

EXPERT VIEWS, NUTRITION TIPS, GREAT RECIPES & MORE

FALL 2014

diabetes & you[®]

Answers
at *Walgreens*

FREE COPY

COUPON
SAVINGS
INSIDE

BLOOD GLUCOSE & YOUR BRAIN

GUILT-FREE CHOCOLATE DESSERTS



"LAW & ORDER" TV STAR

S. EPATHA MERKERSON

DIABETES AWARENESS SPOKESPERSON



CHERRY-FILLED BLACK FOREST CUPCAKES



CONTOUR[®]NEXT

An easy, accurate meter for people with diabetes
who want to do more



**Second-Chance[™]
Sampling**

Second-Chance[™] sampling allows you to apply more blood to help prevent wasting test strips.



MULTIPULSE[™] accuracy technology from Bayer ensures accurate glucose measurements, even when blood glucose levels are low. Accuracy is not affected by many common interfering substances*.



No Coding[™] technology eliminates errors due to user miscoding.

An intuitive meter with simple on-screen messages that delivers next-generation accuracy.
The CONTOUR[®]NEXT system helps you with your diabetes management.



**Lowest everyday shelf price of all leading brands[†]
and instant savings^{††}**

**For your free starter kit & CONTOUR[®] Choice savings card,
call 1-800-294-1818 or visit www.BayerCONTOURNEXT.com/NEXT**



Promo Code 4F36

[†]IRI data 52-week period ending 3/24/2013. ^{††}Limitations and Restrictions apply.



A personal approach to blood glucose monitoring

* Please refer to the package insert for Bayer CONTOUR[®]NEXT Blood Glucose Test Strips.

Bayer (reg'd), the Bayer Cross (reg'd), Contour[®], No Coding, the No Coding logo (reg'd), Second-Chance, the Second-Chance logo, MULTIPULSE, and the MULTIPULSE logo are trademarks of Bayer.

©2014 Bayer. All rights reserved. 14-11794v5



**Contour[®]
next**
Blood Glucose Monitoring System

editor's letter



Magazine Publishers
of America



Learn more
about Diabetes at
Walgreens.com/Diabetes



VISIT
Walgreensdiabetes.com
or scan this QR code
for previous issues of
Diabetes & You



Dear Readers:

Welcome to the Fall 2014 issue of *Walgreens Diabetes & You*, where we feature expert views on diabetes care, tips on healthy eating and great recipes.

Try the Cherry-Filled Black Forest Cupcakes, featured on the cover, for a delicious chocolate dessert. You won't need to feel guilty when making the other diabetes-friendly recipes in this

issue, including Five-Ingredient Strawberry Blossom Pudding Cups, Molten Chocolate Lava Cakes and 10-Minute Peanut Butter Pretzel Pie from best-selling cookbook author and registered dietitian, Marlene Koch.

Our feature article is on actress S. Epatha Merkerson. Best known for her role on TV's "Law & Order," S. Epatha was diagnosed with type 2 diabetes several years ago. She talks about her own path to better diabetes control, and her partnership with *America's Diabetes Challenge*, an educational program supported by Merck. The program provides resources to help people track and control their blood glucose levels.

DON'T MISS AN ISSUE OF WALGREENS DIABETES & YOU

- **Walgreens customers:** Visit Walgreensdiabetes.com to sign up for our free e-newsletter, and for links to each new issue of *Walgreens Diabetes & You*. Or, download the new *Walgreens Diabetes & You* iPad app from the App Store or iTunes.
- **Healthcare providers:** From your office email account, email us your request for **FREE** office copies of *Walgreens Diabetes & You* to info@Walgreensdiabetes.com. Please include the healthcare provider's name and office mailing address.
U.S. addresses only, no P.O. Boxes; one shipment per address.

As always, please share your questions or comments with us at:

Walgreens Diabetes & You
c/o H. Crimson Inc.
5 South Myrtle Avenue, Spring Valley, NY 10977
info@Walgreensdiabetes.com

Sincerely,

Rachel Nadler, PharmD
Category Manager, Advanced Care
Health and Wellness Daily Living

EDITOR-IN-CHIEF

Rachel Nadler, PharmD
Category Manager
Advanced Care Health
and Wellness Daily Living

PUBLISHER

Jonathan Jarashow
President & CEO
OmniChannel Health Media

EDITORIAL BOARD

Linda Bernstein, PharmD
Clinical Professor
UCSF School of Pharmacy
President, Vita Media Corporation

Amy Campbell
MS, RD, LDN, CDE
Education Program Manager
Diabetes Management
Joslin Diabetes Center
Boston, MA

Michael Gibson
MS, MD
Professor of Medicine
Harvard Medical School
Boston, MA

David Katz
MD, MPH, FACPM, FACP
Director, Yale University
Prevention Research Center
Griffin Hospital; Derby, CT

Joy Pape
MSN, RN, FNP, CDE, WOCN
Diabetes Education Consultant
New York, NY

Janis Roszler
MSFT, RD, CDE, LD/N
AADE Diabetes Educator
of the Year 2008-2009

Michael Wolf, PharmD
Director/DMM
Advanced Care Health
and Wellness Daily Living



diabetes & you

Answers
at *Walgreens*

diabetes care

- 7 WHAT'S NEW**
American Diabetes Association Walking Program, New Diabetes Care Products available at Walgreens.
- 8 BLOOD GLUCOSE AND YOUR BRAIN**
Diabetes puts you at risk for Alzheimer's disease and other conditions, so it's important to know what you can do to keep your brain healthy.
- 10 TIPS FOR TRAVELING WITH DIABETES**
Traveling can be difficult for people with diabetes, but with these helpful tips you can enjoy a safe and relaxing trip.
- 25 PATIENT ENGAGEMENT**
You will most likely hear the phrase patient engagement more often as the Affordable Care Act is put into place. Learn what it means to be truly engaged in your diabetes care.

nutrition

- 13 ENJOY THE TASTE OF EATING RIGHT**
Healthy eating doesn't mean you have to go hungry. Just try a few simple food swaps to keep your fats and carbs in check.
- 17 5 FOODS YOU MAY THINK ARE UNHEALTHY FOR DIABETES—BUT AREN'T**
Setting the record straight: These 5 foods are actually healthy in moderation.
- 21 GUILT-FREE CHOCOLATE DESSERTS**
Cherry-Filled Black Forest Cupcakes, Five-Ingredient Strawberry Blossom Pudding Cups, Molten Chocolate Lava Cakes, 10-Minute Peanut Butter Pretzel Pie.
- 29 IS CARB COUNTING FOR YOU?**
Carb counting is a very popular meal planning tool, and with good reason. It is a very effective way to manage your daily intake of carbohydrates.

feature article

31 S. EPATHA MERKERSON, LAW & ORDER TV STAR, PARTNERS WITH AMERICA'S DIABETES CHALLENGE

The acclaimed actress, who has type 2 diabetes, has partnered with *America's Diabetes Challenge: Get to your Goal*. This is a program that educates and enables millions across America to talk with healthcare providers and improve their blood glucose levels.



TODAY

More people with type 2 diabetes are learning about blood sugar control that lasts for up to 24 hours.



Lasts up to 42 days without refrigeration once in use,^a 50% longer than Lantus®, which lasts 28 days.^b

Levemir® can be taken once or twice daily.

If your blood sugar numbers aren't where you want them to be, the answer could be Levemir®

- Levemir® can give you blood sugar control for up to 24 hours, and helps lower your A1C
- In medical studies, people who took Levemir® gained less weight than those taking Lantus®
- Pay no more than \$25 per prescription for Levemir® FlexTouch® if eligible, for up to 2 years^c



Levemir® is **now available** in FlexTouch®, the **only** prefilled insulin pen with no push-button extension.

^aOnce in use, Levemir® FlexTouch® must be kept at room temperature, below 86°F, and not refrigerated for up to 42 days.

^bThe opened (in-use) Lantus® SoloSTAR® device must be discarded 28 days after being opened.

^cIf you are eligible, restrictions may apply. See levemir.com for complete details.

The weight benefits of Levemir® when used alone or with other medicines have not been established. The actual weight effects of Levemir® and these other medicines are not known.

What is Levemir® (insulin detemir [rDNA origin] injection)?

- Levemir® is a man-made insulin used to control high blood sugar in adults and children with diabetes mellitus.
- Levemir® is not meant for use to treat diabetic ketoacidosis.

Important Safety Information

Who should not take Levemir®?

Do not take Levemir® if:

- you have an allergy to Levemir® or any of the ingredients in Levemir®.

Before taking Levemir®, tell your health care provider about all your medical conditions including, if you are:

- pregnant, plan to become pregnant, or are breastfeeding.
- taking new prescription or over-the-counter medicines, including supplements.

Talk to your health care provider about how to manage low blood sugar.

How should I take Levemir®?

- **Read the Instructions for Use** and take exactly as directed.
- Know the type and strength of your insulin. **Do not** change your insulin type unless your health care provider tells you to.
- **Check your blood sugar levels.** Ask your health care provider what your blood sugar levels should be and when you should check them.
- **Do not share needles, insulin pens, or syringes.** You may give or get an infection from another person.

- **Never** inject Levemir® into a vein or muscle.

What should I avoid while taking Levemir®?

