

A SPECIAL EDITION OF DIABETES & YOU

SPRING 2013

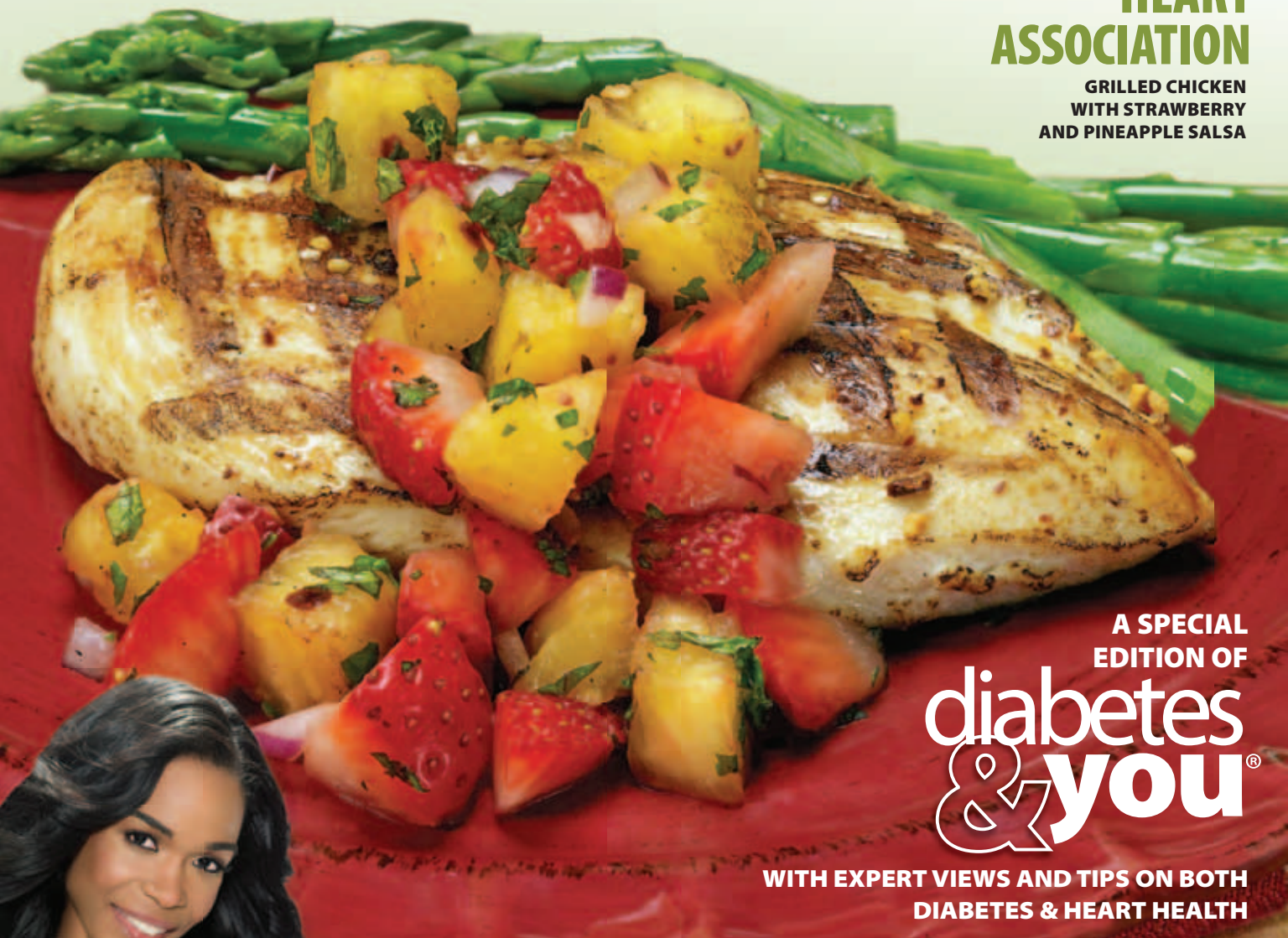
# heart health & you

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## Dear Readers:

Welcome to the 2013 Walgreens Heart Health & You/Diabetes & You special issue, with expert views and tips on both diabetes and heart health. Our magazine continues to win awards at multiple national health information competitions, but most important, we hope you enjoy our magazine, which is available each quarter at all Walgreens stores nationwide at no charge. Our magazine is for Walgreens customers who have diabetes or heart disease, including the nearly 70 percent of people with diabetes who have heart disease, as well.

Our feature article is on singer and stroke awareness activist Michelle Williams, who is best known as one-third of the record-

breaking R&B and Pop group Destiny's Child, one of the world's best-performing female groups of all time. Michelle's voice is now reaching millions of people across America—especially the younger generation—helping to educate them about stroke prevention.

Looking for heart-healthy, diabetes-friendly recipes? Try the Grilled Chicken with Strawberry and Pineapple Salsa recipe featured on the cover, or any of the other delicious American Heart Association recipes in this issue: Salmon Fillets with Pineapple-Melon Relish, Countryside Beef & Garden Vegetable Soup and Vegetable & Mixed-Rice Pilaf.

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 [info@diabetesandyoumagazine.com](mailto:info@diabetesandyoumagazine.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:

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Director/DMM-Advanced Care  
Health & Wellness Daily Living

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or scan this QR code for past issues of *Diabetes & You*.



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# heart health & you

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A SPECIAL EDITION OF DIABETES & YOU

SPRING 2013

## diabetes care

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**Paula Deen and Luscetta**

Managing type 2 diabetes  
with Victoza®

**“I’ve made changes to better manage my diabetes. I’m eating right and staying active. I also asked my doctor about non-insulin Victoza®.”**

*Luscetta*

Both Paula Deen and I have started eating smaller meals and taking walks. It’s made a difference. So has Victoza®.

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\*Victoza® 1.8 mg, taken alone or in combination with diabetes pills, lowered A1C by 1.0 to 1.5 points, on average, as shown in medical studies.

†Victoza® has been shown to keep A1C down in a 2-year medical study.

Individual results may vary.

**Indications and Usage**

Victoza® (liraglutide [rDNA origin] injection) 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 a substitute for insulin and has not been studied in combination with prandial (meal-time) 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.**

Do not use Victoza® if you are allergic to liraglutide or any of the ingredients in Victoza®. Serious allergic reactions can happen with Victoza®. If symptoms of serious allergic reactions occur, stop taking Victoza® and seek medical attention. 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. If you use Victoza® with insulin, you may give both injections in the same body area (for example, your stomach area), but not right next to each other.

Also tell your doctor if you 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; or 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 or insulin. The dose of your sulfonylurea medicine or insulin 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 [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

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**VICTOZA®**  
liraglutide (rDNA origin) injection

# **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® studies contain limited data in 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 mealtime 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 MEN2.
- Victoza® should not be used in people with a severe allergy to Victoza® or any of its ingredients.

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

- In animal studies, Victoza® caused thyroid tumors. 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 such as sulfonylureas and insulin. This risk can be reduced by lowering the dose of the sulfonylurea or insulin.
- If serious allergic reactions (e.g., anaphylactic reactions and swelling) occur, discontinue Victoza® and other suspect medications and promptly seek medical advice.
- 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 people with kidney or liver problems?

- Victoza® studies contain limited data in people with kidney or liver problems.

### 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)

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Date of Issue: April 2012  
Version 4

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0412-00008775-1 May 2012





# what's new at Walgreens

By Jonathan Jarashow

## Free Blood Pressure Testing at Walgreens Pharmacies and Take Care Clinics

Prevention and early detection of today's leading diseases are the pillars of Walgreens Way to Well Commitment® (walgreens.com/waytowell), a health initiative that in February offers free blood pressure testing in all Walgreens pharmacies and Take Care Clinics nationwide. Walgreens will donate \$1 for each blood pressure test conducted during February to the American Heart Association, up to \$100,000.

High blood pressure is a contributor to heart disease, one of the nation's leading causes of death each year.

Walgreens is offering free testing to encourage more people to "know their numbers."

