Ask your Walgreens pharmacist about ways to save on your prescription copay.



\*Walgreens Pharmacist Survey Study, November 2010.

#### • New OneTouch® Verio™ IQ Meter

A new blood glucose meter with PatternAlert™ Technology—the first meter to look for patterns of highs and lows, and alert you right on screen. The meter has a large color display, and an illuminated testing area. It works exclusively with the unique OneTouch® Verio™ Gold Test Strips.



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# #1 PHARMACIST RECOMMENDED<sup>\*</sup> LETTER VITAMIN BRAND

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<sup>\*</sup>Based on 2011 *Pharmacy Times* survey, including Letter Vitamins, Fish Oil, CoQ10, Herbs and Flaxseed Oil.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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# heart health & you

Walgreens

There's a way to stay well.

SPRING 2012

## heart health

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Walgreens has joined the First Lady to improve access to healthy, affordable foods in underserved communities. That will help kids in those areas live healthier lives. It will also give them a better chance of avoiding health conditions, such as heart disease and diabetes, later in life.

## diabetes care

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It is very important to get enough sleep if you have diabetes or prediabetes.

SPECIAL EDITION OF

diabetes  
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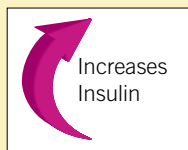
**JANUVIA is widely available on most insurance plans.<sup>a</sup>**

## Today, I took steps to balance my TYPE 2 DIABETES.

Today, I chose  
exercise and  
talked to my doctor.



**JANUVIA works to lower blood sugar in 2 ways. Talk to your doctor about JANUVIA today.**



Decreases  
Sugar Made  
In Liver



- **JANUVIA is a once-daily prescription pill that helps your body increase the insulin made in your pancreas and decrease the sugar made in your liver.**
- **Along with diet and exercise, JANUVIA helps lower blood sugar levels in adults with type 2 diabetes.**
- **JANUVIA is not likely to cause weight gain or low blood sugar (hypoglycemia).**

JANUVIA (jah-NEW-vee-ah) should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

**Selected Risk Information About JANUVIA:** Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

Kidney problems, sometimes requiring dialysis, have been reported.

If you take JANUVIA with another medicine that can cause low blood sugar (hypoglycemia), such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heart beat, sweating, and feeling jittery.

Your doctor may do blood tests before and during treatment with JANUVIA to see how well your kidneys are working. Based on these results, your doctor may change your dose of JANUVIA. The most common side effects of JANUVIA are upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.



**For a free 30-day trial supply<sup>b</sup> of JANUVIA, visit [Januvia.com](http://Januvia.com).**

<sup>b</sup>Not all patients are eligible. Restrictions apply. See Terms and Conditions.

<sup>a</sup>Fingertip Formulary, LLC, June 2011.

**Please see the Medication Guide on the next page and discuss it with your doctor.**



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**Januvia®**  
(sitagliptin) tablets

## Medication Guide

### JANUVIA® (jah-NEW-vee-ah) (sitagliptin) Tablets

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

#### What is the most important information I should know about JANUVIA?

**Serious side effects can happen in people taking JANUVIA**, including inflammation of the pancreas (pancreatitis) which may be severe and lead to death.

Certain medical problems make you more likely to get pancreatitis.

#### Before you start taking JANUVIA:

Tell your doctor if you have ever had

- pancreatitis
- stones in your gallbladder (gallstones)
- a history of alcoholism
- high blood triglyceride levels
- kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

#### What is JANUVIA?

- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

#### Who should not take JANUVIA?

##### Do not take JANUVIA if:

- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.

Symptoms of a serious allergic reaction to JANUVIA may include:

- rash
- raised red patches on your skin (hives)
- swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

#### What should I tell my doctor before taking JANUVIA?

##### Before you take JANUVIA, tell your doctor if you:

- have or have had inflammation of your pancreas (pancreatitis).
  - have kidney problems.
  - have any other medical conditions.
  - are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.
- Pregnancy Registry:** If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.
- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

**Tell your doctor about all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

#### How should I take JANUVIA?

- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Your doctor may do blood tests from time to time to see how well your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See **"What are the possible side effects of JANUVIA?"**.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor's instructions.
- Check your blood sugar as your doctor tells you to.

- Stay on your prescribed diet and exercise program while taking JANUVIA.
- Talk to your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

#### What are the possible side effects of JANUVIA?

##### Serious side effects have happened in people taking JANUVIA.

- See **"What is the most important information I should know about JANUVIA?"**.
- **Low blood sugar (hypoglycemia).** If you take JANUVIA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include:
  - headache
  - drowsiness
  - weakness
  - dizziness
  - confusion
  - irritability
  - hunger
  - fast heart beat
  - sweating
  - feeling jittery
- **Serious allergic reactions.** If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See **"Who should not take JANUVIA?"**. Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.
- **Kidney problems**, sometimes requiring dialysis

The most common side effects of JANUVIA include:

- upper respiratory infection
- stuffy or runny nose and sore throat
- headache

JANUVIA may have other side effects, including:

- stomach upset and diarrhea
- swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not all the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist.

Tell your doctor if you have any side effect that bothers you, is unusual or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

#### How should I store JANUVIA?

Store JANUVIA at 68°F to 77°F (20°C to 25°C).

#### Keep JANUVIA and all medicines out of the reach of children.

#### General information about the use of JANUVIA

Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to [www.JANUVIA.com](http://www.JANUVIA.com) or call 1-800-622-4477.

#### What are the ingredients in JANUVIA?

Active ingredient: sitagliptin.

Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, red iron oxide, and yellow iron oxide.

#### What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

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 **MERCK & CO., INC.**, Whitehouse Station, NJ 08889, USA

Manufactured by:  
Merck Sharp & Dohme (Italia) S.p.A.  
Via Emilia, 21  
27100 – Pavia, Italy  
9984404  
US Patent No.: 6,699,871

This Medication Guide has been approved by the U.S. Food and Drug Administration. DIAI-1004786-0001 10/11

  
**Januvia®**  
(sitagliptin) tablets

# DASH

## to stop high blood pressure

By Amy Campbell, MS, RD, LDN, CDE

**T**he DASH (Dietary Approaches to Stop Hypertension) plan isn't some new fad diet—it's a healthy eating plan for people with high blood pressure. It's low in fat and sodium, and high in fiber, calcium, potassium and magnesium. Following the DASH plan can help lower your blood pressure by up to 14 points.

The benefits of the DASH plan don't stop at blood pressure. This plan can help to lower your risk of:

- heart disease
- stroke
- cancer
- type 2 diabetes

And while the DASH plan isn't a weight-loss diet, you may find that you drop a few of those unwanted pounds because you're making better food choices.

### WHAT IS HIGH BLOOD PRESSURE?

Blood pressure is the force of your blood against the walls of your blood vessels. Blood pressure is measured in millimeters of mercury, written as mmHg. There are two numbers in your blood pressure: the systolic pressure, or top number, and the diastolic pressure, or bottom number. A healthy blood pressure

is 120 over 80 (written as 120/80 mmHg), but for most people with diabetes, the goal is less than 130/80 mmHg. High blood pressure, or hypertension, is sometimes called a "silent" disease, because most of the time you can't tell if your blood pressure is too high. You may feel fine, but if your blood pressure is high, your risk

for a heart attack, stroke, kidney disease and vision problems goes up.

### WHAT CAN YOU EAT ON THE DASH PLAN?

There are no foods that you can never eat, but as with most healthy eating plans, it's best to limit sweets and desserts, alcohol and even caffeine. You'll also need to cut back on your sodium intake,

*The good news about the DASH plan is that you can eat a variety of foods.*

which means using less salt on foods and in cooking and choosing lower-sodium foods at the grocery store.

### SLASH THE SALT

Most people take in more sodium per day than is healthy for them, so here are some ways to cut back on the amount of sodium in your diet:

- Try not to add salt to foods during or after cooking. Use salt-free seasonings, such as spices, herbs and lemon juice to add flavor.
- Use low-sodium or no-salt-added products whenever possible.
- Eat fresh poultry, fish and lean meats, rather than cold cuts or canned or smoked types.
- Watch out for high-sodium products such as ketchup, mustard, barbecue sauce, soy sauce, olives and pickles.
- Rinse canned foods, such as canned vegetables, tuna fish and beans, to remove most of the sodium.
- Read food labels for sodium. A low-sodium food has no more than 140 mg per serving (or 5 percent or less of your daily value of sodium per serving).

*If you'd like to give the DASH plan a try, see the guide on the right of the page to help get started. Or, meet with a dietitian who can help you create a plan that is right for you. It's also a good idea to talk with your healthcare provider before getting started with this or any eating plan.* 🍷

## Getting started on the DASH plan

based on approximately 2,000 calories and 2,300 mg of sodium per day.

### 4–5 servings of vegetables per day.

Even if you're not a vegetable lover, there are so many vegetables to choose from that you're sure to come across a few that you like. Tomatoes, broccoli, carrots, spinach and green beans are just a few. A vegetable serving is 1 cup of raw or ½ cup of cooked vegetables.

### 4–5 servings of fruit per day.

It may sound like a lot of fruit, but one cup or a small piece of fruit is what counts as one serving. Go for fresh fruit whenever possible, and limit fruit juice.

### 2–3 servings of dairy foods per day.

A serving is a cup of milk or yogurt, for example. Go for non-fat or low fat versions to keep the saturated fat content down.

### 6–8 servings of grains per day.

One slice of whole grain bread or ½ cup of cooked cereal, pasta or rice count as a serving. Skip the white, refined grain foods and go for whole grain, such as whole wheat bread, brown rice and whole grain pasta.