- **Do not** drive or operate heavy machinery, until you know how it affects you.
- **Do not** drink alcohol or use medicines that contain alcohol.

What are the possible side effects of Levemir®?

Serious side effects can lead to death, including:

Low blood sugar. Some signs and symptoms include:

- anxiety, irritability, mood changes, dizziness, sweating, confusion, and headache.

Your insulin dose may need to change because of:

- change in level of physical activity, weight gain or loss, increased stress, illness, or change in diet.

Other common side effects may include:

- reactions at the injection site, itching, rash, serious allergic reactions (whole body reactions), skin thickening or pits at the injection site (lipodystrophy), weight gain, swelling of your hands and feet, and if taken with thiazolidinediones (TZDs) possible heart failure.

Get emergency medical help if you have:

- trouble breathing, shortness of breath, fast heartbeat, swelling of your face, tongue, or throat, sweating, extreme drowsiness, dizziness, or confusion.

Please see Brief Summary of Prescribing Information on next page.

Needles are sold separately and may require a prescription in some states.

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

Today's the day to ask your health care provider about Levemir® FlexTouch®.
Call 800-727-6500 or visit levemir.com for more information.

Available by prescription only.



Partnership for
Prescription Assistance

If you need assistance with prescription drug costs, help may be available. Visit pparx.org or call 1-888-4PPA-NOW.

FlexTouch® and Levemir® are registered trademarks of Novo Nordisk A/S. Lantus® and SoloSTAR® are registered trademarks of sanofi-aventis. © 2014 Novo Nordisk Printed in the U.S.A. 0514-00021295-1 August 2014

Levemir® FlexTouch®
insulin detemir (rDNA origin) injection

Patient Information
LEVEMIR® (LEV-uh-mere)
(insulin detemir [rDNA origin] injection)



insulin detemir (rDNA origin) injection

This is a BRIEF SUMMARY of important information about Levemir®.

This information does not take the place of talking to your healthcare provider about your diabetes or your treatment. Make sure that you know how to manage your diabetes. Ask your healthcare provider if you have any questions about managing your diabetes.

What is Levemir®?

- Levemir® is a man-made insulin that is used to control high blood sugar in adults and children with diabetes mellitus.
- Levemir® is not meant for use to treat diabetic ketoacidosis.

Who should not take Levemir®?

Do not take Levemir® if you:

- have an allergy to Levemir® or any of the ingredients in Levemir®.

Before taking Levemir®, tell your healthcare provider about all your medical conditions including, if you are:

- pregnant, planning to become pregnant, or are breastfeeding.
- taking new prescription or over-the-counter medicines, vitamins, or herbal supplements.

Before you start taking Levemir®, talk to your healthcare provider about low blood sugar and how to manage it.

How should I take Levemir®?

- **Read the Instructions for Use** that come with your Levemir®.
- Take Levemir® exactly as your healthcare provider tells you to.
- Know the type and strength of insulin you take. **Do not** change the type of insulin you take unless your healthcare provider tells you to. The amount of insulin and the best time for you to take your insulin may need to change if you take different types of insulin.
- **Check your blood sugar levels.** Ask your healthcare provider what your blood sugars should be and when you should check your blood sugar levels.
- **Do not share your Levemir® FlexPen®, FlexTouch® or needles with another person.** You may give another person an infection or get an infection from them.
- **Never** inject Levemir® into a vein or muscle.

What should I avoid while taking Levemir®?

While taking Levemir® do not:

- Drive or operate heavy machinery, until you know how Levemir® affects you.
- Drink alcohol or use prescription or over-the-counter medicines that contain alcohol.

What are the possible side effects of Levemir®?

Levemir® may cause serious side effects that can lead to death, including:

Low blood sugar (hypoglycemia). Signs and symptoms that may indicate low blood sugar include:

- | | | |
|---------------------------------|-------------------|--|
| • dizziness or light-headedness | • blurred vision | • anxiety, irritability, or mood changes |
| • sweating | • slurred speech | • hunger |
| • confusion | • shakiness | |
| • headache | • fast heart beat | |

Your insulin dose may need to change because of:

- | | | |
|--|--------------------|------------------|
| • change in level of physical activity or exercise | • increased stress | • change in diet |
| • weight gain or loss | • illness | |

Other common side effects of Levemir® may include:

- Reactions at the injection site, itching, rash, serious allergic reactions (whole body reactions), skin thickening or pits at the injection site (lipodystrophy), weight gain, and swelling of your hands and feet.

Get emergency medical help if you have:

- trouble breathing, shortness of breath, fast heartbeat, swelling of your face, tongue, or throat, sweating, extreme drowsiness, dizziness, confusion.

These are not all the possible side effects of Levemir®. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about the safe and effective use of Levemir®.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. You can ask your pharmacist or healthcare provider for information about Levemir® that is written for health professionals. Do not use Levemir® for a condition for which it was not prescribed. Do not give Levemir® to other people, even if they have the same symptoms that you have. It may harm them.

What are the ingredients in Levemir®?

Active Ingredient: insulin detemir (rDNA origin)

Inactive Ingredients: zinc, m-cresol, glycerol, phenol, disodium phosphate dihydrate, sodium chloride and water for injection. Hydrochloric acid or sodium hydroxide may be added.

More detailed information is available upon request.

Available by prescription only.
For information about LEVEMIR® contact:
Novo Nordisk Inc.
800 Scudders Mill Road
Plainsboro, New Jersey 08536
www.novonordisk-us.com
1-800-727-6500
Revised: October 2013

Novo Nordisk®, Levemir®, NovoLog®, FlexPen®, FlexTouch®, NovoFine®, and NovoTwist® are registered trademarks of Novo Nordisk A/S.

LEVEMIR® is covered by US Patent Nos. 5,750,497, 5,866,538, 6,011,007, 6,869,930 and other patents pending.

FlexPen® is covered by US Patent Nos. RE 41,956, 6,004,297, RE 43,834 and other patents pending.

FlexTouch® is covered by US patent Nos. 7,686,786, 6,899,699, and other patents pending.

Manufactured by:
Novo Nordisk A/S
DK-2880 Bagsvaerd, Denmark

© 2005-2013 Novo Nordisk
1113-00018995-1 12/2013



what's new

what's new at Walgreens

DIABETES-RELATED PRODUCTS AND SERVICES
FOR WALGREENS CUSTOMERS WITH DIABETES



COME OUT AND WALK WITH THE AMERICAN DIABETES ASSOCIATION

Your healthcare provider tells you to exercise, right? Walking in Step Out: Walk to Stop Diabetes makes walking fun and is one of the best forms of exercise for people with diabetes. Join a community of people with diabetes who are taking charge, walking strong and feeling great.

Walgreens is a supporter of the ADA and the Step Out program benefits the ADA mission. It is a walk, not a race, that allows everyone to participate regardless of fitness level.



Register today for your local Step Out at diabetes.org/walkingred.

BD AUTOSHIELD™ DUO PEN NEEDLE

Introducing BD AutoShield™ Duo from BD. It is the first and only diabetes pen needle with automatic shields on the front and back of the needle so:

- The needle is never exposed
- Accidental sticks are eliminated whether injecting or disposing of the needle

BD AutoShield™ Duo from BD is compatible with all diabetes pens. It is also covered by virtually all insurance plans under the preferred co-pay including Medicare Part D. Ask your Walgreens

Dual automatic shields so the needle is never exposed.

pharmacist to learn more.



CHOCORITE SUGAR-FREE CANDY

All natural ChocoRite is made from premium ingredients delivering a delicious reduced-calorie, gluten-free treat. Unlike many other sugar-free chocolates, it has no maltitol, which may cause bloating and raise blood glucose levels. ChocoRite is sweetened with erythritol and inulin which have a glycemic index of zero.



LEVEMIR FLEXTOUCH®: A NEW AND IMPROVED PREFILLED INSULIN PEN

- Conventional prefilled injection pens have a significant push-button extension, making injections more difficult for users.
- Levemir FlexTouch® has a spring-loaded dosing mechanism so that users only need to lightly touch the button to administer the insulin, no matter the size of the dose.
- Levemir® (insulin detemir [rDNA origin] injection) is available in FlexTouch®.
- Levemir FlexTouch® is available on most insurance plans and Medicare Part D plans nationwide.



LEVEL LIFE BARS AND SHAKES FOR HEALTHY BLOOD SUGAR

LEVEL Life Bars and Shakes are great-tasting snacks that fight hunger, support healthy blood glucose, are low glycemic and gluten free. As part of the LEVEL Life Program, these snacks—packed with protein and fiber and low in carbs and sugar—can help you lose weight and better manage your diabetes.



blood glucose and your brain

DIABETES PUTS YOU AT RISK FOR ALZHEIMER'S DISEASE AND OTHER BRAIN CONDITIONS

By Martha Funnell, MS, RN, CDE

MOST OF US don't think much about our brains: we count on it to do the thinking for us. But new research is helping us understand more about the effects diabetes might have on your brain.

YOUR BRAIN AND DIABETES

Like many other cells in your body, brain cells use glucose for fuel. Because your brain is always working, even when you sleep, it needs a large amount of fuel for energy. In fact, your brain uses about twice as much glucose as any other organ in your body. The glucose comes from the food you eat and is carried to your brain through the blood stream.