"High blood pressure can be managed or controlled through early detection," said Kermit Crawford, Walgreens president of pharmacy, health and wellness. "Our health testing programs, like blood pressure tests, are moving us beyond filling and refilling prescriptions. They are one of the many services we offer to help

people get, stay and live well, reducing the overall cost of care."

Walgreens also offered free blood pressure testing at all stores and Take Care Clinics throughout February 2012. During that time, more than 150,000 blood pressure tests were conducted with more than 50 percent of those people testing out of the desired range.




## Walk with Walgreens Takes on Childhood Obesity

An innovative program developed by the Walk with Walgreens program and Alliance for a Healthier Generation, a national non-profit focused on reducing the prevalence of childhood obesity, has helped to create a healthier and more active school day for children.

Participants in this initiative added nearly 1,800 hours of walking to their daily routine over the course of the six-week program. Ten elementary schools and more than 6,000 students in Charlotte, N.C., and Tampa, FL., participated in this initiative to help

incorporate and encourage healthier habits.

"Whether it's walking more or simply exploring the school grounds and being more active, this program is an easy way to encourage physical activity, which is a great benefit to children during the school day," said Bonnie Gordon, Walgreens director of cause marketing. 



## PRODUCT UPDATES

• **Walgreens Diabetic Nutritional Shakes** help maintain blood glucose levels and provide balanced nutrition for people with diabetes.



• **NEW Gold Bond Diabetics' Dry Skin Relief Formulas** Replenish moisture and soothe skin with a blend of moisturizers and vitamins proven effective for diabetics' dry skin. Foot Cream—to relieve dry, cracked calloused heels and feet and Body Lotion—to moisturize and soothe depleted skin.



• **Homedics Bluetooth Smart Blood Pressure Monitor** Portable blood pressure monitor that is clinically accurate and wirelessly transmits and stores readings on your mobile device.



# making changes

By Martha Funnell, MS, RN, CDE

**O**ne of the hardest things about living with diabetes is making changes in your eating and exercise habits. Knowing the things you need to do—and even wanting to do them—may not always be enough to make them happen. A recent study focused on behavior change may have some keys that can be helpful in your life.

The study examined something called the self-determination theory. According to that theory, there are three basic needs that help us to start and maintain healthy behaviors:

1. A need for feeling like we determine and control our own behaviors.
2. A need to feel like we are good at what we do or are competent.
3. A need to feel understood and cared for by others.

If people believe those needs are being met, they are better able to make changes and have a greater sense of well-being, physical health and mental health.

## 1 THE NEED FOR CONTROL

One of the problems with making changes to better manage diabetes is that you may often feel as though these changes are decided by others. Healthcare providers—and even friends and family members—have a lot of advice about what you should eat, how often you should check your blood glucose or what type of medication you should take. It can feel like there are a lot of shoulds in diabetes. The first step in making a change is to decide what is important to you and how changing your behavior will make it better or solve a problem in your life. Remember that this is your diabetes, not someone else's.

Rating the importance to you on a scale of 1 to 10, with 1 being unimportant and 10 being very important, is a good way to understand your feelings and choose a first step. Starting with what is most important to you will increase your chances of being successful.


## 2 BELIEVE YOU CAN DO IT

The study also found that the most important factor for success in changing behavior is the belief that you can succeed. If you don't think you can do it, it's easier to give up when things don't go so well. It's much harder to find the motivation to stick with a behavior over the long-term if you don't believe in yourself. Rating your confidence on a scale of 1 to 10 is a good way to figure out how sure of yourself you are. If you cannot rate yourself at least a 7, try to figure out what you can do to raise your confidence level.

Rather than starting with changing your diet or exercise, you will be more successful if you start by making a plan to build up your belief in yourself. You may also decide that it's not the right time to focus on a certain behavior. For example, if you're finding it too hard to stop eating potato chips as a snack, choose another behavior that might be easier to work on (and that you feel confident that you can do), like going for a walk after dinner every night.

## 3 FEELING UNDERSTOOD

The third factor is to feel that others care about you. Your family, friends and other people with diabetes can help you feel supported as you manage diabetes and make changes in your lifestyle. It is also important that your healthcare team respects your right to make your own choices, helps you feel more confident and cares about you and your health. Finding support is important, especially as you begin to make changes to your eating plan or level of physical activity.

There is no magic trick to making changes in your lifestyle to manage your diabetes better and to improve your health. The keys to being successful are to choose what is important to you, to believe in yourself and to get the support you need. 



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# WHAT CAN YOU LEARN FROM food labels?

By Johanna Burani, MS, RD, CDE

**O**ur body needs many kinds of foods to keep it strong and healthy every day. Do you know what your body gets from the foods you eat? How can you find out? The front of the food package may look very nice, but is that food good for you? To find out, look on the side or the back of the package, where you will see a Nutrition Facts label. There is a lot you can learn from the information there. Here is a guide to what you should look for.


**1 Serving size.** This number will be at the top of the label. It tells you what your body gets if you eat that amount of food. For example, if you buy a can of tomato soup you may see that the serving size is 1 cup. All of the numbers found on the label are for 1 cup of the soup. Let's say there are 100 calories in 1 cup of tomato soup. But what if you eat two cups? There will be 200 calories in 2 cups of tomato soup.

**2 Servings per container.** This number is right below the serving size. It tells you how many portions are inside the package. For example, there may be one, two or maybe more servings per container. This helps you decide how much of the food to eat.

**3 Calories, total fat, cholesterol, sodium, potassium, total carbohydrates, protein, vitamin A, vitamin C, calcium and iron.** If you eat one serving of the food, your body will get the

exact amounts listed. This information is important if you want to control your blood glucose, lose weight or eat less fat or sodium. If you have a choice of two kinds of tomato soup, you may prefer to pick the one that has less sodium or sugar, or more iron or vitamin A.

**4 The list of ingredients.** This tells you the foods and chemicals that are inside the item. The order in which they are listed is important, too. The item found in the largest amount is listed first. The last food is in the smallest amount. Natural, unrefined foods have a very short list. For example, old fashioned oats has just one ingredient:

100% natural rolled oats. Natural peanut butter with no salt added only contains peanuts. These foods are very good for your body. Refined foods have a long list of ingredients with names that are hard to say. These foods may give your body many calories and very little that is good for your health. 

## The best way to read a food label is to:

- 1 Look for a short list of ingredients.
- 2 Know your serving size (portion).
- 3 Pick the package with less fat, cholesterol, sugar and sodium.
- 4 Pick the package with more fiber, vitamins A and C, calcium and iron.

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The more you read food labels, the easier it will be for you to make the best food choices.



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# women AND walking

By Martha Funnell, MS, RN, CDE

**Y**ou may think you've heard all of the benefits of walking, including:

- lower blood glucose
- lower blood pressure
- lower levels of stress and depression

But new findings from the "Nurses' Health Study," conducted by Harvard Medical School, show that women especially can benefit from walking, and even from standing and walking around at home instead of sitting. This large study of women and health also offers some information about what helped women choose and stick with walking for exercise. Researchers found that women who lived in safe areas with neighbors close by were more likely to walk. But even if you do not live where you can easily or safely walk, you can walk around the inside of your house, on a treadmill or in a mall. You can also ask a family member or a neighbor to walk with you. Or, take a walk on your lunch break with a co-worker.

be *i*nformed

Walking is an activity that most people can do, and it can add to both the length and quality of your life. Start with 10 to 15 minutes and try to walk faster and for a longer amount of time each week.



## walking can help address many health issues

### 1 TYPE 2 DIABETES AND OBESITY

Did you know that walking lowers both blood glucose and insulin resistance? The Nurses' Health Study showed that walking briskly for 30 minutes each day lowers the risk of diabetes by 30 percent. Standing or walking around the house for two hours a day lowered the risk for diabetes by 12 percent and obesity by 9 percent. And walking for one hour each day lowers the risk of obesity by 24 percent. On the other hand, sitting at work, driving or watching TV for long periods increased the risk for type 2 diabetes.

### 2 HEART DISEASE

Women with type 2 diabetes who exercised, including brisk walking for more than 4 hours per week, had about a 40 percent lower risk of heart disease. Women who walked faster had less risk. This means that walking helps to prevent heart disease, which is the leading cause of death among people with diabetes.