### 6 or fewer servings of lean protein per day.

A serving of protein is 1 ounce. Women typically need less protein than men. Limit fatty red meats and choose poultry and fish more often. Trim away any extra fat that you see.

### 2–3 servings of fats and oils per day.

One teaspoon of trans-fat-free margarine, 1 teaspoon of olive oil, 1 tablespoon of reduced-fat mayonnaise and 2 tablespoons of light salad dressing are counted as one serving.

### 4–5 servings of nuts, seeds and legumes per week.

A third of a cup of nuts, 2 tablespoons of seeds and ½ cup of legumes (dried beans and peas) are all equal to one serving. Healthy choices include pistachios, almonds, peanuts, pumpkin seeds, flax seed, chick peas, black beans and lentils.

## 10 DASH PLAN KEYS TO SUCCESS

- 1 Add a serving of fresh fruit (or canned fruit packed in its own juice) to at least one of your meals, or eat a piece of fruit as a snack.
- 2 Have vegetables at both lunch and dinner.
- 3 Keep raw vegetables in the fridge for a quick, low-carb snack.
- 4 Try to eat three servings of fat-free or low-fat dairy foods each day. Dairy foods include milk, yogurt and cheeses. If you have trouble digesting dairy foods, try lactose-free milk or lactase pills when eating dairy foods.
- 5 Use olive, canola or corn oil, as well as trans-fat-free tub margarine.
- 6 Have one or two meatless meals each week, such as rice and beans, vegetarian chili or stir-fry dishes with tofu instead of chicken.
- 7 Keep your protein portions to no more than 6 ounces of meat per day. (Six ounces is about the size of two decks of playing cards).
- 8 Use healthy cooking methods, such as broiling, baking, grilling and stir-frying.
- 9 Buy whole grain versions of foods, such as whole grain breads, cereals, pasta and rice.
- 10 Snack on fresh, small amounts of dried fruit, raw vegetables, fat-free or low-fat yogurt, nuts or popcorn without salt or butter.

# HEADS ABOVE A MANUAL TOOTHBRUSH.



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0766878-015715

\*vs. an ordinary manual toothbrush. Data on file.

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# tips for managing blood pressure

By Janis Roszler, RD, CDE, LD/N

# 1

## MOVE MORE

Being physically active is one of the most important steps you can take to prevent or control high blood pressure. It also helps reduce your risk of heart disease. Being

active can help you lose weight and keep the pounds off. Start slowly. Just walk a few more minutes each day. Change your life in little ways to—literally—take more steps: take the stairs, not the

elevator; park farther from where you are going. Talk with your

healthcare provider about what activities are best for you.

Nearly one out of every three adults has high blood pressure. Did you know that making even a few lifestyle changes can help bring down your blood pressure numbers? Start with the one or two that will be the easiest for you and then try to add other changes over time.

If your healthcare provider prescribed medicines for your high blood pressure, it is important to take them as directed. And if he or she recommends checking your blood pressure at home, Walgreens has a wide selection of monitors to choose from.

# 2

## EAT LESS SODIUM AND SALT

If you have high blood pressure, or want to keep from getting it, try to keep your sodium intake to no more than 1,500 mg per day, which is about  $\frac{2}{3}$  teaspoon of table salt. Processed foods and restaurant foods have the most sodium. To eat less sodium, take these steps:

- Check the amount of sodium per serving size

on the Nutrition Facts labels. Think about how you will use the food you are buying. Is it a side dish or a main course? Can you buy a lower-sodium version or prepare the food from scratch with less sodium?

- Use more foods that are unprocessed and naturally low in sodium, such as fresh

or frozen vegetables, fruits, grains and starchy vegetables.

- Limit your use of ready-to-eat and processed foods, such as canned soup, cold cuts and hot dogs, frozen entrees, salad dressings and packaged mixes. Buy lower-sodium versions of these products when they are available.

- Use as little salt as you can in cooking and at the table. Don't add salt to rice, pasta or hot cereals when you cook them. Cut back on instant or flavored rice, pasta and cereal mixes, which usually have added salt. To season your foods when you cook and at the table, use a wide variety of no- or low-sodium flavorings, such as herbs, spices, fresh ground pepper, lemon, lime, mustards and vinegars.





3 4

**GO EASY  
WITH ALCOHOL**

Alcohol can raise your blood pressure. Men should limit alcohol to no more than two drinks per day and women to no more than one drink per day. However, more than three drinks a day have been shown to raise blood pressure in men and women. One drink equals 12 ounces of beer (regular or light), 4-5 ounces of wine or 1.5 ounces of 80-proof distilled alcohol, such as whiskey, gin or rum.

**EAT MORE  
POTASSIUM**

Because Americans don't eat enough fruits, vegetables and dairy foods, they often don't get enough potassium. Adults should eat about 4,700 mg of potassium per day. This amount can lower blood pressure, lessen the effects of too much sodium and salt and decrease the risk of heart disease—especially stroke.

Get enough potassium each day. Choose high-potassium fruits, vegetables and dairy products, such as oranges, cantaloupe, apricots, broccoli, spinach, winter squash and low-fat or fat-free milk and yogurt.

5

**SHED A FEW  
POUNDS**

Research shows that losing even 5 to 10 pounds can lower blood pressure.

Weight loss has the best effect on blood pressure in people who are overweight and already have high blood pressure.



6

**GET MORE  
DAIRY FOODS  
INTO YOUR DIET**

The diet that lowered blood pressure the

most in the DASH (Dietary Approaches


to Stop Hypertension) study was the one that provided healthy amounts of lean meats, poultry, fish, grains, fruits, vegetables and, last but not least, 2 to 3 servings a day of low-fat dairy foods, which are high in calcium. Enjoy two to three 8-ounce servings of fat-free milk or yogurt. Another high-calcium choice is 1½ ounces of cheese. One serving of a high-calcium food should contain at least 300 mg of calcium for a total of at least 1,000 mg a day.



**7 DON'T  
SMOKE**

Smoking may not cause high blood pressure, but it increases your risk of getting heart disease. After smoking a cigarette,

your blood pressure will climb for several minutes. Smoking injures blood vessel walls and speeds up the process of hardening the arteries. Talk

with your healthcare provider about ways to stop smoking. You will reduce your risk of having a heart attack even just one year after quitting. 





## THE #1 DOCTOR RECOMMENDED HOME BLOOD PRESSURE MONITOR IN AMERICA

Monitoring your blood pressure at home is especially important since most people with diabetes also have hypertension. Begin by checking your levels daily, like you do with your glucose, to help reduce potential risk of heart attack and stroke. With the latest technology and clinically proven accuracy from Omron®, you can feel good about your numbers so you can feel great about your health.

Omron® Home Blood Pressure Monitors are available at *Walgreens*



## FIRST LADY

# Michelle Obama

## Helps America Get Healthier

By Jonathan Jarashow

In February 2010, First Lady Michelle Obama launched a healthy living initiative based on her personal mission: to change the way kids think about food and nutrition and to solve the problem of obesity within a generation, so children will grow up healthier. It's called *Let's Move!* ([letsmove.gov](http://letsmove.gov)) and it has had some major achievements in the last two years, namely, improving access to healthy options for kids by making changes at schools, at restaurants and even at parks and museums.

The First Lady saw that Walgreens can play an integral part in her mission by improving access to healthy, affordable foods since millions of people shop there regularly for their food needs, in addition to their pharmacy needs. So Mrs. Obama asked the nation's largest pharmacy chain to expand its food offerings to include produce and other basic grocery staples. Walgreens responded to the First Lady's request by increasing the number of stores planned to offer an

### *Let's Move!* has five major objectives:

- 1 Create a healthy start for children.
- 2 Empower parents and caregivers.
- 3 Provide healthy food in schools.
- 4 Improve access to healthy, affordable foods.
- 5 Increase physical activity.



First Lady Michelle Obama at a Walgreens store in Chicago, October, 2011.

expanded healthy food selection in order to serve communities without access to basic foods essential for a healthy diet. These stores include more than 750 new food items, such as fresh fruits and vegetables, frozen meats and fish, pasta, rice, beans, eggs, whole-grain cereals and other healthy meal components. And in July 2011, the First Lady invited Walgreens President and CEO Greg Wasson to join her at the White House to announce Walgreens commitment to convert or open at least 1,000 of these stores over the next five years.

## VISIT TO A WALGREENS STORE

In order to see firsthand how Walgreens now provides a larger assortment of affordable, nutritious food in underserved communities, Mrs. Obama visited a Walgreens store in her hometown of Chicago in October 2011.

There, the First Lady emphasized how important it is that Walgreens offers these healthier food options in stores across the nation.


"We can talk all we want about making healthy choices about the food we serve our kids, but if parents don't have anywhere to buy those foods, then that's all it is—it's just talk," said Mrs. Obama. "Imagine what we could achieve if mayors across the country started taking on this issue. Think about all the jobs we could create, all the neighborhoods we could begin to transform and what it means when our children finally get the nutrition they need to grow up healthy. I am confident that—one neighborhood, one community, one city at a time—we can ensure that all our kids have the happy, healthy futures they deserve."

## WALGREENS' ROLE IN CREATING HEALTHIER COMMUNITIES

Wasson joined Mrs. Obama at the store event and illustrated the unique role Walgreens plays in improving the health of its customers.

*"We can talk all we want about making healthy choices about the food we serve our kids, but if parents don't have anywhere to buy those foods, then that's all it is—it's just talk."*

— **First Lady Michelle Obama**

"Walgreens is committed to the health of the communities we serve, and that means improving access to not only medication and health care, but to healthy food, as well," said Wasson. "Walgreens is in a great position to be a true community resource as a retail health and daily living destination. In communities like this, we are the health care hub with access to prescriptions and over-the-counter medications, expanded health care services, such as medication counseling, clinic services and health testing, and daily living needs that include healthy food choices." 