You may have noticed that when your blood glucose is either above or below your target, you cannot think very clearly. You may feel slow or groggy, you may not be able to think of a word, or you may become confused. Keeping a steady source of the right amount of glucose is key to keeping your brain working correctly. Poor blood glucose levels are linked to poor thinking, learning and memory. Age also plays a role: an older brain needs more glucose than a younger one to do the same tasks.

While glucose is a big part of the story, insulin is also very important for brain function, especially learning and memory. Like other cells in your body, brain cells need insulin to help absorb glucose. Insulin also keeps the blood vessels that supply the brain healthy—and can help prevent a build-up of harmful proteins in the brain.

Low insulin levels in the brain mean reduced function. Just like other cells in your body, your brain cells can become insulin resistant. When insulin cannot do its job in your brain, learning and memory may be affected. Over time, proteins can build up and lead to conditions like Alzheimer's disease. ■

be *i*nformed

Alzheimer's is a disease of the brain that slowly destroys memory and thinking skills, and eventually the ability to carry out simple tasks.

KEEP YOUR BRAIN HEALTHY

People with diabetes are about twice as likely to develop Alzheimer's disease as those without. But, the good news is that there are things you can do to lower your risk:

1. Keep your blood glucose and blood pressure levels as close to normal as possible. This will help maintain the health of the blood vessels in your brain.

2. Exercise. This can help prevent Alzheimer's disease and may reverse some of its early affects. Exercise helps you manage diabetes, stress and depression. You'll also look better, feel better and think better.

3. Eat right. Some studies show that what you eat over a lifetime can affect both the structure and function of your brain. For example, foods with omega-3 fatty acids (found

in fish like sardines and salmon) help neurons in the brain work better.

Most people think that whether you get Alzheimer's disease is just the luck of the draw or something

in your genes. And it is true that both of these do have an effect—just like in diabetes. But, if you take action now to lower your risk, you can keep both your body and mind healthy.



TAKE THE CO-PAY CHALLENGE.

Talk to your pharmacist today and see how much you could save.



OneTouch® Verio®IQ is:

- Available at the lowest co-pay on the most health plans*
- Always covered by Medicare Part B and \$0 co-pay on most supplemental insurance†
- #1 pharmacist-recommended brand

OneTouch® Verio®IQ features:

- An easy-to-read color LCD screen
- Illuminated test-strip port and screen

With savings like these, it's

EASY TO GET STARTED.

YOU MIGHT QUALIFY FOR A ONETOUCH® VERIO®IQ METER AT NO CHARGE.

Bring this meter coupon and your prescription for a OneTouch® Meter and OneTouch® Test Strips to your pharmacist.

Note: Test strips are sold separately and are not part of this offer.
© 2013 LifeScan, Inc., Milpitas, CA 95035 LFS-14-4124A 05/14



Submit this claim to **Patient Choice®** for reimbursement plus a dispensing fee. Questions? Call 1-800-422-5604. Attention! Medicare and Medicaid patients are not eligible for this program. Use OneTouch® MAP.

Cannot be used for patients covered by Medicare, Medicaid, or similar federal or state programs. Offer valid for one meter per patient. Requires a valid prescription. Offer expires 12/31/14. LifeScan reserves the right to terminate this program at any time. Void where prohibited by law.

BIN:
004682

RxPCN:
CN

Group ID#:
LCSVC431

ID#:
NOCHARGEMETR

*Some health plans may have more than one test strip covered at the lowest co-pay.

†Not a guarantee of coverage and payment. Coverage and payment may be subject to co-insurance, deductible, and patient eligibility requirements.

© 2014 LifeScan, Inc., Milpitas, CA 95035 LFS-14-4115A 05/14

ONETOUCH®

tips for traveling with diabetes

SOME PRACTICAL TIPS TO HELP YOU FEEL
SAFE AND RELAXED ON YOUR TRIP

By Susan Weiner, MS, RDN, CDE, CDN

HAVING DIABETES

doesn't mean you can't travel. But before you pack your bags, it's important to make sure you have a plan in place to manage your diabetes while you're away from home. Here are five tips that will make it easier to take care of yourself when you travel.



1 Talk with your healthcare provider

Speak to your healthcare provider at least one month before you leave to let him or her know how long you plan to be away, and if you'll be in a different time zone. He or she may need to adjust your insulin dose, medicines, or meal plan. Make sure all of your medicines are up-to-date before you leave

for your trip. Your healthcare provider can also provide you with a letter that says you have diabetes. Keep it handy when you go through security at the airport. It should explain why you need to bring your diabetes supplies with you, and why they can't be put into your checked baggage.

2 Watch your portions

Have you noticed that many restaurants serve huge portions? You don't have to pack on the pounds when you travel. Steer clear of all-you-can-eat buffets. Food choices at buffets may be high in salt, unhealthy fats, sugars and calories, and low in fiber. Plus, it's easy to eat too much food if it is offered in unlimited portions. Pick a restaurant that serves smaller portions of tasty food. At dinner, order an appetizer or lunch portion as your main course. Enjoy a fresh salad and grilled or roasted vegetables on the side. Look for healthy words on menus, such as *broiled*, *roasted* or *grilled*. Enjoy a tall glass of water or unsweetened tea with your meal.

3 Test your blood glucose

Do the best you can to get your blood glucose levels to your target range before you travel. Test more often before your

trip so that you know what changes you'll have to make to reach this goal. Try to test the same amount when you are away from home. You will enjoy your trip more if you aren't worried about your blood glucose levels.

4 Bring extra supplies

What if you stay away longer than you had planned? What if your flight is late or you're caught in a traffic jam? Here's the answer: bring at least double the amount of daily pills, insulin and diabetes supplies that you think you'll need. Don't skimp on extra supplies. Keep your supplies close when you travel. Make sure snacks and testing supplies are within reach at all times. You should always be able to get your meter or glucose tablets in case your blood glucose drops. Clearly mark all diabetes supplies and keep the pharmacy's original labeling on them wherever possible.

5 Keep moving

Try to keep up with your exercise routine when you're away from home. Plan to walk every hour when you travel by air, bus, train or car. Take a walk to help prevent blood clots. Need another reason? Physical activity can help keep your blood glucose level within your target range. Call your hotel before your trip to find out if there is a gym or walking path nearby. Wouldn't it be fun to take a walk with your travel partner? You can exercise and sightsee at the same time. Plan to stay active each day, even when you travel. ■

I need to get my A1C number headed in a different direction.

If you have type 2 diabetes, your A1C number may be going in the wrong direction. To help change it, ask your doctor if adding TRADJENTA may be right for you.

Prescription TRADJENTA is a once-a-day pill that, along with diet and exercise, may help lower blood sugar. Managing your blood sugar is important as it may mean a lower A1C number.

Talk to your doctor to see if TRADJENTA could help you get your A1C number headed in a different direction. To learn more, go to Tradjenta.com/dy.

Tradjenta[®]
(linagliptin) tablets sing

What is TRADJENTA?

TRADJENTA is a prescription medicine that is used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.

TRADJENTA is not for people with type 1 diabetes or for people with diabetic ketoacidosis (increased ketones in the blood or urine).

If you have had inflammation of the pancreas (pancreatitis) in the past, it is not known if you have a higher chance of getting pancreatitis while you take TRADJENTA.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about TRADJENTA?

Serious side effects can happen to people taking TRADJENTA, including inflammation of the pancreas (pancreatitis), which may be severe and lead to death. Before you start taking TRADJENTA, tell your doctor if you have ever had pancreatitis, gallstones, a history of alcoholism, or high triglyceride levels.

Stop taking TRADJENTA 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.

Who should not take TRADJENTA?

Do not take TRADJENTA if you are allergic to linagliptin or any of the ingredients in TRADJENTA.

Symptoms of a serious allergic reaction to TRADJENTA may include rash, itching, flaking or peeling; raised red patches on your skin (hives); swelling of your face, lips, tongue and throat that may cause difficulty breathing or swallowing. If you have any symptoms of a serious allergic reaction, stop taking TRADJENTA and call your doctor right away.

What should I tell my doctor before using TRADJENTA?

Tell your doctor about all the medicines you take, including prescription and non-prescription

medicines, vitamins, and herbal supplements. TRADJENTA may affect the way other medicines work, and other medicines may affect how TRADJENTA works.

Especially tell your doctor if you take

- other medicines that can lower your blood sugar, such as a sulfonylurea or insulin.
 - TRADJENTA may cause serious side effects, including low blood sugar (hypoglycemia). If you take TRADJENTA with another medicine that can cause low blood sugar, such as sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea or insulin may need to be lowered while you take TRADJENTA.
 - Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heartbeat, sweating, or feeling jittery.
- rifampin (Rifadin[®], Rimactane[®], Rifater[®], Rifamate[®])*, an antibiotic that is used to treat tuberculosis.

Tell your doctor if you are pregnant or planning to become pregnant or are breastfeeding or plan to breastfeed.

What are the possible side effects of TRADJENTA?

The most common side effects of TRADJENTA include stuffy or runny nose, sore throat, cough and diarrhea.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

See next page for additional information about TRADJENTA.