### 3 HEALTHY AGING

This study defined healthy aging as long life combined with good memory, good physical ability, good mental health and no major chronic diseases. Women who were part of this study who walked for 90 minutes each week maintained their memory over time better than those who did not. They also increased their chances of healthy aging by about 15 percent to 20 percent.

### 4 BREAST AND COLON CANCER

Women who walked for five hours per week had a 9 percent lower risk of breast cancer compared with women who did not exercise. In addition, women who walked three to five hours per week after they were diagnosed with breast cancer were at a 50 percent lower risk of death from their disease.

Women who walked more than one hour per week had about a 30 percent lower risk for colon cancer. Women who walked at least five hours per week had about a 20 percent lower risk for colon polyps, which can lead to colon cancer. Walking faster lowered the risk for both colon polyps and colon cancer.

To get started with Walk with Walgreens, a free and easy program that rewards you simply for walking, go to [walk.walgreens.com](http://walk.walgreens.com). 



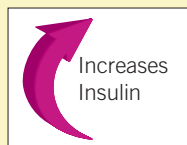
**JANUVIA® (sitagliptin) tablets are widely available on most insurance plans.<sup>a</sup>**

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

Today, I chose  
exercise and  
talked to my doctor.

Actor portrayal.

**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.**
- **By itself, 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>Formulary data provided by Pinsonault Associates, LLC, August 2012.

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



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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.
- Take JANUVIA tablets whole. Do not split, crush, or chew JANUVIA tablets before swallowing. If you cannot swallow JANUVIA tablets whole tell your doctor.
- 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.

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

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US Patent Nos.: 6,699,871 and 7,326,708  
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Revised: 04/2012  
USMG-T-04311204R008  
This Medication Guide has been approved by the U.S. Food and Drug Administration.

  
(sitagliptin) tablets





**G**ood news: You can help improve your diet and control your diabetes if you write down what you eat. You may even lose weight if you record all of your meals and snacks in a food journal. Have you ever kept a personal diary or even a journal?

Just as your diary helps you sort out your thoughts, a food journal can help you figure out what foods to add or take out of your meal plan.

#### FOOD JOURNAL BENEFITS

When you honestly write down what you eat, you will see clues that will help you improve your meal plan. A food journal will allow you to:

- See your eating patterns and help you and your healthcare provider determine any dietary changes you may need.
- Find out what foods affect your blood glucose levels and pinpoint why you didn't lose weight, or why your blood glucose levels are high or low at certain times.
- Figure out why you're hungry in the mid-afternoon or why you overeat during dinner.

be *i*nformed

A food journal can help you see how your food affects your blood glucose levels and your moods. You can change what you eat and improve your health. Keeping a food journal can help you take—and maintain—control of your diabetes.

## KEEP A food journal for diabetes control

By Susan Weiner,  
RD, MS, CDE, CDN


## GETTING STARTED WITH YOUR FOOD JOURNAL

- **Weigh and measure your food for two weeks.** Buy a food scale, measuring cups and measuring spoons. Buy both dry and liquid measuring tools for precise measuring. When you measure and weigh your food, you'll see exactly how much you're eating—and whether it's above the average serving size. You'll also be able to figure out if you eat too much at some point during the day and not enough at another time.

- **Write down what you eat each day.** You will be able to see how your food plan, exercise program and diabetes medication (or insulin) work together.

- **Write down when you eat both meals and snacks as soon as possible.** Just in case you don't remember what you ate for breakfast by dinner time.

- **Don't worry if you ate a little more than you planned.** You will learn how to make better choices as time goes on.

- **Use a notebook that is easy to carry with you.** Or try a free online-based food journal, such as [myfitnesspal.com](http://myfitnesspal.com), or a phone app such as Foods and Moods. 

## in your food journal...

### 1 List the foods you eat and when you eat them.

Be as honest as possible. You might not want to admit to all of your menu choices at first. But you will gain so much more from this if you do. When you review your foods, you will most likely start to make better meal and snack choices in a short time. Include how you feel and what you think about your diet. For example, you might stuff a cookie in your mouth to soothe stress at work. If you write down all of the food you eat—even cookies and candy—you'll have a greater awareness of your eating habits. You'll also be able to figure out if you eat because of an emotion, stress, boredom or need.

### 2 Rate your hunger on a scale from 1 to 10 before you eat.

If you rate your hunger at a 1 or 2, then you might not really be hungry. If that's the case, enjoy a glass of water instead. Also, write down how much water you drink each day.

### 3 Write about your food likes and dislikes.

Meet with your healthcare provider and/or a registered dietitian who is also a certified diabetes educator to discuss your food choices and dislikes. For example, your healthcare provider might have suggested to you to eat more fish to increase your intake of heart-healthy omega-3 fatty acids. But what if you don't like fish? You can discuss another source of omega-3s such as a few walnuts in your salad for a rich omega-3 treat.

### 4 Write about your emotions or how you feel about food.

This will help you figure out if you eat after a stressful phone call or out of boredom.

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Do you eat while you do other things? Many people eat more when they watch TV or talk on the phone. You can watch your food intake more closely when you sit at the table and enjoy your meal.





# IMPORTANT NEWS FOR PEOPLE WITH DIABETES†

## AS WE AGE, EYES CAN LOSE VITAL NUTRIENTS.

Ocuvite, from the eye care experts at Bausch+Lomb, is uniquely formulated to help replenish vital eye nutrients with:

- ✓ Lutein
- ✓ Zeaxanthin
- ✓ Omega-3

### HELP PROTECT YOUR EYE HEALTH.\*

†Ocuvite is not intended to treat or prevent diabetic ocular conditions. Questions? Ask your doctor.

[OCUVITE.COM](http://OCUVITE.COM)



Find it in the vitamin aisle

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\*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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\$5.00



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**Ocuvite®**  
EYE VITAMIN & MINERAL SUPPLEMENT

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OCUVITE® PRODUCT

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# forgive yourself

By Martha Funnell, MS, RN, CDE

**H**ow would you describe living with diabetes? People with diabetes often use words such as ever-present, relentless and constant. Another common word is unforgiving.

Diabetes can feel very unforgiving. Before you got diabetes you could make choices about your food or activity without having to think about the immediate results. You knew you could always make healthier choices at the next meal or the next day. But with diabetes, you can see the numbers on your glucose meter or know right away how your choices have affected your blood glucose level.

Diabetes can also feel unforgiving when you think about the long-term complications that sometimes happen to people with diabetes.

Most people with diabetes struggle with caring for their diabetes at one time or another. The decisions you make day-to-day can have a very real effect on your long-term health. While this is true about food and exercise choices for everyone, the risks are greater and more immediate with diabetes. Diabetes can feel like a persistent, nagging voice that never leaves you alone. It can cause you to feel guilty and to have self doubts.

At the end of each day, think about what you did to manage your diabetes that worked and what did not work. Ask yourself what you learned from your choices about your diabetes and yourself. Then, think about what you might do differently tomorrow to do more of the things that worked. 🍷

be *i*nformed

**What you do most of the time is what counts. If you aim for perfection, you are sure to fail.**

## FORGIVENESS

VS

## SELF DOUBT

One of the most important things you can do is to forgive yourself. No one can do everything right to manage their health every day. This is even more true with all there is to manage in a complex condition like diabetes.

- Guilt is not a very useful emotion. Feeling guilty does not change what happened. If you tend to feel guilty, try to turn it into motivation for doing things better next time.
- You can also forgive people in your life when they do not give you enough help or the kind of support you want. Remember that they are often doing the best they can to help and support you. Anger and resentment can build up and cause you to push away the people you need. Rather than bottling up negative feelings, talk it out with your family and friends and let them know how they can best help you.
- If you are feeling down or defeated about having diabetes much of the time, or if you are feeling depressed, ask your healthcare provider for a referral to a social worker, psychologist or psychiatrist who can work with you.

Self doubt can also get in the way of managing your diabetes. If you doubt your ability to make wise choices or to make changes in your health habits, it is easy to feel defeated. You give up before you even try, which often causes you to doubt yourself even more.