## A New Book for a Healthier America

*Let's Move!* is focused primarily on helping kids prevent obesity, so in order to help promote better eating habits and improve the health of U.S. families and communities, the First Lady wrote a new book entitled *American Grown: How the White House Kitchen Garden Inspires Families, Schools, and Communities*. On sale nationwide in April 2012, the book will tell the story of the White House kitchen garden, and it also focuses on healthy, affordable food for families and communities across America.

## Health and Human Services Secretary visits Walgreens store

A member of President Obama's cabinet also visited a Walgreens store in Chicago recently. Secretary of Health and Human Services Kathleen Sebelius emphasized the importance of flu shots by getting a flu shot herself at Walgreens.

"It's very exciting to see stores like these built on the principle that good health starts with steps we can all take to avoid getting sick in the first place," said Sebelius. "A perfect



example of preventive care is getting your annual flu shot to protect yourself and your loved ones. So we're working closely with pharmacies like Walgreens to make the vaccine widely available in communities across the country."

After receiving her shot, Sebelius toured a new store with Wasson, who highlighted how Walgreens offers accessible, preventive health services, such as flu vaccinations and diabetes care in underserved communities.

**METFORMIN HYDROCHLORIDE  
TABLETS, USP**  
500 mg, 850 mg and 1000 mg

**Rx only**

#### **Important Safety Information**

Metformin hydrochloride tablets are used to control blood sugar levels in people with type-2 (non-insulin-dependent) diabetes.

A small number of people who have taken metformin hydrochloride tablets have developed a serious condition called lactic acidosis. Lactic acidosis is caused by a buildup of lactic acid in the blood. This buildup can cause serious damage.

Lactic acidosis happens more often in people with kidney problems. Most people with kidney problems should not take metformin hydrochloride tablets.

It is also important for your liver to be working normally when you take metformin hydrochloride tablets. Your liver helps remove lactic acid from your blood.

Make sure you tell your doctor before you use metformin hydrochloride tablets if you have kidney or liver problems.

You should stop using metformin hydrochloride tablets and call your doctor right away if you have signs of lactic acidosis. Lactic acidosis is a medical emergency that must be treated in a hospital.

#### **Signs of lactic acidosis are:**

- feeling very weak, tired, or uncomfortable
- unusual muscle pain
- trouble breathing
- unusual or unexpected stomach discomfort
- feeling cold
- feeling dizzy or lightheaded
- suddenly developing a slow or irregular heartbeat

**Other Side Effects:** Common side effects of metformin hydrochloride tablets include diarrhea, nausea, and upset stomach.

You are encouraged to report side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

# *Mylan* Metformin is **Berry Nice.**



## *Blackberry-scented* **Mylan Metformin** **Hydrochloride**<sup>TM</sup> Tablets, USP

### **A metformin pill that doesn't smell like fish.**

*Blackberry-scented* METFORMIN from Mylan provides the proven benefits of metformin (or Glucophage®\*) without the “fishy smell” associated with some metformin tablets.<sup>1</sup> Ask your doctor or pharmacist if it's right for you.

Please see the Patient Medication Guide on the reverse side for additional Important Information.

\*Registered trademark of Bristol-Myers Squibb.

Reference: 1. Pelletier AL, Butler AM, Gillies RA, et al. Metformin Stinks, Literally. *Ann Intern Med.* 2010;152:267-268.

# METFORMIN HYDROCHLORIDE TABLETS, USP

## 500 mg, 850 mg and 1000 mg

Rx Only

### PATIENT INFORMATION

Read this information carefully before you start taking this medicine and each time you refill your prescription. There may be new information. This information does not take the place of your doctor's advice. Ask your doctor or pharmacist if you do not understand some of this information or if you want to know more about this medicine.

#### What are metformin hydrochloride tablets?

Metformin hydrochloride tablets are used to treat type 2 diabetes. This is also known as non-insulin-dependent diabetes mellitus. People with type 2 diabetes are not able to make enough insulin or respond normally to the insulin their bodies make. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems including kidney damage, amputations, and blindness. Diabetes is also closely linked to heart disease. The main goal of treating diabetes is to lower your blood sugar to a normal level.

High blood sugar can be lowered by diet and exercise, by a number of medicines taken by mouth, and by insulin shots. Before you take metformin hydrochloride tablets, try to control your diabetes by exercise and weight loss. While you take your diabetes medicine, continue to exercise and follow the diet advised for your diabetes. No matter what your recommended diabetes management plan is, studies have shown that maintaining good blood sugar control can prevent or delay complications of diabetes, such as blindness.

Metformin hydrochloride tablets help control your blood sugar in a number of ways. These include helping your body respond better to the insulin it makes naturally, decreasing the amount of sugar your liver makes, and decreasing the amount of sugar your intestines absorb. Metformin hydrochloride tablets do not cause your body to make more insulin. Because of this, when taken alone, they rarely cause hypoglycemia (low blood sugar), and usually do not cause weight gain. However, when they are taken with a sulfonylurea or with insulin, hypoglycemia is more likely to occur, as is weight gain.

**WARNING: A small number of people who have taken metformin hydrochloride tablets have developed a serious condition called lactic acidosis. Lactic acidosis is caused by a buildup of lactic acid in the blood. This happens more often in people with kidney problems. Most people with kidney problems should not take metformin hydrochloride tablets. (See "What are the side effects of metformin hydrochloride tablets?")**

#### Who should not take metformin hydrochloride tablets?

Some conditions increase your chance of getting lactic acidosis, or cause other problems if you take either of these medicines. Most of the conditions listed below can increase your chance of getting lactic acidosis.

#### Do not take metformin hydrochloride tablets if you:

- have kidney problems
- have liver problems
- have heart failure that is treated with medicines, such as Lanoxin®\* (digoxin) or Lasix®\*\* (furosemide)
- drink a lot of alcohol. This means you binge drink for short periods of time or drink all the time
- are seriously dehydrated (have lost a lot of water from your body)
- are going to have an x-ray procedure with injection of dyes (contrast agents)
- are going to have surgery
- develop a serious condition, such as heart attack, severe infection or a stroke
- are 80 years or older and you have NOT had your kidney function tested

Tell your doctor if you are pregnant or plan to become pregnant. Metformin hydrochloride tablets may not be right for you.

Talk with your doctor about choices. You should also discuss your choices with your doctor if you are nursing a child.

#### Can metformin hydrochloride tablets be used in children?

Metformin hydrochloride tablets have been shown to effectively lower glucose levels in children (ages 10 to 16 years) with type 2 diabetes. Metformin hydrochloride tablets have not been studied in children younger than 10 years old. Metformin hydrochloride tablets have not been studied in combination with other oral glucose-control medicines or insulin in children. If you have any questions about the use of metformin hydrochloride tablets in children, talk with your doctor or healthcare provider.

#### How should I take metformin hydrochloride tablets?

Your doctor will tell you how much medicine to take and when to take it. You will probably start out with a low dose of the medicine. Your doctor may slowly increase your dose until your blood sugar is better controlled. You should take metformin hydrochloride tablets with meals.

Your doctor may have you take other medicines along with metformin hydrochloride tablets to control your blood sugar. These medicines may include insulin shots. Taking metformin hydrochloride tablets with insulin may help you better control your blood sugar while reducing the insulin dose.

Continue your exercise and diet program and test your blood sugar regularly while

taking metformin hydrochloride tablets. Your doctor will monitor your diabetes and may perform blood tests on you from time to time to make sure your kidneys and liver are functioning normally. There is no evidence that metformin hydrochloride tablets causes harm to the liver or kidneys.

Tell your doctor if you:

- have an illness that causes severe vomiting, diarrhea or fever, or if you drink a much lower amount of liquid than normal. These conditions can lead to severe dehydration (loss of water in your body). You may need to stop taking metformin hydrochloride tablets for a short time.
- plan to have surgery or an x-ray procedure with injection of dye (contrast agent). You may need to stop taking metformin hydrochloride tablets for a short time.
- start to take other medicines or change how you take a medicine. Metformin hydrochloride tablets can affect how well other drugs work, and some drugs can affect how well metformin hydrochloride tablets work. Some medicines may cause high blood sugar.

#### What should I avoid while taking metformin hydrochloride tablets?

Do not drink a lot of alcoholic drinks while taking metformin hydrochloride tablets. This means you should not binge drink for short periods, and you should not drink a lot of alcohol on a regular basis. Alcohol can increase the chance of getting lactic acidosis.

#### What are the side effects of metformin hydrochloride tablets?

**Lactic Acidosis:** In rare cases, metformin hydrochloride tablets can cause a serious side effect called lactic acidosis. This is caused by a buildup of lactic acid in your blood. This buildup can cause serious damage. Lactic acidosis caused by metformin hydrochloride tablets is rare and has occurred mostly in people whose kidneys were not working normally. Lactic acidosis has been reported in about one in 33,000 patients taking metformin hydrochloride tablets over the course of a year. Although rare, if lactic acidosis does occur, it can be fatal in up to half the people who develop it.

It is also important for your liver to be working normally when you take metformin hydrochloride tablets. Your liver helps remove lactic acid from your blood.