TJ CONS ISI 19JUNE2013

*The brands listed are trademarks of their respective owners and are not trademarks of Boehringer Ingelheim Pharmaceuticals, Inc. The makers of these brands are not affiliated with and do not endorse Boehringer Ingelheim Pharmaceuticals, Inc., or its products.

Copyright © 2013 Boehringer Ingelheim Pharmaceuticals, Inc.

All rights reserved. (10/13) TJ586304CONS

Patient Portrayal

MEDICATION GUIDE

TRADJENTA® (TRAD gen ta) (linagliptin) Tablets

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

What is the most important information I should know about TRADJENTA?

Serious side effects can happen to people taking TRADJENTA, 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 TRADJENTA:

Tell your doctor if you have ever had:

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

Stop taking TRADJENTA 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 TRADJENTA?

- TRADJENTA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- TRADJENTA is not for people with type 1 diabetes.
- TRADJENTA is not for people with diabetic ketoacidosis (increased ketones in the blood or urine).
- If you have had pancreatitis in the past, it is not known if you have a higher chance of getting pancreatitis while you take TRADJENTA.

It is not known if TRADJENTA is safe and effective in children under 18 years of age.

Who should not take TRADJENTA?

Do not take TRADJENTA if you:

- are allergic to linagliptin or any of the ingredients in TRADJENTA. See the end of this Medication Guide for a complete list of ingredients in TRADJENTA.

Symptoms of a serious allergic reaction to TRADJENTA may include:

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

If you have any of these symptoms, stop taking TRADJENTA and contact your doctor or go to the nearest hospital emergency room right away.

What should I tell my doctor before using TRADJENTA?

Before you take TRADJENTA, tell your doctor if you:

- have or have had inflammation of your pancreas (pancreatitis).
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if TRADJENTA 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.

- are breastfeeding or plan to breastfeed. It is not known if TRADJENTA passes into your breast milk. Talk with your doctor about the best way to feed your baby if you take TRADJENTA.

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

TRADJENTA may affect the way other medicines work, and other medicines may affect how TRADJENTA works.

Especially tell your doctor if you take

- other medicines that can lower your blood sugar
- rifampin (Rifadin®, Rimactane®, Rifater®, Rifamate®)*, an antibiotic that is used to treat tuberculosis

Ask your doctor or pharmacist for a list of these medicines if you are not sure if your medicine is one that is listed above.

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

How should I take TRADJENTA?

- Take 1 tablet 1 time each day with or without food.
- Your doctor will tell you when to take TRADJENTA.
- Talk with your doctor if you do not understand how to take TRADJENTA.
- 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 TRADJENTA at the same time.
- Your doctor may tell you to take TRADJENTA along with other diabetes medicines. Low blood sugar can happen more often when TRADJENTA is taken with certain other diabetes medicines. See "What are the possible side effects of TRADJENTA?"
- If you take too much TRADJENTA, call your doctor or Poison Control Center at 1-800-222-1222 or go to the nearest hospital emergency room 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 TRADJENTA.
- 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 TRADJENTA?

TRADJENTA may cause serious side effects, including:

- See "What is the most important information I should know about TRADJENTA?"
- low blood sugar (hypoglycemia).** If you take TRADJENTA 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 take TRADJENTA. Signs and symptoms of low blood sugar may include:

- | | |
|--------------|-------------------|
| ▪ headache | ▪ irritability |
| ▪ drowsiness | ▪ hunger |
| ▪ weakness | ▪ fast heart beat |
| ▪ dizziness | ▪ sweating |
| ▪ confusion | ▪ feeling jittery |

The most common side effects of TRADJENTA include:

- stuffy or runny nose and sore throat

- cough
- diarrhea

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

Tell your doctor if you have any side effect that bothers you or that 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 TRADJENTA?

- Store TRADJENTA between 68°F and 77°F (20°C and 25°C).

Keep TRADJENTA and all medicines out of the reach of children.

General information about the safe and effective use of TRADJENTA.

Medicines are sometimes prescribed for purposes other than those listed in Medication Guides. Do not use TRADJENTA for a condition for which it was not prescribed. Do not give TRADJENTA 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 TRADJENTA. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about TRADJENTA that is written for health professionals.

For more information, go to www.TRADJENTA.com or call Boehringer Ingelheim Pharmaceuticals, Inc. at 1-800-542-6257, or (TTY) 1-800-459-9906.

What are the ingredients in TRADJENTA?

Active Ingredient: linagliptin

Inactive Ingredients: mannitol, pregelatinized starch, corn starch, copovidone, and magnesium stearate. The film coating contains the following inactive ingredients: hypromellose, titanium dioxide, talc, polyethylene glycol, and red ferric oxide.

What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and/or 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.

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, and by certain medicines when necessary.

Talk to your doctor about how to prevent, recognize, and take care of low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and other problems you have because of your diabetes.

This Medication Guide has been approved by the U. S. Food and Drug Administration.

*The brands listed are trademarks of their respective owners and are not trademarks of Boehringer Ingelheim Pharmaceuticals, Inc. The makers of these brands are not affiliated with and do not endorse Boehringer Ingelheim Pharmaceuticals, Inc., or its products.

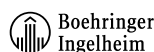
Copyright 2013 Boehringer Ingelheim International GmbH
ALL RIGHTS RESERVED

Revised: June 2013

TJ-CBS-10-13

TJ583106CONS-A

R_x only



enjoy the taste of eating right

A FEW SIMPLE FOOD SWAPS TO KEEP YOUR CALORIES,
FAT AND CARBOHYDRATES IN CHECK

By Jill Weisenberger, MS, RDN, CDE, FAND



YOU DON'T HAVE TO say goodbye to good taste just because you have diabetes. Try some of these swaps to make the foods you love more diabetes-friendly.

USE WHOLE GRAINS

Whole grains are loaded with nutrition and may even help you avoid heart disease.

- Make spaghetti and meatballs with whole-wheat pasta.
- Make sandwiches with whole-grain bread.

7

easy ways to
eat more veggies




- 1 Replace some of the pasta in your pasta salad with colorful veggies like cherry tomatoes, chopped red onion, diced carrots and artichoke hearts.
- 2 Layer thinly sliced zucchini in place of some of the noodles in your lasagna.
- 3 Slip sliced tomatoes and sweet bell peppers into your grilled cheese sandwich.
- 4 Stuff your sandwich with more veggies than meat and cheese.
- 5 Sauté mushrooms and onions for spaghetti sauce.
- 6 Make rice pilaf with equal amounts of rice and veggies.
- 7 Add steamed cauliflower to macaroni and cheese and diced broccoli to lasagna.

- Serve your family your favorite stir-fry with brown rice instead of white rice.
- You can even mix the two kinds of rice together.
- For breakfast, choose whole grain grits, or whole, steel-cut oats. Oats and barley both contain the fiber beta-glucan, which lowers cholesterol and helps your body's insulin work better.
- Mix oats into lean ground beef when you make meatballs or meatloaf.
- If you have a recipe for pasta salad you enjoy, use barley instead of pasta. It's delicious.

UP THE VEGGIES

There's a whole world of great tasting, low-calorie, low-carbohydrate vegetables out there. Add loads of veggies to your favorite comfort foods to boost nutrition and trim both calories and carbs.

TAKE A LOOK BELOW FOR SOME EASY SWAPS YOU CAN MAKE TO CUT DOWN ON FAT AND CALORIES.

INSTEAD OF	TRY THIS	
Ground beef	94% lean ground beef, or ground turkey	
Prime rib		Eye of the round
Chicken fingers on a salad	Grilled shrimp, roasted turkey breast or low-fat cottage cheese on a salad	
Bacon		Canadian bacon
Half and half	Fat-free half-and-half or regular milk	
Cream in soup		Pureed or blended potato or other vegetable
Cheese	Reduced-fat cheese	
Sour cream		Reduced-fat or fat-free Greek yogurt
Butter on a baked potato	Salsa on a baked potato	
Alfredo sauce		Marinara sauce
Onion dip	Hummus or dip made with low-fat yogurt, low-fat cottage cheese or smashed canned beans	

DITCH SOLID FATS IN FAVOR OF SOFT FATS AND OILS

Solid fats like butter, stick margarine, lard and shortening have a lot of calories and are unhealthy for your heart. To help cut back, cook, spread and bake with lower-calorie soft tub margarine and a variety of heart-healthy cooking and salad oils, such as olive oil.

TIPS FOR PORTION CONTROL

If you won't be happy with anything but a high-calorie, carb-heavy and saturated fat-rich food, keep your portions in check:

- Serve your steak on a small plate and mini brownie sundaes in tiny glasses.
- Double up on veggies, and cut your lasagna portion in half.
- Eat one fried chicken leg instead of two.
- Cut back elsewhere in the same meal, so you stay on target with your carbohydrates, calories and saturated fats.
- Try to keep splurges to just now and then. ■

IF YOU HAVE **DIABETES**
WHAT YOU PUT HERE
CAN IMPACT YOUR GUM HEALTH



Don't brush it off—use Colgate®



Did you know that if you have diabetes, you're 2X more likely to develop gum disease?
Good news—Colgate Total® toothpaste can help.

Colgate Total® reduces 90% more germs that cause gingivitis, the most common form of gum disease.*

Learn more at OralHealthandDiabetes.com

*vs ordinary, non-antibacterial toothpaste 12 hours after brushing.



a national strategic partner of
 **American
Diabetes
Association.**

Puracyn[®] OTC

Take the right steps
towards foot care
with Puracyn.