- It may help to think about a time when things worked well for you. Reminding yourself of a past success can give your confidence the boost it needs to overcome your doubts.
- Forgiving yourself can also help you overcome negative feelings. It can give you the strength you need to start over tomorrow.
- Diabetes is always with you. Many people find it helps to create a message for themselves to raise their confidence and spirits. It's a reminder that they did the best they could and will continue to do their best tomorrow and the next day. It helps them find the will they need to keep doing their best to manage their diabetes.



**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 <http://www.fda.gov/medwatch>, or call 1-800-FDA-1088.



Tablet is not actual size.

Effective diabetes control  
has never smelled so sweet.

**Proven benefits. No fishy smell.** Blackberry-scented METFORMIN from Mylan provides all the proven benefits of Glucophage®\* brand metformin without the “fishy smell” associated with it and other brands.<sup>1</sup>

Ask your doctor or pharmacist if it's right for you.

**Please see Patient Information leaflet on the reverse side.**

\*Glucophage® is a registered trademark of Bristol-Myers Squibb.

**Reference:** 1. Pelletier AL, Butler AM, Gillies RA, May JR. Metformin stinks, literally. *Ann Intern Med.* 2010;1524:267-268.

**Blackberry-scented  
Mylan Metformin  
Hydrochloride  
Tablets, USP**

See how over 50 years of innovation  
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Seeing  
is believing

# 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.

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REVISED JANUARY 2010  
MX-PL-METB-R1

# smoking AND diabetes

## time to quit

By Patricia Bonsignore, MS, RN, CDE



Joslin Diabetes Center

If you smoke, have a history of smoking or live with someone who smokes, you know how hard it is to quit and you probably realize the importance of quitting. What you might not realize is how important it is to quit when you have diabetes. Learn about the relationship between smoking and diabetes, as well as steps you can take to help you quit.

When people with diabetes smoke, the risk for complications greatly increases, particularly the chances of having a heart attack. Smoking also increases your chances of getting diabetes by 40 percent to 60 percent.

### SMOKING AND DIABETES

They both cause problems in the body, such as:

- high blood pressure
- changes in cholesterol
- inflammation

### These conditions can lead to serious health issues, such as:

- heart attacks
- stroke
- problems with circulation
- nerve damage
- amputation

### For people with diabetes, smoking:

- increases your risk of severe kidney damage
- doubles your chances of having nerve problems
- increases blood glucose levels

- more than doubles your chances of having a heart attack
- increases your chances of stroke and foot amputation
- worsens gum disease and puts a person at risk for tooth loss



## FIVE MORE REASONS TO QUIT SMOKING


Besides lowering your risk for complications, you can get benefits from quitting smoking almost right away.

1. You will be able to breathe more easily.
2. You will have a drop in heart rate and blood pressure within 20 minutes of quitting.
3. You will have better circulation and lung function within just a few weeks.
4. Your blood glucose and cholesterol levels may also be lower within a short time after quitting.
5. Most important, you will greatly reduce your risk of long-term serious diabetes complications.

## POSSIBLE SIDE EFFECTS WHEN YOU QUIT

When you quit smoking, you will likely not feel well because of nicotine withdrawal. The side effects vary from one person to the next, but can include

- anxiety
- irritability
- headache
- hunger

If you are a heavy smoker, these side effects may be worse. To help relieve some of these symptoms, it helps to have a plan in place. 

# 5 steps to take before you quit

## 1 Find a smoking cessation program in your area.

The chances of success are greatly increased if you join a program that provides support. This could be a smoking cessation group at your local hospital, an online program or individual counseling over the phone. However you choose to do it, setting up support ahead of time will help you be more successful at quitting and staying quit.

- Ask your healthcare provider about programs in your community.
- Call your health insurance company and ask about special programs for members.
- Check out the website [smokefree.gov](http://smokefree.gov). It offers tools, resources and free phone support to help people quit.

## 2 Try to figure out why you smoke.

Knowing these triggers will help you to plan ahead to avoid setbacks when you do decide to quit.

## 3 Cut back on the number of daily cigarettes gradually before quitting completely.

This will help reduce your withdrawal symptoms when you do decide to quit.

## 4 Ask your healthcare provider about medications to help reduce withdrawal symptoms such as:

**Nicotine replacement** in the form of gums, inhalers, sprays or patches. These products replace the nicotine you would normally get from cigarettes. Many are available over-the-counter. Talk to your healthcare provider or pharmacist about the starting dose and how to gradually decrease. Nicotine replacement products should never be used in combination with cigarettes.

### Prescription medications

These medications require a prescription and are used the first several weeks after quitting. They have been shown to reduce cravings and lessen nicotine withdrawal.

## 5 Talk to a dietitian about how to prevent weight gain.

People often gain weight when they stop smoking. By meeting with a dietitian and discussing the issue ahead of time, you may be able to prevent weight gain. Increasing your physical activity will help, but be careful not to respond to your cravings for cigarettes by eating more food than usual.

## quitting smoking

### WHAT YOU NEED TO KNOW

It can take many attempts at quitting before you succeed. Most people try an average of six to 11 times before they are successful.

It's the most important step you can take to stay healthy, so don't stop trying.

Try not to get discouraged if you have tried and failed. Try again: the next time might work.

Focus on what you have done in the past that worked.

It's OK to ask for help.

## be *i*nformed

Some people feel that smoking helps them relax and relieve stress, while others do it out of habit or because they are addicted. Whatever the reason, it's important to realize that you can quit, even if you have tried before.

# QUIT ONE DAY AT A TIME.



Tell us about your  
little wins on



Find support at  
[CommittedQuitters.com](http://CommittedQuitters.com)

# CoQ10

## for better health

By Amy Campbell, MS, RD, CDE

### HOW COQ10 WORKS

CoQ10 helps the cells make energy for the body from the food we eat. Its job is to make something called ATP, which is a lot like gas for your car. But it does more than just help fuel the body.

CoQ10 is an antioxidant, too, which means that it may help prevent some types of diseases. Antioxidants mop up free radicals, harmful products that can damage cell membranes and DNA. Free radical damage may lead to a whole host of problems, such as:

- ♥ Heart disease
- ♥ Cancer
- ♥ Type 2 diabetes

The amount of CoQ10 in the body can decrease with age and with some of the following problems:

- ♥ Heart failure
- ♥ Diabetes
- ♥ Parkinson's disease
- ♥ Gum disease

### HOW TO GET COQ10

The body makes CoQ10, but it's also found in fatty fish (salmon, tuna, mackerel and sardines), vegetable oils, meat and poultry. Small amounts are found in whole grains, milk, fruits and vegetables. Most people get enough CoQ10 through their diet, but supplements may help some people who have certain health problems, such as heart failure.

### be *i*nformed

Studies show that people who received CoQ10 right after a heart attack were less likely to have a second heart attack, and were less likely to die from heart disease than those who didn't receive CoQ10.

### COQ10 SUPPLEMENTS

It's always a good idea to talk to your healthcare provider before you try CoQ10 or any other type of supplement. Although CoQ10 looks like it may treat or manage some health conditions, there isn't enough research to suggest that people should take CoQ10 regularly. You and your healthcare provider should weigh the pros and cons, consider your own health status and decide if CoQ10 is right for you. Finally, always tell your healthcare provider about any dietary supplements you take.

(CONTINUED ON PAGE 26)

### COQ10 SAFETY

CoQ10 supplements are believed to be safe, but the most common side effects are low blood glucose (in people with diabetes), low blood pressure, stomach upset, heartburn, diarrhea, rash, insomnia and headaches. CoQ10 supplements may also have an effect on some medications, such as blood pressure and blood-thinning medications. Ask your pharmacist about other possible drug interactions.



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\*American Diabetes Association: Standards of Medical Care in Diabetes — 2012 (Position Statement). Diabetes Care 35 (suppl.1): S11-S63.

Nutrisystem D is a portion-controlled, low-fat, reduced-calorie comprehensive plan designed to help people with type 2 diabetes achieve meaningful weight loss. It does not treat or cure diabetes, and is not a substitute for diabetes medications. Your physician may need to reduce your medications due to changes in your diet or weight while on this plan. Consult your physician before starting this or any other diet plan.