Make sure you tell your doctor before you use metformin hydrochloride tablets if you have kidney or liver problems. You should also **stop using metformin hydrochloride tablets and call your doctor right away if you have signs of lactic acidosis. Lactic acidosis is a medical emergency that must be treated in a hospital.**

#### Signs of lactic acidosis are:

- feeling very weak, tired, or uncomfortable
- unusual muscle pain
- trouble breathing
- unusual or unexpected stomach discomfort
- feeling cold
- feeling dizzy or lightheaded
- suddenly developing a slow or irregular heartbeat

If your medical condition suddenly changes, stop taking metformin hydrochloride tablets and call your doctor right away. This may be a sign of lactic acidosis or another serious side effect.

**Other Side Effects:** Common side effects of metformin hydrochloride tablets include diarrhea, nausea, and upset stomach. These side effects generally go away after you take the medicine for a while. Taking your medicine with meals can help reduce these side effects. Tell your doctor if the side effects bother you a lot, last for more than a few weeks, come back after they've gone away, or start later in therapy. You may need a lower dose or need to stop taking the medicine for a short period or for good.

About 3 out of every 100 people who take metformin hydrochloride tablets have an unpleasant metallic taste when they start taking the medicine. It lasts for a short time.

Metformin hydrochloride tablets rarely cause hypoglycemia (low blood sugar) by themselves. However, hypoglycemia can happen if you do not eat enough, if you drink alcohol, or if you take other medicines to lower blood sugar.

**Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.**

#### General advice about prescription medicines

If you have questions or problems, talk with your doctor or other healthcare provider. You can ask your doctor or pharmacist for the information about metformin hydrochloride tablets that is written for health care professionals. Medicines are sometimes prescribed for purposes other than those listed in a patient information leaflet. Do not use metformin hydrochloride tablets for a condition for which it was not prescribed. Do not share your medicine with other people.

\*Lanoxin® is a registered trademark of GlaxoSmithKline.

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REVISED JANUARY 2010  
MX-PL-METB-R1

# taking a closer look at LDL

## “bad” cholesterol

By Amy Van Hoven, RN, BSN, CDE,  
Joslin Diabetes Center at OSF Healthcare,  
Bloomington, IL



be *i*nformed

Many people know what their cholesterol numbers mean. They have had discussions with their healthcare provider about their numbers, met with a dietitian to discuss healthy nutrition and exercise, and perhaps are even taking medicine to help lower their cholesterol. We may think we know quite a bit about cholesterol but new research is showing that we may need to learn more. This research shows that in addition to our cholesterol number, we also need to consider the size of our LDL cholesterol particles.



### What is cholesterol?

Cholesterol comes from two sources: our bodies and the food that we eat. 75% of the cholesterol in our bodies is made in the liver and the other 25% of the cholesterol comes from the food we eat. Only animal foods (including dairy and eggs) contain cholesterol. Examples include:

- bacon
- butter
- eggs
- chicken
- milk
- ice cream

However, while it's important to keep an eye on your cholesterol intake, what's even more

important for helping to manage your blood cholesterol is to eat fewer foods with saturated fat. This is found in foods such as:

- red meat
- cheese
- butter
- ice cream
- whole milk

Eating these foods in moderation or using fat-free or lower-fat options (skim milk, low-fat sour cream) instead will help you to better manage your blood cholesterol.

### How is blood cholesterol measured?

Cholesterol is measured through a blood test. For the most accurate results, your healthcare provider will likely suggest that you fast (not eat or drink anything except water) for at least eight hours before having the test.

### What should my cholesterol numbers be?

Your cholesterol results will be broken down into total cholesterol, HDL cholesterol, LDL cholesterol and triglycerides, which are fats found in the blood. The goal for your total cholesterol is less than 200 mg/dL.

### What is HDL (good) cholesterol?

HDL is your healthy or good cholesterol. The HDL goal for women is greater than 50 mg/dL and for men, greater than 40 mg/dL. Good cholesterol provides protection against heart disease by preventing plaque build-up along the inside of artery walls.

Smoking, being overweight and not doing enough physical



activity can lower your HDL level. If your HDL is below the target, think about making some lifestyle changes to help boost it such as:

- stopping smoking.
- reaching and staying at a healthy weight.
- being physically active for at least 30–60 minutes, most days of the week.
- using heart-healthy oils in your eating plan, like olive, peanut and canola oil.

Some cholesterol-lowering medicines, such as niacin, statins and fibrates may also work to increase your HDL. Talk with your provider about whether taking a medicine is a good idea for you.

## What is LDL (bad) cholesterol?

LDL cholesterol is often referred to as the “bad” cholesterol. An LDL number of less than 100 mg/dL is the goal for most people with diabetes; however, your healthcare provider may recommend a different goal for you.

## Who is at risk for smaller, denser LDL particle size?

You are more likely to have a higher number of smaller, denser LDL particles if:

- you have diabetes.
- you already have heart disease.
- you have a low HDL level.
- you have high triglycerides (blood fats).
- you have a family history of smaller LDL particles.

## Why does LDL particle size matter?

In addition to looking at the LDL number, new research shows that we also need to look at the size of the LDL particles to help determine someone's risk for heart disease and stroke.

LDL particles that are smaller and denser may be more likely to cause heart disease than LDL particles that are larger and “puffy.” Small LDL particles are more likely to be embedded in artery walls, causing damage. People can have both small and large LDL particles in their body. People who have a larger number of the smaller, dense particles in their body may be at an increased risk for heart disease, stroke and peripheral vascular disease.

# 25%

of your cholesterol comes from the food that you eat.


# 75%

of your cholesterol is made in your liver.

## How can I improve my cholesterol numbers?

- Follow a heart-healthy eating plan. Make an appointment with a dietitian to discuss ways to eat less saturated fat and cholesterol.
- Lose weight or maintain a healthy weight. Losing weight and burning fat can help your body decrease the number of the smaller, denser particles and increase the number of the larger, “puffy” ones.
- Be more active. Aim for 30–60 minutes of exercise most days of the week. Try walking after dinner each evening. Consider a membership to a gym or your local YMCA. Challenge

yourself to do something different—take a spinning class or sign up to learn yoga or Pilates. If you have difficulty exercising, talk with your healthcare provider first. Doing chair exercises at home or working with a personal trainer can help you be safe while exercising and increase your confidence.

- Discuss cholesterol-lowering medicines with your healthcare provider.
- Aim to keep your blood glucose levels within your target range—and your A1C less than 7%. See a diabetes educator if you're unable to meet your blood glucose goals or if you need a refresher course in your diabetes care.
- Pat yourself on the back if you have taken the time to learn about your cholesterol numbers and what they mean for you. You have armed yourself to be more proactive in your care and made yourself more confident in making lifestyle changes that will help you to lead a longer, healthier life. 





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## HEART DISEASE AND DIABETES

# men vs. women

By Martha Funnell, MS, RN, CDE


**H**eat disease is the No. 1 cause of death in both men and women, and people with diabetes are at a higher risk for heart disease than those without diabetes. Even though women and men with diabetes have the same risk of getting heart disease, women and men are different when it comes to heart disease and diabetes in some of the following ways:

**Studies have shown that women with diabetes tend to be heavier and have poorer blood glucose, blood pressure and cholesterol levels than men.** This also raises their risk for heart disease.

**Women may have different symptoms from men when they are having a heart attack.** A woman may not know she is having a heart attack as readily as a man who is having chest pain. A woman is less likely to have chest pain and may have back or jaw pain instead, or she may just feel short of breath or nauseated. As you know, the sooner people get help for a heart attack, the greater their chances for survival. The woman and those around them may not realize that it is a heart attack until it is too late.

**Women are less likely to be tested for and treated for heart disease than men.** Because heart disease was often thought of as a “man’s disease,” it was ignored or treated less aggressively than in women. As heart disease in women gets more attention in the media and more research funding, this belief is changing. Even though men are more likely to be treated for heart disease, some studies show that men are less likely to take medicines as prescribed or follow up with doctor visits and testing.

**Women who don’t have diabetes tend not to get heart disease until after menopause** because the hormones made in their bodies before menopause protect them from heart disease. However, women with diabetes don’t have the same protection from these hormones. Therefore, they have lower HDL (good) cholesterol levels, which raises their risk for heart disease.

**Clinical depression** is about twice as common for women and is more common among people with diabetes. Having depression increases the risk for having a heart attack and heart disease. 

## healthy advice for men and women

When it comes to your health, you need to watch out for yourself and make sure your doctor is watching out for you, as well. Keep track of your own blood pressure, cholesterol and

A1C levels. Be sure that your levels are checked every year. Ask your healthcare provider what your numbers are and what they mean. Follow through with testing and

medicines and keep your blood pressure and blood glucose in their target ranges.

There is no getting around the fact that heart disease is a serious concern for both men and women

with diabetes. However, more understanding and better treatments mean that both women and men with diabetes are living longer, healthier lives.

## SIGNS OF A heart attack

### FOR MEN AND WOMEN

- Chest pain
- Pain in the upper body (arm, back, neck)
- Shortness of breath

### MORE COMMON FOR WOMEN

- Nausea
- Light headedness or dizziness
- Fatigue



# *My pen. My story.*

*José Cardenas, Lantus® SoloSTAR® patient since 2007*

I'm catching up on things I never had the time to do before I retired. Like gardening, working around my house, and traveling. These days, insulin is part of my normal routine. Thanks to my doctor, I found an easy-to-use pen to inject it: Lantus® SoloSTAR®. Because it's prefilled, I don't have to bother with a vial or syringe. It helps control my blood sugar for 24 hours, along with my diet and exercise routines and my other diabetes medications. I use it once a day at the same time each day, then get on with the things I enjoy. Follow my story at [lantus.com/Jose](http://lantus.com/Jose)

## **Important Safety Information for Lantus® (insulin glargine [rDNA origin] injection)**

Do not take Lantus® if you are allergic to insulin or any of the inactive ingredients in Lantus®.