Step 1
Inspect Feet Daily



Step 2
Use Puracyn Wound &
Foot Wash



Step 3
Go and Enjoy Life!

Puracyn Daily Wound & Foot Wash

Safe, effective & easy to use



Puracyn Wound and Skin Care is intended for the OTC management of skin abrasions, lacerations, minor irritations, cuts and intact skin. Puracyn contains no antibiotics, no steroids and no alcohol. Puracyn is non-irritating, non-toxic, non-sensitizing and dye-free.

*Clinically
Proven Safe
on Wounds*

Great for: Cuts, Abrasions & Blisters

Doctor Tested

www.puracyn.com | 1-866-318-3116

Available at *Walgreens*

MADE IN THE USA

5 foods you may think are unhealthy for diabetes—but aren't

OF COURSE, SOME FOODS ARE BETTER FOR YOU THAN OTHERS,
BUT HERE WE DISPEL MYTHS AND LAY OUT THE FACTS

By Lorena Drago, MS, RD, CDN, CDE



IF YOU HAVE DIABETES, you may have heard that some foods are good for you and some are not. While these tips may help you choose healthier

options such as vegetables, and limit added sugars, you may also be avoiding foods that you think are bad for your condition but are really not.

The following are five foods many people say you should avoid, but you actually don't have to: sugar, beets, carrots, grapes and rice.

**Carbohydrates
break down
into glucose
in the body.**

1 SUGAR

Sugar is one type of carbohydrate. Although sugar doesn't have important nutrients, you can include small amounts in your meal plan as long as it fits into your carbohydrate budget. The American Diabetes Association (ADA) meal plans include breakfast, lunch, dinner and two snacks. Each meal has about 45–60 grams of carbohydrate. A teaspoon of sugar contains only 4 grams of carbohydrate. That small amount can fit into your meals easily. Here's how:

Food	Carbs
1 cup of cooked broccoli	10 g
½ cup of cooked pasta	22 g
½ grilled chicken breast	0 g
1 small apple	15 g
cup of tea with 1 tsp of sugar	4 g
Total	51 g

This is well within the ADA's carbohydrate budget.

4 GRAPES

Grapes are a fast, portable snack. They are also a good source of potassium. But are grapes diabetes-friendly? Yes, they are. The calorie and carbohydrate content of grapes, like any other food, depends on the portion size.

A bunch of 15-17 grapes have about 60 calories and 15 grams of carbohydrate.

A small orange, apple and peach each have approximately 60 calories and 15 grams of carbohydrate. Enjoy your grapes, as long as you count them.

5 RICE

Rice is a staple in Asia and in many Latin American countries. People with diabetes often mention that one of the first foods they cut out of their diet is rice. They do this because they heard that rice will make them fat, is "bad" for diabetes, and will cause them to have high blood glucose levels. Let's tackle some of these rumors:

White rice vs. Brown rice

One cup of cooked white rice has the same amount of carbohydrates (45 g) as 1 cup of cooked of brown rice.

Why do healthcare experts urge people to choose brown rice over white rice if the calorie and carbohydrate contents are the same? Brown rice has more fiber, magnesium and zinc, and slightly fewer calories. A cup of cooked rice has about 240 calories.

Is rice worse than pasta?

One cup of cooked pasta has the same amount of carbohydrates as 1 cup of cooked rice. If you like rice, choose brown rice. It's the best option and provides the most health value. But, don't forget to measure your portion. The amount of rice you eat matters, whether you choose brown or white.



COMPARE THE CARBOHYDRATE CONTENT OF CARROTS AND BEETS WITH OTHER FOODS.

Food Item	Weight	Volume	Carbs
Carrots	100 g	⅔ cup	8 g
Beets	100 g	⅔ cup	10 g
White boiled potato	100 g	2 baby potatoes	20 g
White rice cooked	100 g	⅔ cup	28 g
Cooked broccoli	100 g	1 cup florets	7 g
Corn	100 g	⅔ cup	24 g

2&3

CARROTS AND BEETS

Carrots and beets are sweeter than many other vegetables, like spinach and broccoli, so many people think of them as being higher in sugar. But sweeter doesn't always mean higher in carbohydrates. Carrots and beets are also great, natural sources of essential vitamins.

VEGGIE FACTS

1. All vegetables have carbohydrates.
2. A single serving of vegetable is ½ cup cooked or 1 cup raw.
3. Nonstarchy vegetables, such as leafy greens, asparagus, and summer squash, contain about 5 g of carbohydrate per serving.
4. Starchy vegetables like corn, peas, winter squash, cassava, yams, taro, and potatoes have three times the amount of carbohydrate (15 g) as nonstarchy vegetables.
5. A serving of a starchy vegetable, such as ½ cup corn, has the same amount of carbohydrate as 1 slice of bread (15 g of carbohydrate).
6. Salad greens like chicory, endive, lettuce, romaine, spinach, and arugula are free foods that you can enjoy in any amount.
7. For lunch and dinner, fill half of your plate with non-starchy vegetables.

guilt-free chocolate desserts

MOUTH WATERING RECIPES
FOR PEOPLE WITH DIABETES
AND THEIR FAMILIES

CHERRY-FILLED BLACK FOREST CUPCAKES

Makes 12 cupcakes

- 6 tablespoons cocoa powder
- $\frac{3}{4}$ cup granulated no-calorie sweetener*
- 2 tablespoons brown sugar
- $\frac{1}{3}$ cup low-fat milk
- $1\frac{1}{2}$ teaspoons vanilla extract
- 1 large egg
- $\frac{1}{2}$ cup light mayonnaise
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- $\frac{1}{2}$ (20-ounce) can no-sugar-added (or light) cherry pie filling
- $\frac{1}{2}$ teaspoon almond extract
- 2 tablespoons granulated no-calorie sweetener*
- 1 recipe whipped cream cheese frosting (recipe on right)
- 12 teaspoons finely grated or shaved dark chocolate

- 1.** Preheat the oven to 325°F. Line 12 muffin cups with liners and spray with non-stick cooking spray (alternately, foil liners can be used and do not require spraying).
- 2.** Place cocoa powder in a large bowl. Add $\frac{1}{2}$ cup warm water and whisk until smooth. Whisk in the next six ingredients (sweetener through mayonnaise), until mixture is smooth. Gradually sift in flour, baking powder and baking soda and stir until well mixed.
- 3.** Scoop $\frac{1}{4}$ cup of batter into each muffin cup. Bake for 13 minutes or until the center springs back when touched or a toothpick comes out clean. While cupcakes are baking, in a medium bowl, combine the pie filling, almond extract and 2 tablespoons sweetener. Set aside.
- 4.** Assemble cupcakes when cool, and use an apple corer (or small knife) to remove a plug from the center of the cupcake. Spoon three cherries with some of the gel into the center of the cupcake. Top with 2 tablespoons frosting and dust with chocolate shavings.

NUTRITION INFORMATION PER SERVING:

(1 CUPCAKE) **Cal.** 160, **Total Fat** 6 g, (Sat. 2 g, Trans 0 g), **Cholesterol** 25 mg, **Carbs** 22 g, **Fiber** 1 g, **Sugars** 7 g, **Protein** 4 g, **Sodium** 280 mg
Exchanges: $1\frac{1}{2}$ carb, 1 fat



WHIPPED CREAM CHEESE FROSTING FOR CUPCAKES

In a small bowl, with an electric mixer on medium speed, beat together $\frac{1}{2}$ cup EACH reduced fat tub-style and non-fat cream cheeses and $\frac{1}{4}$ cup granulated no-calorie sweetener* (or 6 packets). Slowly beat in $\frac{1}{2}$ cup of thawed light whipped topping until just combined. Using a rubber spatula carefully fold in another $\frac{3}{4}$ cup whipped topping ($1\frac{1}{4}$ cups total).

* If using a baking blend such as stevia based Truvia Baking Blend, use $\frac{1}{2}$ as much.



Recipes from
*Eat What You
Love Everyday*
200 all-new,
great-tasting
recipes low in
sugar, fat
and calories
by Marlene Koch.
Running Press,
Copyright © 2014



FIVE-INGREDIENT STRAWBERRY BLOSSOM PUDDING CUPS

Makes 4 servings

- 1½ cups low-fat milk
- 1 package sugar-free white chocolate pudding
- 1 cup light whipped topping
- 8 (up to 10) medium fresh strawberries, washed, stems removed
- 4 frozen or fresh blackberries

1. Pour milk in a medium bowl. Whisk the milk while slowly adding the pudding mix. Whisk mixture until smooth. Gently fold in the whipped topping. Divide mixture among four 6-ounce ramekins or 4-ounce jars.

2. Slice strawberries using an egg slicer (or by hand, lengthwise). Place a blackberry in the center of each cup of pudding. Starting at the center, insert the strawberry slices, stem end down, around the blackberry. Insert a second layer, between the empty spaces, to create flower effect. Refrigerate for at least 15 minutes, and up to one day before serving.