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

(CONTINUED FROM PAGE 24)

## 5 ways COQ10 helps promote health and fight disease


**1 DIABETES**  
A small number of studies show that CoQ10 may help improve A1C levels, while other studies show that CoQ10 has no effect on blood glucose control. CoQ10 may increase the risk for low blood glucose, so check with your healthcare provider before you try it as a supplement.

**2 HIGH BLOOD PRESSURE**  
CoQ10 may help lower both systolic and diastolic (the top and bottom numbers) blood pressure, but it can take several weeks to notice any effect. It shouldn't be used as a treatment for high blood pressure, though. Beta blockers, a type of medicine used to treat high blood pressure, may deplete CoQ10 levels.

**3 HEART DISEASE**  
CoQ10 might lower heart disease risk because it boosts energy production within heart muscle cells and prevents blood clots from forming. With congestive heart failure, the heart becomes weak and can't pump blood as well as it should. Heart failure can cause blood to build up in some parts of the body, such as the feet and legs. It can also lead to shortness of breath. Some studies show that CoQ10 may help reduce fluid buildup and improve breathing.

**4 HIGH CHOLESTEROL**  
CoQ10 levels tend to be lower in people with high cholesterol. Also, many people with high

cholesterol levels take a medicine called a statin. Statins work well to lower LDL, or bad cholesterol, but they may block the body from making CoQ10. People who are over the age of 50, have diabetes, have a history of heart failure and use statins have a greater risk for lower CoQ10 levels. CoQ10 may also reduce muscle pain that can sometimes occur when one is taking statins.

**5 GUM DISEASE**  
CoQ10 levels tend to be low in people who have gum disease. In some studies, the gums of people who took CoQ10 as a supplement healed faster than those who did not take it. 

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call 1.888.361.7804.

Please see Important Safety Information  
and brief summary of prescribing  
information on adjacent pages.



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## 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 for Lantus® (insulin glargine [rDNA origin] injection)

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 brief summary of prescribing information on the next page.**

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.

SANOFI DIABETES 

## 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 update

By David M. Erani, M.D.




## VITAMIN D AND DIABETES

For a long time, we have known that vitamin D, often called the sunshine vitamin, is important in maintaining healthy calcium levels and bone health. In recent years, evidence has emerged to link vitamin D deficiency to many other conditions, including diabetes. In a recent study, researchers measured vitamin D levels in 1,000 people diagnosed with "insulin-requiring diabetes" and 1,000 people not diagnosed with diabetes. They found that those with the lowest vitamin D levels were 3.5 times more likely to develop diabetes.

Ask your healthcare provider to check your vitamin D level to make sure you are getting enough.

## SOME ADDITIONAL METFORMIN BENEFITS

A new study published in the journal *Cancer* suggests that metformin, the medication used most commonly for type 2 diabetes, may also help treat ovarian cancer. The study looked at records of 239 patients with ovarian cancer diagnosed between 1995 and 2010. Sixty-one of the patients were taking metformin at the time their cancer was diagnosed. Of the patients taking metformin, 67 percent were still alive five years after their cancer diagnosis compared with 47 percent of patients not taking metformin.

In another new study, researchers in Australia and Taiwan discovered that metformin, along with a sulfonylurea drug, greatly lowered the risk of depression, other mood disorders, dementia and Parkinson's disease. As with ovarian cancer, it is too soon to recommend metformin for treating mood disorders, but it could hold promise as part of treatment in the near future. 



# WHERE WOULD YOUR heart like to live?

By Janis Roszler, MSFT, RD, CDE, LD/N

If your heart could choose where you should live, it might tell you to move to one of the lovely countries that border the Mediterranean Sea. The level of heart disease there is much lower than other places in the world. Why? Experts believe that the Mediterranean style of eating protects against heart disease. And it may offer even more: Studies show that this way of eating may also lower the risk of some types of cancer, obesity and

type 2 diabetes. It may even help prevent Parkinson's and Alzheimer's diseases.

The good news is that you don't have to pack up and move to Greece or Italy. You can follow the Mediterranean way of eating in your very own home. All you need to do is follow the Mediterranean Diet Pyramid, adjusting the size of the servings to meet your daily needs. Read on for more details on how to fill your plate the Mediterranean way.

## EVERY MAIN MEAL

1

**Eat one or two servings of fruit.** A serving is a small piece of fruit,  $\frac{3}{4}$  cup of berries or 17 grapes. Choose fresh fruit instead of juice or fruit canned in syrup. If you worry that fruit may raise your blood glucose level too high, try those that have a lower glycemic index (GI) value. The natural sugar found in foods with a lower GI value enters the bloodstream more slowly. Good choices include apples, oranges, strawberries and blueberries.

2

**Eat two servings of vegetables (at least one should be raw).** A serving is  $\frac{1}{2}$  cup cooked or 1 cup of raw vegetables. You can even fit veggies into your breakfast menu: Try drinking a glass of low-sodium tomato juice to start your day. Add tomatoes, onions and peppers to an omelet or scrambled eggs. As your day goes

on, enjoy more vegetable juice, salads and cooked, steamed or raw vegetables. Vegetable-rich soups are great, too.

3

**Eat one or two servings of foods that contain fiber-rich grains.** These include whole grain bread, pasta, rice or couscous. One serving of a grain food is one slice (1 ounce) of bread or  $\frac{1}{3}$  cup of cooked pasta, rice or couscous. The whole grain versions of these foods provide a lot of healthy nutrients that are lost when the fiber is removed.

## EVERY DAY

**1 Drink plenty of water.** Some people need to drink more than others, but everyone needs to drink some. When you are well hydrated, your body will function better. Seltzer water and herbal tea count as water, too.

**2 Eat two servings of low-fat dairy in the form of milk, yogurt or cheese.** These all help make your bones stronger. Remember that milk and yogurt are considered to be carbohydrate-based foods (one serving is 8 ounces of milk or  $\frac{3}{4}$  cup yogurt), while cheese is a protein food.

**3 Enjoy olives, nuts and seeds.** If you combine these heart-healthy foods with different spices, you can make your Mediterranean Diet meals quite tasty. If you wish to lose some weight,

limit the amount you eat from this group, as these foods are high in fat and calories.

**4 Use olive oil as your main fat choice.** Olive oil helps lower the LDL (bad) cholesterol that clogs blood vessels. Olive oil is rich in calories, so use it in smaller amounts. The best type to use is extra virgin. It also has the richest flavor, so you don't need to use a lot.

**Enjoy some wine.** A small amount of wine each day may help lower your risk of heart disease. Women should limit their daily intake to one glass (5 ounces). Men should limit their daily intake to no more than two glasses (10 ounces). Don't drink wine if you have a problem with alcohol or if your healthcare provider tells you that it is not safe for you to do so.

**5**

## WEEKLY

**1 Eat two or more servings of fish, two servings of lean meat and two to four servings of eggs.** All of these are great sources of protein. Fish and seafood are rich in heart-healthy fats. Vegetable oil, nuts and fish contain heart-healthy omega-3 fatty acids, which help lower triglycerides (a type of blood fat), help make your blood vessels healthier, and may help prevent heart attacks.

**2 Try to avoid processed meat.** Processed meat includes hot dogs, bacon and cold cuts. These foods are high in sodium and, often, unhealthy saturated fat. If you must have some, limit your intake to no more than one serving per week.

**3 Eat two or more servings of legumes, such as beans, peas and lentils.** These protein-rich foods are cholesterol-free, high in fiber and tend to be low in fat. Legumes contain carbohydrates, as well, so be sure to count them as one of your carb choices in your eating plan. One serving of legumes is  $\frac{1}{2}$  cup.

**4 Limit your intake of potatoes.** Experts who studied the value of the Mediterranean Diet in people who have diabetes asked them not to eat any potatoes. But if you wish to have some, limit your servings to three or fewer.