You must test your blood sugar levels while using insulin, such as Lantus®. Do not make any changes to your dose or type of insulin without talking to your healthcare provider. Any change of insulin should be made cautiously and only under medical supervision.

**Do NOT dilute or mix Lantus® with any other insulin or solution.** It will not work as intended and you may lose blood sugar control, which could be serious. Lantus® must only be used if the solution is clear and colorless with no particles visible. **Do not share needles, insulin pens or syringes with others.**

**The most common side effect of insulin, including Lantus®, is low blood sugar (hypoglycemia), which may be serious.** Some people may experience symptoms such as shaking, sweating, fast heartbeat, and blurred vision. Severe hypoglycemia may be serious and life threatening. It may cause harm to your heart or brain. Other possible side effects may include injection site reactions, including changes in fat tissue at the injection site, and allergic reactions, including itching and rash. In rare cases, some allergic reactions may be life threatening.

Tell your doctor about other medicines and supplements you are taking because they can change the way insulin works. Before starting Lantus®, tell your doctor about all your medical conditions including if you have liver or kidney problems, are pregnant or planning to become pregnant, or are breast-feeding or planning to breast-feed.

Lantus® SoloSTAR® is a disposable prefilled insulin pen. Please talk to your healthcare provider about proper injection technique and follow instructions in the Instruction Leaflet that accompanies the pen.

## **Indications and Usage**

Prescription Lantus® is a long-acting insulin used to treat adults with type 2 diabetes and adults and children (6 years and older) with type 1 diabetes for the control of high blood sugar. It should be taken once a day at the same time each day to lower blood glucose.

Do not use Lantus® to treat diabetic ketoacidosis.

**Please see additional important information on the next page.**

**Lantus.com  
1-877-253-6526**

  
**LANTUS®**  
insulin glargine [rDNA origin] injection  
**SoloSTAR®**



**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

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US.GLA.10.10.148

## BRIEF SUMMARY OF PRESCRIBING INFORMATION

### HIGHLIGHTS OF PRESCRIBING INFORMATION

These highlights do not include all the information needed to use LANTUS safely and effectively. See full prescribing information for LANTUS.

**LANTUS® (insulin glargine [rDNA origin] injection) solution for subcutaneous injection**

Initial U.S. Approval: 2000

### INDICATIONS AND USAGE

LANTUS is a long-acting human insulin analog indicated to improve glycemic control in adults and children with type 1 diabetes mellitus and in adults with type 2 diabetes mellitus. (1)

Important Limitations of Use:

- Not recommended for treating diabetic ketoacidosis. Use intravenous, short-acting insulin instead.

### DOSAGE AND ADMINISTRATION

- The starting dose should be individualized based on the type of diabetes and whether the patient is insulin-naïve (2.1, 2.2, 2.3)
- Administer subcutaneously once daily at any time of day, but at the same time every day. (2.1)
- Rotate injection sites within an injection area (abdomen, thigh, or deltoid) to reduce the risk of lipodystrophy. (2.1)
- Converting from other insulin therapies may require adjustment of timing and dose of LANTUS. Closely monitor glucoses especially upon converting to LANTUS and during the initial weeks thereafter. (2.3)

### DOSAGE FORMS AND STRENGTHS

Solution for injection 100 units/mL (U-100) in

- 10 mL vials
- 3 mL cartridge system for use in OptiClik (Insulin Delivery Device)
- 3 mL SoloStar disposable insulin device (3)

### CONTRAINDICATIONS

Do not use in patients with hypersensitivity to LANTUS or one of its excipients (4)

### WARNINGS AND PRECAUTIONS

- Dose adjustment and monitoring: Monitor blood glucose in all patients treated with insulin. Insulin regimens should be modified cautiously and only under medical supervision (5.1)
- Administration: Do not dilute or mix with any other insulin or solution. Do not administer subcutaneously via an insulin pump or intravenously because severe hypoglycemia can occur (5.2)
- Do not share reusable or disposable insulin devices or needles between patients (5.2)
- Hypoglycemia: Most common adverse reaction of insulin therapy and may be life-threatening (5.3, 6.1)
- Allergic reactions: Severe, life-threatening, generalized allergy, including anaphylaxis, can occur (5.4, 6.1)
- Renal or hepatic impairment: May require a reduction in the LANTUS dose (5.5, 5.6)

### ADVERSE REACTIONS

Adverse reactions commonly associated with Lantus are:

- Hypoglycemia, allergic reactions, injection site reaction, lipodystrophy, pruritus, and rash. (6.1)

To report SUSPECTED ADVERSE REACTIONS, contact sanofi-aventis at 1-800-633-1610 or FDA at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

### DRUG INTERACTIONS

- Certain drugs may affect glucose metabolism, requiring insulin dose adjustment and close monitoring of blood glucose. (7)
- The signs of hypoglycemia may be reduced or absent in patients taking anti-adrenergic drugs (e.g., beta-blockers, clonidine, guanethidine, and reserpine). (7)

### USE IN SPECIFIC POPULATIONS

- Pregnancy category C: Use during pregnancy only if the potential benefit justifies the potential risk to the fetus (8.1)
- Pediatric: Has not been studied in children with type 2 diabetes. Has not been studied in children with type 1 diabetes <6 years of age (8.4)

See Full Prescribing Information for PATIENT COUNSELING INFORMATION and FDA-approved patient labeling

GLA-BCPH-AS-APR10

Revised: 04/2010  
Rx Only

# research updates

By Susan Herzlinger, MD and William Sullivan, MD



Joslin Diabetes Center

## COFFEE, CHOCOLATE AND YOUR HEALTH


If you think that drinking coffee is bad for people with diabetes, think again. Drinking coffee can actually help prevent diabetes. One

recent study found that postmenopausal women who drank four or more cups of coffee per day were much less likely to develop diabetes. This may be due to a higher amount of a protein in coffee that regulates sex hormones in the body. The more coffee they drank, the more of this type of protein they had. But what if you already have diabetes? Can you drink coffee? The answer to this question is yes, but go easy since

large, “café style” coffee drinks can tip the scales, weight-wise, in the wrong direction. Many Americans unknowingly drink their way through 25 percent of the day’s calories in just one medium-sized beverage. In addition, the caffeine in coffee increases insulin resistance as well as blood glucose levels after a meal.

## CHOCOLATE LOVERS TAKE HEART

It may seem odd to mention chocolate and good health in the same sentence, but believe it or not the two go hand in hand. Researchers now have even more evidence that chocolate may be good for you. Cocoa, which is used to make chocolate,

seems to have protective effects against inflammatory types of conditions. Therefore, regularly eating chocolate in any form (candy bars, drinks, snacks, cookies) lowers heart disease risk by 37 percent, diabetes risk by 31 percent and stroke risk by 29 percent. But remember the old saying, “everything in moderation.” Chocolate (and chocolate treats) are still packed with calories, fat and carbs, so a little should go a long way. 



# OTC products and your heart

By Linda Bernstein, PharmD

If you have heart disease or high blood pressure, there are a few over-the-counter (OTC) products you should double check on. Some OTC products may affect your heart rate or raise your blood pressure. If you see a heart or blood pressure warning on the label, ask your Walgreens pharmacist to suggest other products.

## ASTHMA

OTC inhalers for asthma do not work well and can put you at risk if you have heart disease and high blood pressure. Ask your doctor about prescription asthma medicines that work better and have fewer side effects.

## EYE ALLERGIES

Some products that reduce allergy red eye may raise blood pressure or increase heart rate. The label does not always have this warning, so ask your Walgreens pharmacist about the possible side effects of any product you wish to

buy. Ketotifen combats the allergy but not the red eye, so it has no effect on heart rate or blood pressure. If your eyes are red for more than three days, check with your doctor about other possible non-allergy causes, like infection.

## HEMORRHOIDS

Some common hemorrhoid products contain phenylephrine to decrease swelling. You should avoid them if you have heart disease or high blood pressure. Your Walgreens pharmacist can suggest hemorrhoid products with hydrocortisone or other soothing agents.

## PAIN/FEVER


Even though low-dose aspirin may help to prevent heart attacks for some people (see the sidebar on this page), avoid aspirin and aspirin-like products, such as ibuprofen and naproxen, unless your doctor gives you the OK. You might find these ingredients in products other than just pain, headache or fever products; they also may be in allergy, cold/flu products and sleep aids—and even some treatments for upset stomach. If you take a blood thinner, ask your healthcare provider which pain reliever to use. Avoid “fizzy” headache medicines that you drop into water if you have high blood pressure, as they contain a lot of salt. The pain reliever acetaminophen, taken as directed, should be fine to use for minor aches, pain and fever.

## STOP-SMOKING PRODUCTS

Smoking cessation and nicotine replacement therapy products are very important for people with

heart disease because quitting smoking can help prevent heart attacks and stroke. However, before starting nicotine replacement therapy products, check with your doctor if you have heart disease or high blood pressure to make sure they are right for you, and in what dosage to use them.

## STUFFY NOSE

Products containing pseudoephedrine and phenylephrine are found in many cold or allergy treatments for stuffy nose and may raise your blood pressure or cause a fast heartbeat. Nose sprays, drops or inhalers with oxymetazoline, phenylephrine and naphazoline also carry this warning. Ask about nasal strips that gently pull your nostrils open to help you breathe easier. They do not affect heart disease or blood pressure. 