NUTRITION INFORMATION PER SERVING: (1 PUDDING CUP)

Cal. 110, **Total Fat** 2.5 g, (Sat. 2 g, Trans 0 g), **Cholesterol** 0 mg, **Sodium** 350 mg, **Carbs** 18 g, **Fiber** 1 g, **Sugars** 9 g, **Protein** 3 g, **Exchanges:** 1 carb, ½ fat

MOLTEN CHOCOLATE LAVA CAKES

Makes 4 servings

- 3 ounces dark chocolate (2 1.45-ounce Hershey's Special Dark bars or 6 squares from a 6.8-ounce bar)
- 1 tablespoon butter
- 2 tablespoons low-fat milk
- 1 teaspoon vanilla extract
- 3 large eggs, room temperature, separated, divided
- 2 tablespoons cocoa powder, preferably Dutch-processed
- 2 tablespoons all-purpose flour
- 1 tablespoon granulated sugar
- 1 tablespoon powdered sugar, optional, for dusting

1. Preheat oven to 400°F. Set oven rack to lower third of oven. Lightly spray four 6-ounce ramekins with cooking spray. Set aside.

2. Reserve either eight squares of chocolate from the small bars, or two from the large one. Place remaining chocolate in a medium, microwave-safe bowl with the butter and microwave on



high for 60 seconds, or until chocolate is mostly melted. Remove and stir until smooth. Whisk in milk, vanilla and egg yolks until smooth. Sift in cocoa powder and flour and whisk to combine.

3. In a medium bowl, with an electric mixer on high speed, beat the egg whites until foamy. Gradually add 1 tablespoon sugar and beat to soft peaks. Gently fold the egg whites into the chocolate mixture to lighten, taking care not to deflate the egg whites.

4. Divide the batter among the ramekins. If using the small chocolate bars, press two squares into the center of each cake. For the larger bar, cut one square in half and press into each cake. Bake for 8 to 9 minutes, or until tops are just firm to the touch and the cakes still jiggle slightly in center. Let cool for 2 minutes and serve immediately with a dusting of powdered sugar, if desired.

NUTRITION INFORMATION PER SERVING: (1 LAVA CAKE)

Cal. 210, **Total Fat** 12 g, (Sat. 7 g, Trans 0 g), **Cholesterol** 150 mg, **Sodium** 85 mg, **Carbs** 21 g, **Fiber** 2 g, **Sugars** 15 g, **Protein** 7 g
Exchanges: 1½ carb, 1 lean meat, 1½ Fat



10-MINUTE PEANUT BUTTER PRETZEL PIE

Makes 8 Servings

- 3** cups light, no-sugar-added vanilla ice cream, slightly softened
- ⅓** cup creamy peanut butter
- 1** chocolate or Oreo pre-made pie crust
- 1** tablespoon sugar-free chocolate ice cream topping
- ⅓** cup roughly crushed pretzels
- 1** cup light whipped topping, optional garnish

1. In a medium bowl, combine the ice cream and peanut butter until well mixed. Spoon the mixture into the crust and smooth the top. Drizzle the filling with ice cream topping, and sprinkle the pretzels over the pie.

2. Freeze for at least 2 hours before serving. Let pie sit at room temperature for 5 minutes before cutting and garnishing with whipped topping, if desired.

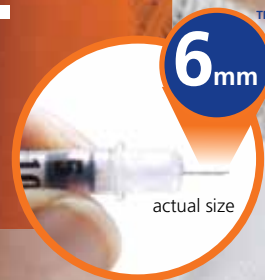
NUTRITION INFORMATION PER SERVING: (1 SLICE)

Cal. 235, **Total Fat** 13 g, (Sat. 4 g, Trans 0 g), **Cholesterol** 0 mg, **Carbs** 28 g, **Fiber** 4 g, **Sugars** 14 g, **Protein** 6 g, **Sodium** 280 mg
Exchanges: 2 carb, 2 fat



More comfortable injections begin with less syringe needle.

Choose the first and only insulin syringe with a 6mm needle for more comfortable injections.



MANUFACTURER'S COUPON

EXPIRES 06/30/2015

\$10⁰⁰ OFF
One Box of

**BD Insulin Syringes with the
BD Ultra-Fine™ 6mm needle**



available in all barrel sizes

NDC/HRI No: 08290-3249-09 • 08290-3249-10
08290-3249-11 • 08290-3249-12



BD, BD Logo and all other trademarks are property of Becton, Dickinson and Company. © 2014 BD 140180011SYRADDIAFORA

Limit one coupon per purchase of product indicated. Offer cannot be combined with any other offer. Offer valid only in the United States. This coupon is prohibited for prescriptions reimbursed in whole or in part by Medicaid, Medicare, or any similar federal or state healthcare program, including any state medical or pharmaceutical assistance program. The discount provided by this coupon must not exceed the amount of an individual's co-payment under any federal or state program. This coupon is not insurance. This coupon is redeemable by Becton, Dickinson and Company, who reserves the right to rescind, revoke or amend this offer without notice. The selling, purchasing, trading, or counterfeiting of this coupon is prohibited. This offer is also invalid where prohibited by law, and is not available to clubs, groups or organizations. Claims submitted to any federal or state program must fully reflect all discounts, rebates or other reductions in price.

Consumer: Present this certificate to retailer at time of purchase. Consumer pays applicable sales tax.

Retailer: BD will reimburse you [the face value of this coupon or specific amount] plus 8¢ handling provided you and the consumer have fully complied with the terms and conditions of this coupon. Send valid coupons with proof of purchase to BD, P.O. Box 880294, El Paso, TX 88588-0294. Offer expires on June 30, 2015.

038290-021144



bd.com/6mmsyringe

[facebook.com/
DiabetesInnovationsUS](https://www.facebook.com/DiabetesInnovationsUS)

BD, BD Logo and all other trademarks are property of Becton, Dickinson and Company. © 2014 BD.



Helping all people
live healthy lives

patient engagement

A NEW PHRASE YOU MAY HEAR AS THE AFFORDABLE CARE ACT GETS UNDERWAY IS *PATIENT ENGAGEMENT*

By Martha Funnell, MS, RN, CDE



IF YOU HAVE DIABETES or love someone who does, you are already involved in the day-to-day care of this condition. There is no way to avoid being in charge of your diabetes as you make

Become engaged with your own care.
It may seem like a lot of extra work,
but it is in your own best interest.

choices, take medicines and keep track of your blood glucose readings.

But as the Affordable Care Act is put into place, you may hear the phrase *patient engagement*.

Although you may already feel engaged with your diabetes, the meaning goes beyond what you do at home. It now includes what happens during visits with your healthcare team.

PATIENT ENGAGEMENT

People who are engaged in their own care have or seek the understanding, knowledge and skills to promote their own health and take part in their health management. In other words, they are constantly trying to learn more about diabetes in order to manage it well and live healthier lives. It also means asking for help from family, friends and other supporters so they can handle the emotional burden and demands of caring for diabetes. Engagement is not a one-way street: Your healthcare team also has to do their job of helping you stay involved with your health.

SHARING IN THE DECISIONS

One important aspect of engagement is creating a partnership with your healthcare team and sharing in decisions about your care. Shared decision-making is a team process that allows you and your provider to make healthcare decisions together, taking into account:

- Medical evidence.
- Your values.
- Goals.
- Preferences.

For example, your provider

may suggest that you start taking a new medicine for your diabetes. You share your concerns, goals and values, and your provider shares his or her expertise and clinical judgment. By working together with your healthcare provider, you can make the best decisions for your diabetes care.

STRATEGIES FOR SHARED DECISION MAKING

Are you interested in trying shared decision-making? A good way to start is to learn as much as you can about your diabetes. Because not everything you read is up-to-date or accurate, it is always a good idea to confirm what you've

read with your healthcare provider, educator, dietitian or pharmacist.

Becoming engaged in your own care may seem like a lot of extra work—but it is in your own best interest. Studies have shown that you will be more satisfied with your care and are more likely to have better outcomes. ■

10 QUESTIONS FOR YOUR HEALTHCARE PROVIDER

- 1 Do you think it's time for a change in my treatment?
- 2 What will happen if things stay the same?
- 3 What are the latest studies showing about this therapy?
- 4 What are the benefits, possible side effects, or risks of this therapy?
- 5 How much will it cost?
- 6 What concerns you the most about this therapy?
- 7 Is there anything else I should consider?
- 8 Have you had other patients choose this therapy?
- 9 How did it work for them?
- 10 Are there things I need to do to take it safely; for example, check my blood glucose more often?



“ I use insulin regularly.
I sometimes miss doses.
I always log my numbers.
I have a log book...somewhere.
I share everything with my doctor.
I keep some things from my doctor.
That's why FreeStyle InsuLinx...
is the meter for me. ”



FreeStyle
InsuLinx
Blood Glucose Monitoring System



For our **FREE** meter offer¹ call 1-855-239-3426.
ChooseFreeStyleNow.com

- Easy-to-use touch screen
- Logs insulin doses and glucose readings together
- Makes it easy for you and your doctor to better manage your diabetes

For In Vitro Diagnostic Use. FreeStyle InsuLinx blood glucose test strips are intended to be used with FreeStyle InsuLinx meters only.
1. Void where prohibited. Abbott may modify or rescind this offer without notice.
Product provided as a free sample shall not be resold or submitted to any third-party payer for reimbursement. One free meter per person.
FreeStyle and related brand marks are trademarks of Abbott Diabetes Care Inc. in various jurisdictions.
©2013 Abbott. ART25837-001_Rev-A 11/13

 **Abbott**
Diabetes Care



COMMITTED — *to* — YOUR DIABETES CARE

Our pharmacists are here to help you know your numbers, with in-store health tests, including A1C and cholesterol.* **Get your results in minutes**, plus each test includes a blood pressure check and pharmacist consultation about your results. **To find a participating location near you, call 877-926-3968 or visit [Walgreens.com/FindAHealthTest](https://www.walgreens.com/FindAHealthTest).**

Plus, we accept Medicare assignment on diabetes testing supplies and carry **ALL major brands**.