**Limit your sweets.** Have two or fewer servings of sweets, such as cookies, ice cream or candy each week.


**5**

## WHAT ELSE CAN YOU DO?

The Mediterranean Diet also encourages several non-food

actions: daily physical activity, rest and good times with friends. How you live your life

affects your heart and other areas of your body. If you get plenty of rest, and are social and active, your stress level will be lower.

This way of eating and living may differ from how you live right now, but you and your heart may find it worthwhile. 



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- Alicia L.



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## the benefits of statins

By Martha Funnell, MS, RN, CDE



### What are statins?

Statins, like Lipitor® or Zocor®, are prescription medicines that slow down the amount of cholesterol your liver makes. They lower LDL (bad) cholesterol levels and may improve HDL (good) cholesterol levels slightly. High levels of LDL cholesterol increase your risk for heart disease, a heart attack and stroke. A recent study also showed that high levels of LDL cholesterol can increase your risk for kidney damage from diabetes.

### What is cholesterol?

Cholesterol is a waxy type of fat found in the bloodstream. You get some cholesterol from food and your liver makes the rest. Although most people think of cholesterol as bad, your body actually needs it. But if you have too much cholesterol in your

blood, it can stick to the walls of your arteries, narrowing or even blocking them. Saturated fat raises your blood cholesterol more than any other type of food. That is why eating less saturated fat is often advised when cholesterol levels are too high.

### What are the benefits of statins?

As with all medicines, there are benefits and risks when it comes to statins. In order to better understand their risks and benefits, a recent study combined the findings of many studies of statins. The results showed that people with type 2 diabetes taking statin medicines had a 50 percent lower chance of dying from heart-

related causes and a 53 percent lower risk of dying from all causes than those not taking statins. This means people with type 2 diabetes who used statins had a similar risk of death as people who do not have diabetes.

### What are the risks of statins?

Some studies have shown that people who are at high risk for diabetes and take statins are more likely to get diabetes. However, they are also less likely to have a heart attack or stroke. There are also some reports that statins can raise blood glucose levels among people with diabetes. Most

experts, however, believe that the benefits of the statins outweigh the risk of the higher blood glucose levels.

### What are common side effects?


Almost all medicines have potential side effects, such as upset stomach, headache and rash. Statins can also cause muscle aches and pains, tenderness, weakness, fatigue and memory loss. Some people find that CoQ10, a type of supplement, can help to ease the muscle aches. If you take statins, do not drink grapefruit juice, eat

### be *i*nformed

For most people with diabetes, the target LDL cholesterol is less than 100 mg/dL. However, if you have heart disease, your LDL goal may be less than 70 mg/dL.

grapefruit or take grapefruit tablets. Grapefruit can cause the statin to stay in your body longer, which increases the risk for side effects. If you have any of these symptoms, be sure to tell your healthcare provider.

### Is a statin right for me?

That is a question only you and your healthcare provider can decide. If you decide not to take a statin, talk with your provider about what else you can do to keep your cholesterol levels on target. 



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# 5 keys TO A heart-healthy diet

By Linda Bernstein, PharmD

## 1 PREPARE YOUR FOOD

Steam, bake or broil rather than fry foods. Avoid adding extra salt. Skim off the fat from soups and gravy by pouring them into a fat separator cup. Use a canola or olive oil cooking spray to coat pans, and don't use large amounts of oil for stir frying.

be *i*nformed

### A heart-healthy diet can help you

- meet weight goals.
- keep your cholesterol and blood pressure in check.
- prevent cardiovascular disease.



Trying to eat more healthfully?  
Here are some tips to help you get started.

## 2 WATCH PORTION SIZES

Limit the portion size of any solid food you eat to no more than the size of a deck of cards. Limit dressings, gravies and sauces to no more than a tablespoon. Avoid second helpings and grazing before or after meals for extra bites. Don't be afraid to leave food on your plate, even at restaurants, which tend to provide super-sized portions. Ask for dressings, gravies and sauces on the side, to control your own portions and save calories.

## 3 READ LABELS


The Nutrition Facts label tells you about serving size, calories, calories from fat, and other key ingredients such as fat types, cholesterol, sodium, carbohydrate, protein, vitamins and minerals like calcium and iron. What might seem like a healthy product may actually be high in calories, salt and fat. For instance, if you look at the label on a bag of trail mix, you will see that the serving size is often only a quarter of the bag. So if you eat the whole bag, you are eating four times the calorie amount in a single serving size. Canned and boxed soups are also loaded with sodium or salt. The best way to know what you are eating is to read the label, so take the time to do so.

## 4 PLAN AHEAD

Take time to plan your meals to avoid making poor food choices. Look at each meal and snack as a way to move a step closer toward a heart-healthy lifestyle. When you don't plan your meals—which can happen when you walk around the mall or head to the local fast food chain—you might take in too many calories and too much fat and salt. As a result, you may gain extra pounds and raise your cholesterol and blood pressure levels. This places you at greater risk for heart disease in the future. Ask your healthcare provider or registered dietitian to help you choose foods that support your current health goals.

## 5 MAKE WISE FOOD CHOICES

Here are some excellent food choices for a heart-healthy diet:

- **Fish:** Try salmon, sole or snapper, for example—not fried or breaded.
- **Lean cuts of meats and poultry:** Trim any fat; don't eat the skin on chicken.
- **Low or nonfat dairy products:** Watch out for high-calorie syrups and flavors that are added to non- and low-fat yogurts.
- **Fresh fruits and vegetables:** Great for dessert and snacks; keep them within easy reach.
- **Whole grains:** Read package labels to check for whole grains.
- **Beverages:** Water, caffeine-free drinks and fresh juice. 

### CUT BACK ON THESE FOODS AND DRINKS:

- High-calorie desserts
- Sodas and other sweetened drinks
- Alcohol
- Sugary cereals and other sugar-added products
- Sauces, gravies and dressings
- Fried foods



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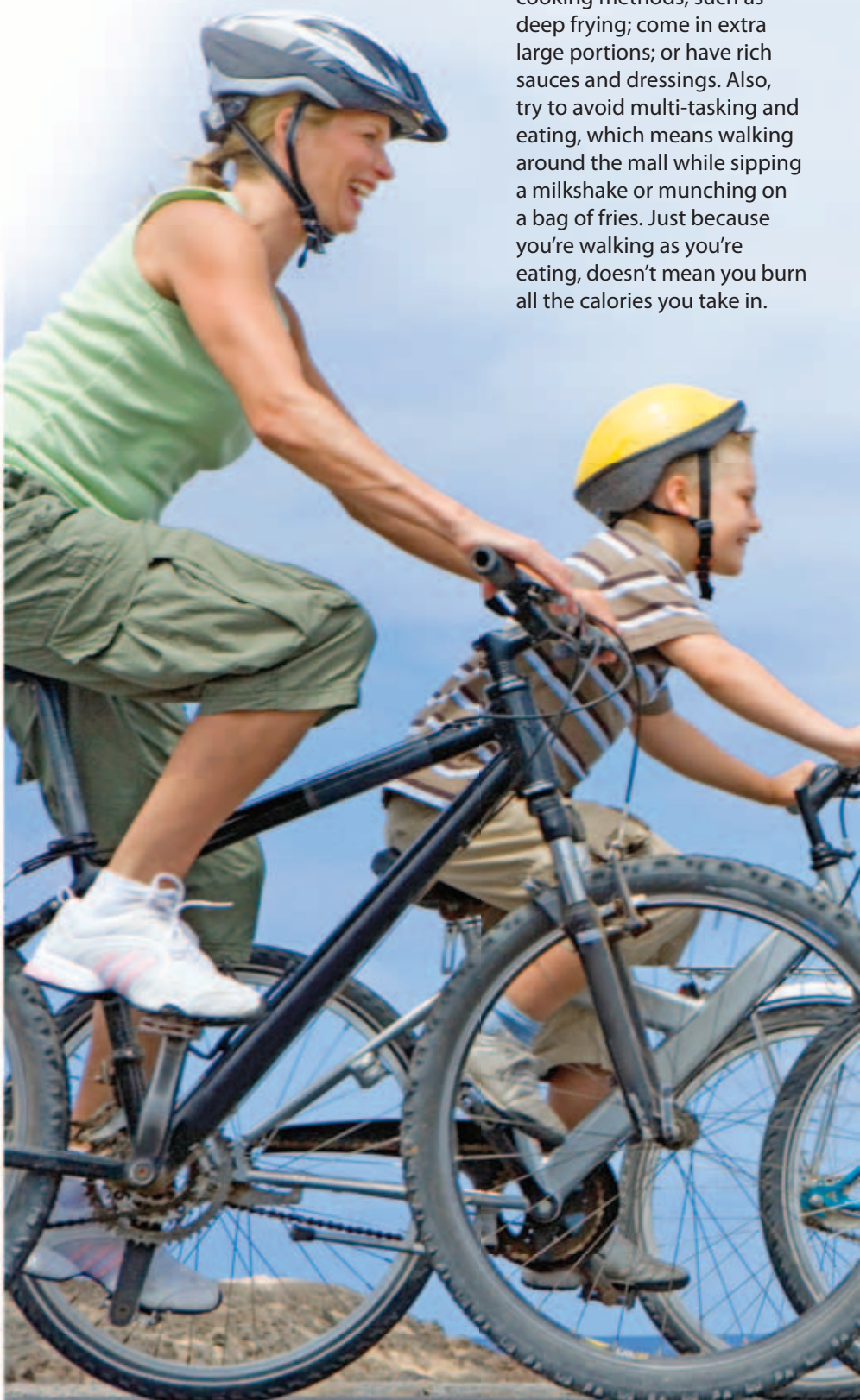
# BE A heart-healthy role model