*Ask your Walgreens pharmacist or healthcare provider to answer any questions you may have about OTC products.*

## SOME HEART-HEALTHY OTC PRODUCTS

### COQ10

CoQ10 supplements help cells produce energy and keeps the heart healthy. CoQ10 can also help prevent future heart problems for someone who has already had a heart attack. Some heart medicines, such as statins, interfere with the body's production of CoQ10 so many healthcare professionals recommend taking a CoQ10 supplement to maintain a healthy level of this powerful antioxidant in the body.

### LOW-DOSE ASPIRIN

People who are at high risk for a heart attack or have already had a heart attack may find it helpful to take a daily low-dose of aspirin. Ask your healthcare team if this option is right for you.

### NIACIN

Niacin may help some people lower their LDL (bad) cholesterol and triglyceride levels while raising HDL (good) cholesterol levels. However, people taking cholesterol-lowering drugs should not take niacin, which should only be taken under the supervision of your healthcare provider because it has potential side effects such as flushing or hot flashes.

### OMEGA-3 FATS

Omega-3 fatty acids, found in fish oil and fish oil capsules, may lower your risk of abnormal heartbeats, which can lead to sudden death. They may also help lower triglyceride levels, help prevent artery-clogging plaque, and may lower your blood pressure slightly.



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# prehypertension WHAT you should know

By Janis Roszler, RD, CDE, LD/N




## UNDERSTANDING PREHYPERTENSION

If you think your blood pressure is OK because you've never heard the words, "You have high blood pressure," think again. Prehypertension is a category for blood pressure that is higher than normal, but not high enough to be called high blood pressure. Blood pressure that is even a little bit higher than normal can put you at risk for heart attack, stroke and kidney disease. This is important to know because high blood pressure is very common among people with diabetes—2 out of 3 adults with diabetes also have high blood pressure.

## LOWERING YOUR NUMBERS

If you have prehypertension, work with your healthcare provider to take steps to lower it. The goal is to get your blood pressure numbers to 120/80 or lower (130/80 if you have diabetes). If you get your blood pressure within a healthy range, you may not need to take medicine. Talk with your healthcare provider about steps you can take to keep from getting hypertension. Take a look at the guide on the right for some ideas:

## what you can do

- 1 Increase physical activity.** Get your healthcare provider's approval if you're not used to being active. Start by walking a few minutes every day. Try to be active for at least 30 minutes, five times every week.
- 2 Eat healthy foods.** Enjoy fruits, vegetables, whole grains and low-fat dairy foods. Try to limit the amount of fat and saturated fat you eat.
- 3 Lose weight if you are overweight.** Even losing 5-10 pounds can lower your blood pressure or help prevent hypertension.
- 4 Eat less salt and high-sodium foods.** Limit your sodium to 1,500 mg per day to try to lower your blood pressure. Limit your alcohol to no more than two drinks per day for men and one for women.
- 5 Keep track of your blood pressure.** If your blood pressure is even just a little bit high, take action. Your healthcare provider or pharmacist can answer any questions you may have. A few changes in your lifestyle now can help you control your blood pressure in the future. 

**120/80 – 139/90**

Blood pressure range  
for prehypertension

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Individual results may vary. The products are to be taken as part of an 8-12 week program.



# There is no substitute for confidence.

---



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**FEATURE ARTICLE**

**AMERICAN IDOL  
STAR CRYSTAL  
BOWERSOX**

**DIABETES CARE**

**10 TIPS FOR  
HEALTHY FEET**

**GET THE SLEEP  
YOU NEED**

**NUTRITION**

**DIABETES &  
HEART-HEALTHY  
RECIPES**

**THE 100 CALORIE  
SOLUTION**

*Make sure to  
read the heart  
health articles  
in the first  
section of this  
magazine—  
they are helpful  
for many people  
with diabetes.*

HARPER SMITH FOR 19/JUNE 2010.

LOOK FOR OUR NEXT ISSUE OF **DIABETES & YOU** IN STORES THIS MAY



AMERICAN IDOL STAR

# crystal bowersox

on diabetes and pursuing your dreams

By Jonathan Jarashow

**S**urprisingly, *American Idol* runner up Crystal Bowersox and music legend B.B. King have a lot in common despite an age gap of six decades. They both love playing the blues. They both grew up on farms with humble beginnings. And they both have diabetes. Crystal, an up-and-coming singer/songwriter, appeared with King, one of the greatest artists of all time, in a campaign for OneTouch blood glucose monitoring systems. Crystal even had a dream jam session with King, who told the young musician she reminded him of the late singer, Janis Joplin.

Crystal assured us that daily blood glucose checking doesn't affect her strumming at all. "B.B. asked if I ever have any pain while playing, and I said no, I really don't." Crystal has calluses from playing guitar, but says that checking her blood glucose is just as painless as playing.


Diabetes and music are closely intertwined for Crystal. She found out she had type 1 diabetes at age 6 and started playing piano around the same time. She learned how to manage her diabetes while also learning how to play music.

## AMERICAN IDOL

Crystal had a hectic schedule during season 9 of *American Idol* in 2010. Often, she wouldn't realize until the end of the day that she hadn't checked her blood glucose. "It caught up to me and I was hospitalized. I thought I would be in and out and it would be OK, but I wasn't," she explains. The show's management told Crystal she couldn't continue on the show due to their concerns about her health. However, they eventually agreed to let her stay and in turn, Crystal allowed them to provide the assistance she needed to care

for herself properly. That ended up being a positive experience. "It helped me realize that in order to do music and to live my life, I have to make taking care of my diabetes the top priority."

## DAILY DIABETES CARE

Crystal now makes sure to check her blood glucose levels several times a day, to take the right amount of insulin and to eat healthfully. "It's important to really fine-tune the precise amount of insulin you need, as well as to know which foods you should eat more of and which you should eat in moderation. And exercise is definitely key." Crystal's diabetes care is much improved since completing *American Idol*. She has a more stable lifestyle and she is in regular contact with her diabetes care team. "The biggest shift since *Idol* with my diabetic lifestyle," she explains, "has been the mentality of truly valuing my health more than ever and caring for my health by checking my blood glucose often and taking care of myself first. I wake up in the morning and I'll have my glucose meter on my nightstand ready and waiting; then I check my blood glucose, go downstairs and have my morning coffee—it's part of my everyday routine." 

## ON BEING A

## role model

Crystal is grateful to be a role model for people with diabetes, and the release of Crystal's debut album, *Farmer's Daughter*, is proof that diabetes doesn't have to hold you back from pursuing your dreams.

"I got to make the kind of album that I really wanted to make," she says. As I was growing up, my mom was difficult, but now as an adult I realize that she was just doing the best she could at the time, and I learned a lot from her. She is a great woman, and I feel like I've turned out to be a pretty good citizen and a good mom, so she did something right."

# the 100 calorie solution

By Susan Lord, RD,  
Joslin Diabetes Affiliate  
at AtlantiCare Regional  
Medical Center, NJ



Joslin Diabetes Center

**M**any factors influence what, when and how much we eat, including our feelings, our environment and even television. Not being aware of these factors can lead to mindless eating and taking in more calories than we need.

## Steer clear of these common pitfalls as much as you can:

### ■ *Tasting the food as you cook.*

All good chefs do. But while cooking the meal, you can rack up hundreds of calories before you even sit down at the table. Try chewing gum while you cook so that you are more aware and those harmless tastes don't add up to a whole meal.

### ■ *Thinking to yourself, "Just a few won't hurt."*

Your co-worker keeps a candy dish on her desk. You grab a handful of those tempting treats and munch on them while discussing a pressing work issue. Your child leaves a few French fries on his plate. As you clear the table, you finish them off so they won't go "to waste"—and then they go to *your* waist. Have your child clear his own plate when he's finished. He'll learn responsibility and you'll still be able to button your waistband.

## Here are a few examples of 100 calorie mishaps:

### 100 calories equals

- 10 peanut M&M's
- 1/3 of a doughnut
- 2½ tablespoons of ice cream
- 9 potato chips
- About 8 French Fries

Eating 100 fewer calories each day can help you lose 10 pounds in one year. You might be surprised at how quickly 100 calories can add up.

# 25 easy ways to cut 100 calories

- 1 Replace  $\frac{1}{4}$  cup of granola with 1 cup of Cheerios.
- 2 Eat  $\frac{1}{2}$  cup of steamed fresh broccoli instead of  $\frac{1}{2}$  cup of frozen broccoli in cheese sauce.
- 3 Make a burrito with  $\frac{1}{2}$  cup of fat-free refried beans and 1 ounce of nonfat cheese instead of a regular burrito.
- 4 Thicken your cream sauce with 1% milk and corn starch instead of butter and flour.
- 5 Reduce the size of your steak from 4 $\frac{1}{2}$  oz. to 3 oz.
- 6 Grill with nonstick cooking spray instead of margarine.
- 7 Top your salad with  $\frac{1}{4}$  cup of chopped celery instead of 1 oz. of croutons.
- 8 Substitute two slices of cheese pizza for two slices of pepperoni pizza.
- 9 Dip your chips in  $\frac{1}{2}$  cup of salsa instead of  $\frac{1}{2}$  cup of guacamole.
- 10 Cut the peanut butter on your sandwich from 2 tablespoons to 1 tablespoon.
- 11 Order a sandwich on cracked wheat bread instead of a croissant.
- 12 Replace two fried-chicken drumsticks with two roasted drumsticks.
- 13 Eat two poached eggs instead of two fried eggs.
- 14 Use 2 tablespoons of evaporated nonfat milk in your coffee instead of 2 tablespoons of half-and-half.
- 15 Top your pasta with 1 cup of marinara sauce instead of  $\frac{1}{2}$  cup of Alfredo sauce.
- 16 Substitute three grilled shrimp for three fried shrimp.
- 17 Substitute 3 oz. of seafood for 3 oz. of beef in your stir-fry.
- 18 Snack on 10–15 baked potato chips instead of regular.
- 19 Pass on the second helping of mashed potatoes.
- 20 Eat two meatballs instead of four with your spaghetti.
- 21 Choose one serving of vegetarian lasagna instead of lasagna with meat.
- 22 Replace one large flour tortilla with a 6-inch corn tortilla.
- 23 Eat a turkey breast sandwich instead of a chicken salad sandwich.
- 24 Use 1 cup of fat-free cottage cheese instead of regular cottage cheese.
- 25 Replace 1 cup of corn with 1 cup of carrots.