KNOW YOUR NUMBERS.

Talk to your local Walgreens pharmacist.



Walgreens
AT THE CORNER OF **HAPPY & HEALTHY**®

*Available to ages 18+ at select locations. Subject to availability. Not for diagnostic or treatment purposes. Not reimbursable through insurance. Pharmacist consultation with patient does not constitute medical advice. Recipients are encouraged to report their test results to their primary care physician. For the Full Cholesterol Panel Test, fasting for 9–12 hours of no food or drink (other than water) is recommended. A1C testing available only to self-identified diabetics.

is carb counting for you?

CARB COUNTING IS A POPULAR MEAL PLANNING TOOL
THAT CAN BE VERY EFFECTIVE FOR PEOPLE WITH DIABETES

by Andrea Ciccone Troutner, RD, LD, LDN, CDE
Joslin Diabetes Center Affiliate at Providence Hospital



CARBOHYDRATE COUNTING, or “carb counting,” is an important meal planning tool that can help you manage your blood glucose levels.

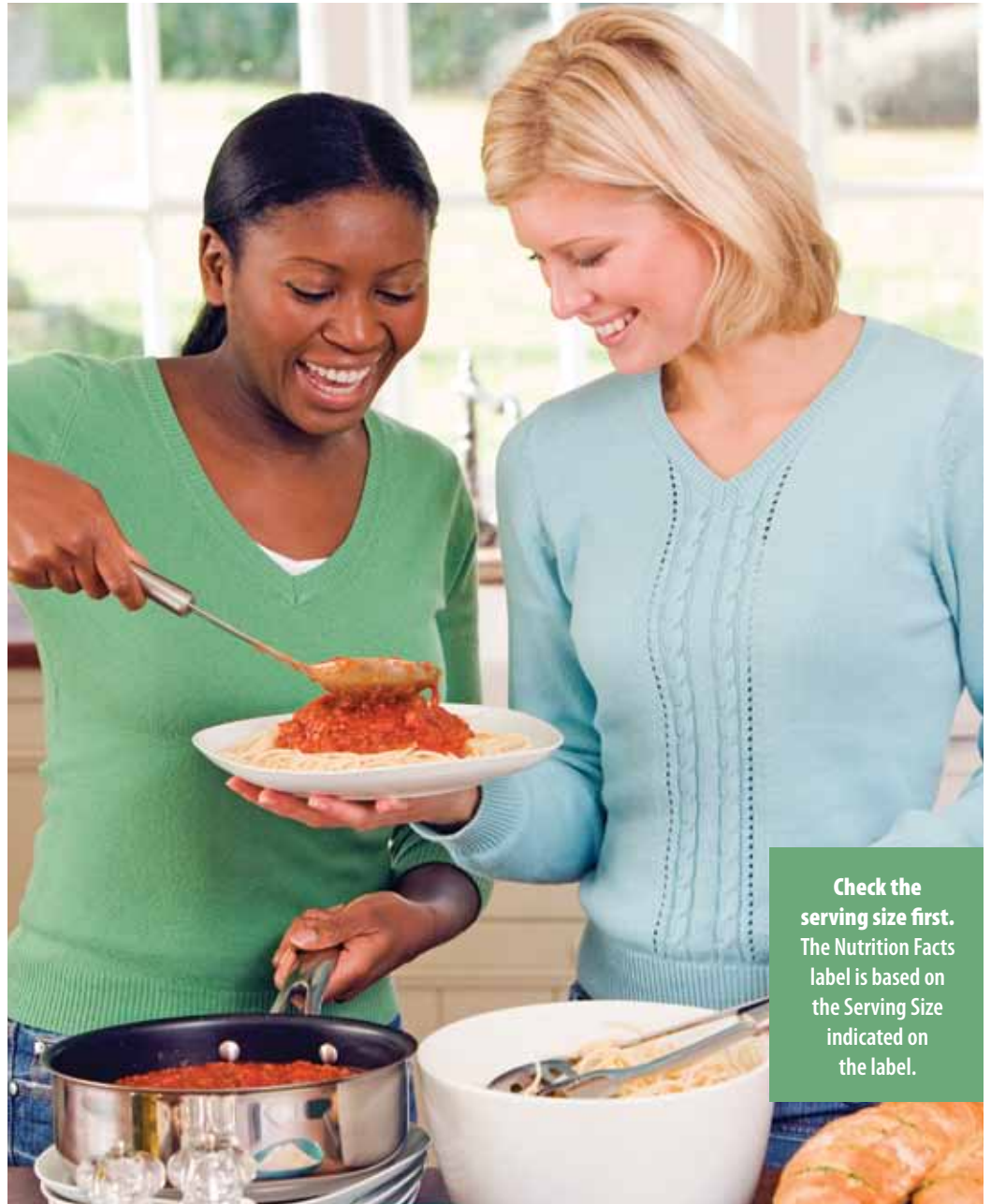
CARBS AND DIABETES

Your carbohydrate needs are based on many factors, such as your:

- Age
- Gender
- Activity level
- Medicines
- Weight

If you’re not sure how much carbohydrate to aim for at your meals, talk with your dietitian or healthcare provider. In the meantime, to get you started, aim for between three and four carbohydrate servings, or 45 to 60 grams of carbohydrate per meal. The goal is to keep your blood glucose levels within your target range.

For people with diabetes, carbohydrate is the most important food group to consider when making food choices. If you know how many grams of carbohydrate you are eating, then you’ll know where your blood glucose level is headed. This is why planning meals and snacks is so important. In general, it’s best to eat the



Check the serving size first.
The Nutrition Facts label is based on the Serving Size indicated on the label.

same amount of carbohydrate at the same meal each day.

FOODS AND CARB COUNTING

Carbs are found in starches and sugars. Keep in mind that sugars may either be added or found naturally in foods.

USING FOOD LABELS FOR CARB COUNTING

The Nutrition Facts panel, found on the label of a food package, is the best way to get information on a food's carbohydrate

content. When you're counting carbs, look up the two most important parts of the Nutrition Facts label: the serving size and grams of total carbohydrate. Not all foods have labels. You may need to look for other sources of carbohydrate information, such as using a food counts book or a smartphone app. Make sure to weigh or measure the amount of the food you're going to eat, to determine the total grams of carbohydrate in your serving.

COUNT YOUR CARBS

Grams of Carbohydrate	Carbohydrate Serving
1-5	free food
6-10	½
11-20	1

15 GRAMS OF CARBS

Grains	1 ounce of cold cereal or ½ cup cooked cereal or ½ cup cooked rice or pasta
Starchy vegetables	½ cup cooked
Dried beans	½ cup cooked
Fruit	½ cup
Low-fat dairy	1 cup

TOTAL CARBOHYDRATE

Try to reach a daily minimum goal of 14 grams of Dietary Fiber for every 1,000 calories.

Check the Total Carbohydrate. Sugars are part of the Total Carbohydrate. With carbohydrate counting, you can eat more than what's allowed on your meal plan. You just have to know how much carbohydrate you need to maintain a healthy blood glucose level. ■

A MODERN DIABETES MANAGEMENT CO.

LEVEL LIFE

WHAT CAN LEVEL LIFE™ BARS & SHAKES DO FOR YOU?



SUPPORT HEALTHY BLOOD SUGAR



FIGHT HUNGER



INCREDIBLE TASTE & NUTRITION



HELP CONTROL CARBS

TRY LEVEL LIFE PRODUCTS TODAY!

LEVEL LIFE

\$4 OFF

THE PURCHASE OF ANY LEVEL LIFE 4 PACK BARS OR 4 PACK SHAKES



Retailer: Send to LEVEL Life; INMAR Dept. #33776; One Fawcett Drive; Del Rio, TX 78840. GFA Brands, Inc. will reimburse you for face value of this coupon plus 8¢ handling provided coupon is redeemed in accordance with GFA Brands, Inc.'s coupon redemption policy (available upon request). Cash value 1/100¢. Do not double. Consumer: One coupon per item purchased. Consumer pays sales tax. Void if reproduced, transferred, restricted or prohibited. ©2014 GFA Brands, Inc.

GET BACK TO LEVEL AT LEVELFoods.com

MANUFACTURERS COUPON EXPIRES 11/15/2014

0856879003-600006



New

s. epatha merkerson *law & order tv star*

TAKING UP AMERICA'S DIABETES CHALLENGE—
ALMOST HALF OF ALL PEOPLE WITH DIABETES HAVE
A1C LEVELS THAT MAY BE TOO HIGH

By Jonathan Jarashow

BEST KNOWN for her role on the long-running hit TV show “Law & Order,” S. Epatha Merkerson has won an Emmy, a Golden Globe and four NAACP Image Awards. She has also appeared in such critically acclaimed films as “Lincoln” (2012) and “Jacob’s Ladder” (1990). Now, S. Epatha has teamed up with Merck to promote a new educational program called *America’s Diabetes Challenge: Get to Your Goals*.