By Linda Bernstein, PharmD

**C**hildhood obesity can lead to short- and long-term health problems—such as high blood pressure and diabetes—that can start at an early age. We all want the best for our children. But today, it's not easy to avoid many unhealthy eating and activity habits that can make our kids weigh more than they should. For example, sweetened drinks, sugary cereals and high-fat snacks and fast foods add extra calories. Those extra calories do not burn off if your child spends hours each day in front of the television or computer rather than being active. It also means your child is not toning his or her most important muscle: the heart.

Parents can play an important role in helping their kids adopt heart-healthy habits early in life. One of the best ways to do that is to set a heart-healthy example. Children copy what mom and dad do. Here are some tips from the American Academy of Pediatrics that you and your family can use to fight childhood and/or teen obesity.

**1** Fast food, takeout and eating out can contribute extra calories if the items you choose are high in fat; are made with unhealthy cooking methods, such as deep frying; come in extra large portions; or have rich sauces and dressings. Also, try to avoid multi-tasking and eating, which means walking around the mall while sipping a milkshake or munching on a bag of fries. Just because you're walking as you're eating, doesn't mean you burn all the calories you take in.





**2** Cooking at home as a family is not only fun, it gives you better control over what you eat, how your food is cooked and what portion sizes you serve.

**3** Keep fresh fruits and vegetables on hand to reach the goal of five servings per day.

**4** Set a two-hour limit for time spent texting or sitting in front of the computer or television.

**5** Eat a diet rich in calcium for healthy bones and rich in fiber to promote digestion and reduce hunger. Include fish in your diet a few times a week and select lean cuts of meat.

**6** Avoid sugar-sweetened drinks, including sodas, sweetened teas, smoothies and shakes, special waters and even juices that are high in calories. Try plain water or low- or non-fat milk. If your child wants chocolate milk upon occasion, just add a little syrup or powder, not a big spoonful. Make a sugary drink a once-a-week special treat, not a daily staple. Get rid of soda in your fridge, as it has no health value, but can pack on the calories.


**7** Make breakfast a daily habit. Your children will perform better at school if they have a solid breakfast. That does not mean a snack bar or high-fat bakery item. Breakfast should include whole grain bread and non-sugary cereals; some form of protein, such as low-fat cheese or yogurt, eggs (use two whites for every yolk); and fresh fruit. Pack your child's lunch with healthy snacks for the day, such as bite-sized vegetables, string cheese, fresh fruit or a cut-up pita and hummus.

**8** Exercise at least an hour daily. You can break that up into smaller chunks during the day. For a fun activity, take an early-morning walk or after-dinner jog as a family. Go around the block, to the park or through the mall.

**9** Try to eat meals together as a family. If you eat alone or eat at odd hours, you can develop bad habits, such as between-meal snacking, grazing, meals eaten on the run and too many desserts. Nibbling can add up quickly to an unhealthy diet.

**10** Once you finish eating, leave the table and move your discussion elsewhere so you are less tempted to keep snacking on leftovers and second or third helpings.

**11** Exclusively breastfeed your baby until at least six months, and once solid food is started, keep nursing until your child's first birthday.

**12** If you are concerned about your child's weight, talk with your pediatrician. 

**These are just a few of the ways you can bring heart-healthy habits to your family. The added bonus is that you will be more heart-healthy, too.**



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american heart association

# recipes

## Grilled Chicken with Strawberry & Pineapple Salsa

**Serves 4**

**3 ounces chicken and ½ cup salsa per serving**

### Salsa

- 1 teaspoon canola or corn oil
- 2 slices fresh pineapple, each ½ inch thick, patted dry
- 1 cup whole strawberries (about 5 ounces), diced
- ¼ cup finely chopped red onion
- 3–4 tablespoons chopped fresh mint leaves
- 1–2 teaspoons sugar

- ⅛ teaspoon crushed red pepper flakes
- 1 medium lemon

### Chicken

- 4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded
- 2 teaspoons salt-free steak seasoning blend
- ¼ teaspoon salt

**1.** Preheat the grill on medium high. Brush a grill pan or grill rack with the oil. Heat the grill pan or rack on the grill for about 2 minutes, or until hot. Grill the pineapple for 2 minutes on each side. Transfer to a cutting board and let cool slightly, about 2 minutes, before chopping.

**2.** Meanwhile, in a medium bowl, stir together the remaining salsa ingredients except the lemon. Grate 1 teaspoon lemon zest, reserving the lemon. Stir the zest and chopped pineapple into the strawberry mixture. Set aside.

**3.** Sprinkle both sides of the chicken with the seasoning blend and salt. Grill for 5 minutes on each side, or until no longer pink in the center. Transfer to plates. Squeeze the reserved lemon over the chicken. Serve with the salsa on the side.