## ■ *Reaching for that second helping.*

You'll be tempted to eat more when bowls of food are sitting right in front of you. Consider serving from the stove or counter rather than from the table. Just because you don't count them doesn't mean they don't count.

## ■ *"Portion distortion."*

Check the serving size on the Nutrition Facts label. And keep in mind that a serving of protein is about the size of a deck of cards, not half the plate!

## ■ *Eating potato chips out of the bag while watching TV.*


Extra calories can add up if you are eating while doing other activities. Eat meals and snacks sitting at the table while doing nothing else.

## ■ *Liquid calories from beverages.*

Calories add up when you drink too many soft drinks, sports drinks and alcohol. Even if you drink only one soft drink a day, over time those liquid calories will have a big impact. For example, a 12-ounce can of regular cola contains 150 calories. If you drank that with lunch every day, over the course of a year, that would add up to nearly 55,000 empty and unnecessary

## what's the solution?

Managing your weight doesn't have to be a lifelong struggle if you are conscious of your calorie intake on a daily basis. Don't wait for the right time to start a diet because it may never feel like a good time to start. Remember that everything you put in your mouth, food or beverage, whether it is just a taste or a huge second helping, adds up. Try keeping a food journal for three days. Note everything you eat and drink. This will give you an accurate picture of your daily intake and may give you clues as to where extra calories and extra weight are coming from. Remember that small, consistent changes over time can make a huge difference.

calories—or a little more than 15 pounds. Make water and unsweetened or artificially sweetened seltzer, iced tea and coffee your beverages of choice. These drinks contain zero calories (unless you add milk to your coffee, and if you do, be sure to use low-fat or nonfat milk). 

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# 10

## tips for healthy feet

By Joy Pape, RN, BSN,  
CDE, WOCN, CFNC

You may have heard that having diabetes increases your risk for foot problems, including amputations. The good news is that there is a lot you can do to keep this from happening to you.

Learn and follow these diabetes foot care tips to help prevent problems with your feet.

### 1 Manage your diabetes.

Do all that you can to keep your blood glucose, blood pressure and cholesterol (lipids) in their target ranges. This is your first step—and one of the most important ones—toward protecting your feet.

### 2 Be a foot detective.

Look at your bare feet every day. Look at the tops, bottoms and in between your toes for redness, bruises, blisters, cuts, swelling, a shift in the color or temperature of your skin and other changes. If you cannot see your feet,

## 30%

Regularly seeing a podiatrist decreases amputations by 30%.

**15–20**

Wear a new pair of shoes 15–20 minutes per day to break them in, then increase by one hour per day.

ask a loved one or a health aide to help. Or if your eyesight is good but you have trouble looking at the bottoms or sides of your feet, you can buy a long-handled mirror designed to help you look at your feet. By looking at your feet daily, you will notice changes right away. Report any changes to your healthcare provider immediately. Also, think about what could have caused the changes. For example, was it caused by your shoe rubbing against your foot? If so, you'll know not to wear those shoes, which could make the problem worse. Also, when you visit your healthcare provider, take your shoes and socks off at every visit. Ask him or her to examine your feet.

**③ If you smoke, try to stop.**

Smoking causes your blood vessels to become narrow. Diabetes increases your risk for blood vessel disease. The two together can decrease the blood flow that carries oxygen to your legs and feet. A lack of oxygen makes it much harder for wounds to heal. Get help by asking your healthcare provider to refer you to a program that can help you stop smoking.

***When you buy shoes, buy them later in the day, not in the morning.***

**④ Keep your feet clean and dry.**

You don't need to do more than take your usual shower. Do not soak your feet unless your healthcare provider directs you to do. Dry your feet well—especially between your toes. Use lotion if your skin is dry to keep it soft and protect against drying and cracking. (Do not use lotion between your toes because that can trap moisture in these areas, which can cause infections.) Putting socks on immediately after you put on the lotion helps lock in the moisture. Lotions without a lot of perfume or alcohol are best.

**⑤ Never walk barefoot.**

Walking barefoot gives you no protection against stepping on something, dropping something on your foot or being stepped on. Wear water shoes at the beach and keep slippers near your bed so you can get to them easily in the middle of the night.

**⑥ Wear shoes that protect your feet.**

Not all people who have diabetes need to have “diabetic” shoes. It is

important that your shoes fit well and protect your feet. Choose shoes with a deep and wide toe box. When you buy shoes, buy them later in the day, not in the morning. It's good to alternate shoes every few days and change your shoes at least once a day. High heels put pressure on the balls of your feet, which can cause blisters, open sores, calluses and bunions, among other problems. Also, sandals and flip-flops provide almost no protection for your feet. Thongs (a type of sandal or flip flop) can rub against the skin between your toes and cause a sore. Wear stockings or socks to decrease the friction from a shoe rubbing against your foot and causing a blister or sore. The band should not be tight on your leg. Be careful that the seam doesn't cause a dent in your skin or, better yet, purchase seamless socks and stockings. Before putting on your shoes and socks, shake them out or put your hand in them to make sure there is nothing in them.

**⑦ Protect your feet from hot or cold temperatures.**

Cold causes your blood vessels to constrict, which can decrease circulation. On the other hand, heating pads, hot water bottles, electric blankets or putting your feet on radiators, fireplaces or space heaters can cause burns if you are unable to sense the temperature. Use wool

blankets or comforters to keep warm instead. Keep your feet warm with wool or cotton socks. You can also buy shoes, boots and slippers with linings that help keep your feet warm.


**⑧ Trim your toenails to follow the curve of your toe.**

Use an emery board to file the edges. If you cannot reach your toes or your nails are thick, have your toenails cut by a podiatrist. You do not want to take the chance of cutting yourself when trimming your nails. Most insurance companies will pay for this service for people with diabetes.

**⑨ See a podiatrist.**

Besides trimming your toenails, podiatrists provide the foot care and education you need. Don't practice podiatry yourself, which means don't use anything sharp on your feet, and don't use any over-the-counter medicines on your feet, such as wart, corn or callus removers. See your podiatrist for those treatments.

**⑩ Get help right away.**

If you have any changes in your feet, contact your healthcare provider immediately. Don't put it off. Getting care early can mean getting and keeping your feet safe. Putting it off can lead to the problems you want to avoid. 

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# diabetes & heart-healthy recipes

FROM  
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**Prep Time: 10 Minutes.**  
**Total Time: 25 Minutes.**  
**Makes 4 Servings.**

## Grilled Shrimp and Scallop Kabobs

- ¼ cup lemon juice
- ¼ cup vegetable oil
- 1 tablespoon chopped fresh thyme leaves or 1 teaspoon dried thyme leaves
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¾ pound sea scallops
- 12 uncooked large shrimp in shells
- 8 medium whole fresh mushrooms, (about 6 ounces)
- 8 cherry tomatoes
- 1 medium zucchini, (about 1 inch in diameter), cut into 1-inch slices

- 1.** Heat coals or gas grill for direct heat.
- 2.** Mix lemon juice, oil, thyme, salt and pepper. Cut scallops in half if over 1 inch in diameter.
- 3.** Thread scallops, shrimp, mushrooms, tomatoes and zucchini alternately on each of four 10-inch metal skewers. Brush with lemon juice mixture.
- 4.** Grill uncovered 4 inches from medium heat 10 to 15 minutes, brushing frequently with lemon juice mixture and turning once, until scallops are white and shrimp is pink and firm.

### **NUTRITION INFORMATION Per serving:**

220 calories (135 calories from fat);  
15 g total fat (2 g saturated fat; 0 g trans  
fat); 50 mg cholesterol; 310 mg sodium;  
7 g total carbohydrate (2 g dietary fiber;  
0 g sugars); 14 g protein

**Dietary exchanges:** 1 Vegetable,  
2 Lean Meat, 2 Fat



## Dijon Chicken Smothered in Mushrooms

**Prep Time: 20 Minutes. Total Time: 20 Minutes. Makes 4 Servings.**

- |  |   |
|--|---|
| 4 boneless skinless chicken breasts (about 1 lb) | chicken broth (from 14 oz can)                        |
| $\frac{1}{4}$ cup Gold Medal® all-purpose flour  | 1 jar (4.5 oz) Green Giant® sliced mushrooms, drained |
| $\frac{1}{2}$ teaspoon salt                      | $1\frac{1}{2}$ tablespoons Dijon mustard              |
| $\frac{1}{4}$ teaspoon pepper                    | Chopped fresh thyme, if desired                       |
| 2 tablespoons olive or canola oil                |   |
| $\frac{1}{2}$ cup roasted garlic-seasoned        |   |

**1.** Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat or rolling pin until about  $\frac{1}{4}$  inch thick. In shallow pan, stir together flour, salt and pepper.

**2.** In 12-inch nonstick skillet, heat oil over medium-high heat. Coat both sides of chicken with flour mixture. Cook chicken in hot oil 6 to 8 minutes, turning once, until chicken is no longer pink in center. Remove chicken to serving plate; cover to keep warm.