DIABETES DIAGNOSIS

S. Epatha found out she had diabetes 11 years ago when she attended a health fair. At a booth where they were checking people’s blood glucose levels, she took the test, not expecting that it would change her life. She found out her blood glucose numbers were very high. “So I went to my doctor and we took the test again to see what the A1C number was. Then we made a plan to try to find a way for me to better manage my blood glucose levels. I have a book in which I keep notes on my blood glucose and what I did for the day. And with my doctor, we’ve worked on a plan that has changed over the



years. I try to stay on top of it. I’ve been changing my diet, trying not to eat as many fried foods... those kinds of things.”

FAMILY HISTORY

As a person with type 2 diabetes who has also watched family members suffer from the condition,

S. Epatha is passionate about promoting simple lifestyle changes to keep everyone’s blood glucose at a healthy level. S. Epatha’s

brother has type 2 diabetes, and her father and grandmother died from diabetes complications.

GETTING A1C UNDER CONTROL

The American Diabetes Association (ADA) recommends an A1C of less than 7% for many people with diabetes. Other people with diabetes may have an individualized A1C goal, based on discussions with their healthcare provider. Whatever their situation, nearly 50 percent of people with diabetes have A1C results that are higher than their A1C goals. This puts them at risk for complications related to diabetes, like blindness, kidney problems and heart disease.

However, S. Epatha knows it's not always easy to stay in control of diabetes. "It's been a struggle for me to change my habits. This is why it is vital for people with diabetes to have a support system. A major part of getting A1C under control is not getting discouraged, and recognizing that your treatment plan, which may include diet, exercise and medicines, may need to be adjusted over time to help you reach your A1C goal."

DIET AND EXERCISE

A healthy meal plan is an important part of A1C management, but there are other factors as well. S. Epatha knows that exercise is especially important for people with diabetes. For her, this

means fitting in some physical activity while she's on set. "I exercise whenever I can. You can take weights to your dressing room. There are times when, literally, you're in your dressing room for hours waiting for lighting setup. Sometimes it is about walking around just to get a little exercise." She also has practical advice for city dwellers who find it tough to carve out time for exercise: "Instead of putting your hand up for the cab, maybe walk the 10 or 20 blocks to get where you need to go."

STAYING ORGANIZED

Organization is another reason S. Epatha is able to keep her diabetes under control. "I'm a very organized person. So that's actually a little easier for me. What I struggle with is that I might have it all written down, but I have to stick to it. I have to know that I need to test my blood glucose every day. I have to know that at some point during the week I have to get up and start walking."

People may think having diabetes is easier for S. Epatha because of her celebrity status, but she would like to set the record straight: "I don't have an assistant. I don't have a cook. I don't have a



S. Epatha's keys to good health for people with diabetes:

- 1 Know your A1C number.
- 2 Talk with your healthcare provider to set your A1C goal.
- 3 Make lifestyle changes with diet, exercise and medicine.

housekeeper. This is on me. I am responsible for me. And I think that's another reason why people will listen to what I'm saying. Because the only difference is that I spend more time on the television instead of watching television. The one thing I wish I did have was a cook, but unfortunately I don't. So I have to be very careful about preparing food and keeping things in my refrigerator that are healthy for me."

Viewers are used to seeing S. Epatha portray a detective on TV, and now she is helping people with diabetes do their own detective work to keep track of their important health numbers, as well as set and attain their individualized A1C goal. "America's Diabetes Challenge is a new educational program with a website where people with diabetes can find resource materials, charts that they can download to help them track their A1C and their blood glucose levels. When they go to their doctor's office, they'll be able to ask the important questions. It's so important for people with diabetes and prediabetes to form a good relationship with their healthcare providers, and get their blood glucose levels within a healthy range." ■

America's Diabetes Challenge: Get to Your Goals is a program that helps people with diabetes reach their health goals. AmericasDiabetesChallenge.com has materials to help friends and family of people with diabetes. The program seeks

to open up communication between people with diabetes and their healthcare providers, so people with type 2 diabetes can know their A1C number, and talk with their healthcare provider to set and attain their individualized A1C goal.



protects* your hearing aid from damaging leaks

Leaky batteries can damage your hearing device — and precious moments. Fight battery leakage with the **Power Seal Technology** in **Energizer® Hearing Aid batteries**.

Energizer
+ **POWERSEAL**

Energizer

energizer.com

that's positivenergy

*Protects from leakage of fully used batteries up to 1 week at room temperature.
© 2014 Energizer. Energizer, Energizer Bunny design and other marks are trademarks of Energizer.

MANUFACTURER'S COUPON • EXPIRES 10/31/14

save **\$2.00**

on any **ONE (1)** pack of
Energizer® EZ Turn & Lock
Hearing Aid batteries
(8-pack or larger)

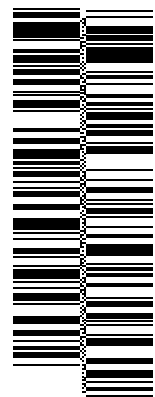


Redeemable only at
Walgreens

RETAILER: We will pay you the face value plus 8¢ handling for each coupon sent to Energizer, CMS Dept. #39800, One Fawcett Dr., Del Rio, TX 78840 provided you comply with the Energizer Coupon Redemption Policy. Coupon Policy available at same address or online at www.energizer.com/pages/legal.aspx. Cash value 1/20¢.

CONSUMER: Coupon may not be transferred, sold, auctioned, altered, or reproduced. Limit one per coupon per purchase as specified. No Cash Back If Coupon Value Exceeds Retail Price. Any other use is fraudulent. Counterfeits will not be honored.

© 2014 Energizer. Energizer, Energizer Bunny design, card and label graphics and other marks are trademarks of Energizer.



0039800-031034

Find us on
Facebook
www.facebook.com/EnergizerBunny

ChocoRite

Sugar Free and No Sugar Added
All Natural • Maltitol Free
Great Taste • Reduced Calories



All natural ChocoRite is made from premium ingredients delivering a delicious reduced calorie treat. Unlike other sugar free candies, ChocoRite contains no Maltitol which may cause bloating and elevate blood sugar levels.

ChocoRite contains all natural Stevia and Erythritol which have a Glycemic Index of ZERO.

on *Walgreens* TRUEtest™
Blood Glucose Test Strips¹
(30-day supply)



The Walgreens TRUEresult® and TRUE2go®
Meters utilize Walgreens TRUEtest™ Strips.

A collection of Well+Good products including Blood Glucose Monitoring Systems, Blood Pressure Monitor, Glucose Tablets, Vinyl Gloves, Nutritional Shake, and Lancets.

* Walgreens Pharmacist Survey Study, 2012. 1. Insurance coverage required. Offer not valid in AR and CA. Offer not valid if claim submitted to a government-funded program or certain private health plans. Consult with your Walgreens Pharmacist for details. 2. Data on file. NICO-2499 © 09/13 Nipro Diagnostics, Inc. TRUEresult, TRUE2go, and TRUEtest are trademarks of Nipro Diagnostics, Inc.

Answers at Walgreens

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 | • irritability |
| • drowsiness | • hunger |
| • weakness | • fast heart beat |
| • dizziness | • sweating |
| • confusion | • 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 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.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Distributed by: Merck Sharp & Dohme Corp., a subsidiary of
 **MERCK & CO., INC.**, Whitehouse Station, NJ 08889, USA

For patent information: www.merck.com/product/patent/home.html

The trademarks depicted herein are owned by their respective companies.

Copyright © 2010 Merck Sharp & Dohme Corp., a subsidiary of
Merck & Co., Inc.

All rights reserved.

Revised: 02/2014

usmg-mk0431-t-1402r013

DIAB-1106110-0000 06/14


Januvia
(sitagliptin)
25 mg, 50 mg, 100 mg tablets

FOR ADULTS WITH TYPE 2 DIABETES

Januvia® works
when my
blood sugar
is HIGH...

...and works less
when my
blood sugar
is LOW.

Actor portrayal.

JANUVIA works by enhancing your body's own ability to lower blood sugar.

- **JANUVIA is a prescription pill you take *once a day*.**
- **JANUVIA, along with diet and exercise, helps lower blood sugar in adults with type 2 diabetes.**
- **JANUVIA, by itself, is not likely to cause blood sugar going too low (hypoglycemia), because it works less when blood sugar is low.**
- **JANUVIA, by itself, is not likely to cause weight gain.**

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, or call 1-800-FDA-1088.

**Pay as little as \$5
per prescription.***

Visit Januvia.com/savings

*Maximum savings are limited. Not valid for patients with Medicare or other Government Program insurance. Other eligibility restrictions and Terms and Conditions apply.

Talk to your doctor about JANUVIA today.

Please read the Medication Guide on the adjacent page for more detailed information.

Merck Helps™ | Having trouble paying for your Merck medicine?
Merck may be able to help. www.merck.com/merckhelps

Januvia®
(sitagliptin)
25 mg, 50 mg, 100 mg tablets