**3.** Stir broth into skillet. Heat to boiling over medium-high heat. Stir in mushrooms and mustard. Cook 2 to 3 minutes, stirring frequently, until slightly thickened. Spoon sauce over chicken. Sprinkle with thyme.

### NUTRITION INFORMATION

#### Per serving:

240 calories (100 calories from fat); 11 g total fat (2 g saturated fat; 0 g trans fat); 70 mg cholesterol; 750 mg sodium; 8 g total carbohydrate; (1 g dietary fiber; 0 g sugars); 27 g protein

**Dietary exchanges:**  $\frac{1}{2}$  Starch,  $3\frac{1}{2}$  Lean Meat

## Crème Caramel Pie

**Prep Time: 30 Minutes. Total Time: 4 hours 30 minutes. Makes 8 Servings.**

- |  |  |
|--|--|
| 1 cup sugar  | <b>1.</b> Heat oven to 325°F. Heat $\frac{1}{2}$ cup of the sugar in medium nonstick skillet over medium heat 7 to 10 minutes, stirring frequently with wooden spoon, until sugar is melted and a light caramel color (mixture will be very hot and could melt a plastic spoon). Immediately pour sugar mixture into round pan, 8x1 $\frac{1}{2}$ inches; tilt pan to coat bottom. Place on wire rack to cool. |
| $1\frac{3}{4}$ cups fat-free (skim) milk                             |  |
| 1 cup fat-free cholesterol-free egg product or 8 egg whites          | <b>2.</b> Mix remaining $\frac{1}{2}$ cup sugar, milk, egg product, salt and vanilla in large bowl. Pour mixture over sugar mixture in pan. Place in rectangular pan, 13x9x2 inches. Pour very hot water into rectangular pan to within $\frac{1}{2}$ inch of top of round pan.  |
| $\frac{1}{4}$ teaspoon salt  |  |
| 1 teaspoon vanilla   |  |
| 2 cups raspberries, blackberries, blueberries or sliced strawberries |  |

**3.** Bake 50 to 60 minutes or until knife inserted in center comes out clean. Remove round pan from pan of water. Cover; refrigerate until thoroughly chilled, about 3 hours or overnight. To unmold, run knife around edge of custard to loosen; invert onto serving platter. Top with fruit.

### NUTRITION INFORMATION Per serving:

150 calories; 0 g fat (0 g trans fats); 0 mg cholesterol; 32 g carbohydrates; 5 g protein; 2 g fiber; 31 g sugars; 160 mg sodium; 165 mg potassium

**Dietary exchanges:**  $\frac{1}{2}$  Fruit,  $1\frac{1}{2}$  Other Carbohydrate,  $\frac{1}{2}$  Very Lean Meat

# Tomato Lentil Soup

**Prep Time: 10 Minutes. Total Time: 45 Minutes. 6 Servings.**

- 1 tablespoon olive or vegetable oil
- 1 large onion, finely chopped (1 cup)
- 1 medium stalk celery, cut into ½-inch pieces
- 2 cloves garlic, finely chopped
- 2 medium carrots, cut into ½-inch pieces (1 cup)
- 1 cup dried lentils (8 oz), sorted, rinsed
- 4 cups water
- 4 teaspoons chicken or vegetable bouillon granules
- 1 teaspoon dried thyme leaves
- ¼ teaspoon pepper
- 1 dried bay leaf
- 1 can (28 oz) Muir Glen® organic diced tomatoes, undrained

- 1.** In 3-quart saucepan, heat oil over medium-high heat. Cook onion, celery and garlic in oil about 5 minutes, stirring occasionally, until softened.
- 2.** Stir in remaining ingredients except tomatoes. Heat to boiling; reduce heat. Cover; simmer 15 to 20 minutes or until lentils and vegetables are tender.
- 3.** Stir in tomatoes. Simmer uncovered about 15 minutes longer or until thoroughly heated. Remove bay leaf before serving.

## NUTRITION INFORMATION Per serving:

150 calories (25 calories from fat); 3 g total fat (0 g saturated fat; 0 g trans fat); 0 mg cholesterol; 1060 mg sodium; 30 g total carbohydrate (9 g dietary fiber; 0 g sugars); 10 g protein

**Dietary exchanges:** 1 Starch, 3 Vegetable



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# get the sleep you need

By Johanna Burani, MS, RD, CDE

**W**e all know what it is like to go through the day feeling tired. We do our work throughout the day and can't wait for the day to end. If we get a good night of sleep, we wake up rested and are ready to start all over again. We have the energy we need all day long. But what if we don't get enough sleep? What if we have many nights when we are very tired, fall asleep for a short time then wake up and cannot fall back to sleep?

More than 70 million Americans suffer from chronic sleep loss. Women have more of a problem falling asleep and staying asleep than men. More than 2 million children have sleep disorders and even more just don't get enough sleep on many nights. Most adults need between 7–9 hours of sleep every night. When we don't get enough sleep night after night, we build up a large sleep debt that is hard to pay back. Then we are tired all the time and don't have enough energy.

## WHY WE NEED TO SLEEP

First, the body needs some “time off” to rest and take care of itself. Sleep gives the body a chance to slow down its workload and rest different parts, such as the brain, heart, muscles and the organs that digest our food all day long. The body doesn't shut off when we sleep, it just slows down. This allows our body parts to relax for seven, eight or nine hours. A tired body doesn't work as well as a rested one, and chronic lack of sleep can cause health problems.

## 12 benefits of sleep

- More energy
- Better general health
- Healthier heart
- Weight control
- Improved immunity
- Longer life
- Improved memory
- Improved mood
- Lower stress
- Improved ability to learn
- Improved ability to focus on work
- Accident avoidance

## 7–9

Hours of sleep most adults need every night.

## 8

### sleep do's and don'ts

**Sleep experts believe these tips may help you sleep better:**

**1 Do** try to go to bed at the same time every night.

**2 Don't** exercise 2–4 hours before bedtime.

**3 Do** leave the bedroom for a short time when you can't sleep.

**4 Don't** eat heavy, spicy or greasy foods 4–6 hours before bedtime.

**5 Do** try to make the bedroom quiet, dark and comfortable.

**6 Don't** drink caffeine or alcohol 4–6 hours before bedtime.

**7 Do** drink warm milk or take a hot shower or bath one hour before bedtime.

**8 Don't** nap during the day.

#### SLEEP AND DIABETES

It is very important to get enough sleep if you have diabetes or prediabetes. If you are tired, your body tries to get energy by eating more, which can raise the glucose level in the blood. Gaining weight makes it harder to have good diabetes control. The body needs insulin to keep its glucose level from getting too high. If your pancreas is unable to make enough insulin, your glucose level will climb higher. Lack of sleep also makes the muscle cells less likely to take in glucose from the bloodstream.

Good diabetes control will help you sleep better. You will not need to go to the bathroom many times during the night if your blood glucose numbers are in a healthy range. You will sleep better and feel more rested in the morning.

#### GET ENOUGH SLEEP

Young bodies need a lot of rest because they grow so fast. Newborn babies need the most sleep: between 12 and 18 hours of sleep each day. Preschool age children need between 12 and 15 hours and children who go to school need 10 to 13 hours of sleep. Teenagers should sleep between eight and a half and nine and a half hours, and most adults need between seven and nine hours of sleep.

No matter what the age is, the body tells us when it needs sleep. We are cranky and lack energy. We have a hard time doing work. And we may start to gain weight if we don't sleep enough.

If you need an alarm clock to wake up each morning, you may not be getting enough sleep.

#### SLEEP AND WEIGHT GAIN

Some studies show that we gain weight more easily when we don't sleep enough. That's because sleep affects some important hormones in the body. A hormone is a substance made in one part of the body to help another part of the body.

Lack of sleep affects the part of the brain that controls hunger. It is affected by two hormones, called ghrelin and leptin. Ghrelin (the “gimme more” hormone) tells the brain when we are hungry. When ghrelin levels in the stomach are high, the brain triggers us to eat more food. Leptin (the “leave me alone” hormone) tells the brain that we feel full. When leptin levels, which come out of fat cells, are high, the brain senses that the body is full and doesn't need more food, so we don't want to eat.


When we don't sleep enough, our ghrelin levels go up and our leptin levels go down. This means that when we eat after a poor night of sleep, we don't feel full and keep on eating. We aren't hungry, but our tired body tells our brain that we are. If we lack sleep night after night and eat more while awake, we can gain weight over time.

Another hormone that changes with too little sleep is growth hormone. That hormone helps control

how much fat we burn and how fast we increase our muscle mass. Growth hormone is released while we sleep. The less we sleep, the less growth hormone there is in the body. That leads to weight gain because we burn less fat. Finally, the lack of sleep will affect another hormone, cortisol. Cortisol encourages the body to store fat, especially in the belly area.

These hormones send unhealthy messages to the brain that lead us to eat more food when we are tired. This is a big problem because the fast-paced American lifestyle seems to promote less sleep and those who are hungry can usually find food to eat at any hour. One study showed that people who didn't sleep long enough for six nights in a row ate 300 extra calories, which mostly came from high-fat ice cream and fast foods. People with prediabetes or diabetes or those who have heart disease are particularly at risk for the negative effects of not getting enough sleep.

#### WHEN TO SEE YOUR DOCTOR

Regular lack of sleep can become a serious medical problem. It can cause health and safety problems. If you are worried about your poor sleeping habits or think you sleep enough but are always tired, speak to your doctor. With the right care, you may feel much better and also find that the weight you have been trying to lose is finally coming off—in your sleep. 

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