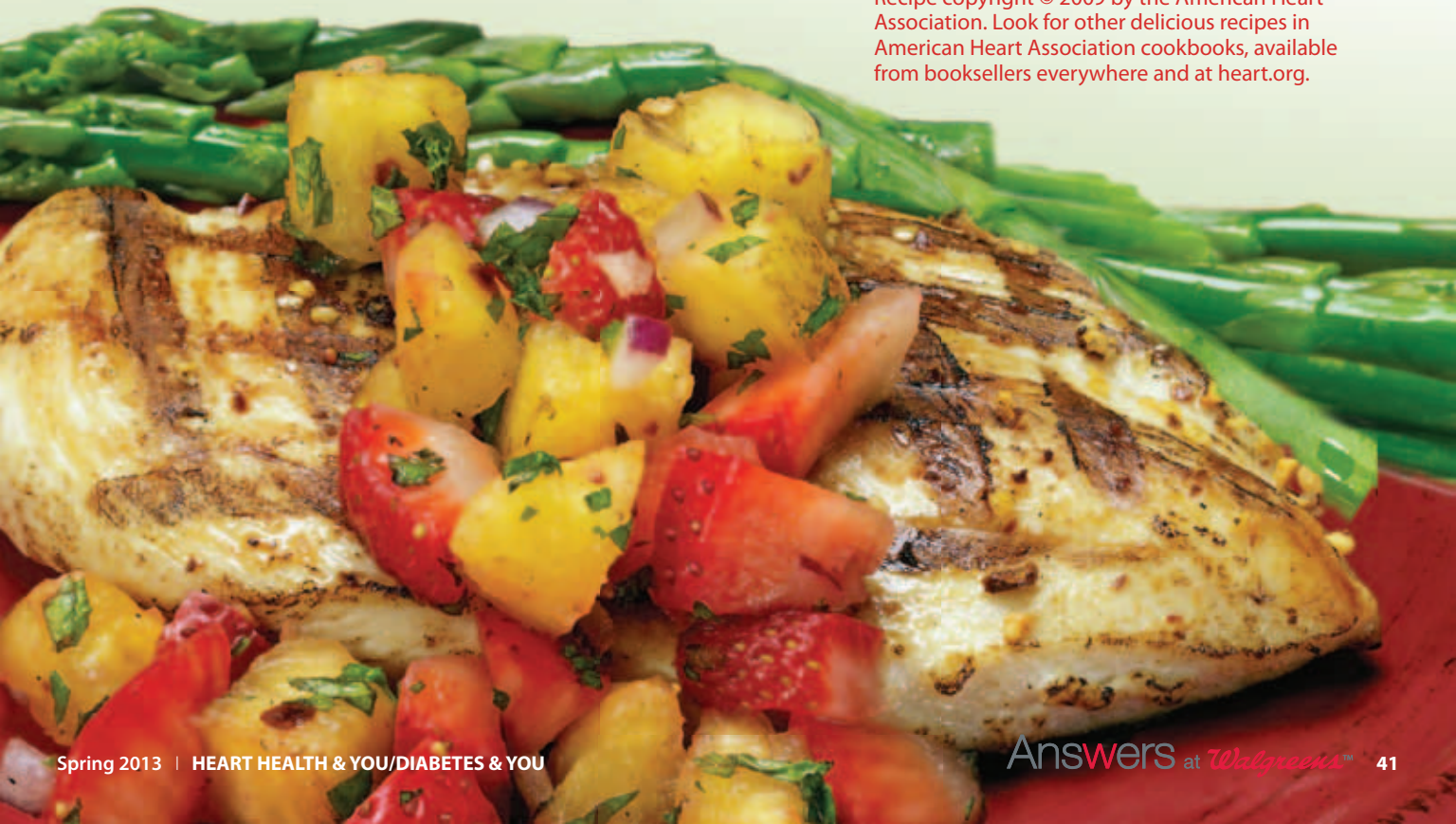
### NUTRITION INFORMATION Per serving:

191 Calories; 3 g Total Fat; 0.5 g Saturated Fat; 0 g Trans Fat; 0.5 g Polyunsaturated Fat; 1 g Monounsaturated Fat; 66 mg Cholesterol; 223 mg Sodium; 14 g Carbohydrates; 2 g Fiber; 10 g Sugars; 27 g Protein

### Dietary exchanges:

1 fruit, 3 very lean meats

This recipe is brought to you by the American Heart Association's Face the Fats campaign. Recipe copyright © 2009 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere and at [heart.org](http://heart.org).







These healthy recipes are  
from the new *American Heart Association  
Healthy Slow Cooker Cookbook*

## Salmon Fillets with Pineapple-Melon Relish Serves 4

**3 ounces fish and ⅓ cup relish per serving**

**Slow cooker size/shape:** 3- to 4½-quart round or oval

**Slow cooking time:** 3 hours on low,  
or 1½ hours on high

	Cooking spray	½	cup diced fresh pineapple
1	large lemon, cut crosswise into 6 slices	½	cup diced cantaloupe
4	salmon fillets with skin (about 5 ounces each), rinsed and patted dry	3	tablespoons to ¼ cup chopped fresh mint
¼	cup water	1	medium fresh jalapeño, seeds and ribs discarded, minced
1	teaspoon salt-free steak seasoning blend	2	tablespoons finely chopped red onion
½	teaspoon dried thyme, crumbled	1	teaspoon grated lemon zest
¼	teaspoon garlic powder	1	tablespoon fresh lemon juice
¼	teaspoon salt	2	teaspoons sugar

**1.** Lightly spray the slow cooker with cooking spray. Arrange the lemon slices in a single layer in the slow cooker. Place the fish with the skin side down on the lemon. Pour the water over the fish.

**2.** In a small bowl, stir together the seasoning blend, thyme, garlic powder and salt. Sprinkle over the fish. Using your fingertips, gently press the seasonings so they stick to the fish. Cook, covered, on low for 3 hours or on high for 1½ hours, or to the desired result.

**3.** About 15 minutes before serving time, in a small bowl, stir together the remaining ingredients. Set the relish aside. Using a slotted spatula, transfer the fish to a serving platter, discarding the cooking liquid and lemon. Serve the fish with the relish spooned on top or at the side.

### NUTRITION INFORMATION

#### Per serving:

183 Calories; 5 g Total Fat; 1 g Saturated Fat; 0 g Trans Fat; 1 g Polyunsaturated Fat; 1.5 g Monounsaturated Fat; 53 mg Cholesterol; 241 mg Sodium; 9 g Carbohydrates; 1 g Fiber; 6 g Sugars; 25 g Protein

#### Dietary exchanges:

½ fruit, 3 lean meat

## Countryside Beef & Garden Vegetable Soup Serves 6

**1 cup per serving**

**Slow cooker size/shape:**

**3- to 4½-quart round or oval**

**Slow cooking time:**

**7½ to 8 hours on low, plus 30 minutes on high, or 3 hours 45 minutes to 4 hours on high, plus 30 minutes on high**

- 1 teaspoon canola or corn oil
- 12 ounces boneless chuck shoulder pot roast, all visible fat discarded
- 1 cup water and 1 cup water, divided use
- 4 medium tomatoes, chopped
- 1 large red or yellow bell pepper, chopped

## Vegetable & Mixed-Rice Pilaf Serves 8

**Scant ⅔ cup per serving**

**Slow cooker size/shape:**

**3- to 4-quart round or oval**

**Slow cooking time:**

**5 to 6 hours on low, or**

**3 to 3½ hours on high**

- 3–4 ounces button mushrooms, sliced (about 1 cup)
- 6 ounces asparagus spears, trimmed and cut into 2-inch pieces (about 1 cup)
- 2 medium carrots, sliced
- ½ medium onion, chopped
- 1 teaspoon olive oil



- 1 cup fresh cauliflower florets (about 1-inch pieces)
- 1 medium red potato (about 6 ounces), chopped
- 4 ounces fresh or frozen cut green beans, cut into 1½-inch pieces
- 1 medium rib of celery, thinly sliced crosswise
- 2 tablespoons no-salt-added tomato paste
- 1½ tablespoons sugar
- 1 tablespoon Worcestershire sauce (low sodium)
- 1 tablespoon cider vinegar
- 2 teaspoons dried oregano, crumbled
- 1 packet (1 teaspoon) salt-free beef bouillon
- ½ teaspoon salt
- 1½ cups coarsely chopped cabbage

- 1.** In a medium nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the beef on one side for 3 minutes, or until browned. Transfer with the browned side up to the slow cooker.
- 2.** Pour 1 cup water into the skillet, scraping the bottom and side to dislodge any browned bits. Pour into the slow cooker. Stir in the remaining ingredients including the additional 1 cup water but not the cabbage. Cook, covered, on low for 7½ to 8 hours or on high for 3 hours 45 minutes to 4 hours, or until the beef is very tender.
- 3.** Quickly transfer the beef to a cutting board, leaving the liquid in the slow cooker. Quickly stir in the cabbage and re-cover the slow cooker. If using the low setting, change it to high. Cook for 30 minutes, or until the cabbage is tender. Meanwhile, using one or two forks, shred the beef. Set aside until the cabbage is ready. Stir the beef into the soup.

## NUTRITION INFORMATION Per serving:

173 Calories; 5 g Total Fat; 1.5 g Saturated Fat; 0 g Trans Fat; 0.5 g Polyunsaturated Fat; 2.5 g Monounsaturated Fat; 30 mg Cholesterol; 252 mg Sodium; 19 g Carbohydrates; 4 g Fiber; 10 g Sugars; 14 g Protein

**Dietary exchanges:** ½ starch, 2 vegetables, 1½ lean meat

- ½ cup uncooked brown rice (not instant)
- ½ cup uncooked wild rice, rinsed and drained
- 1¾ cups fat-free, low-sodium vegetable broth
- 1 cup water
- 2 medium garlic cloves, minced
- 1 teaspoon dried basil, crumbled
- ½ teaspoon dried thyme, crumbled
- ½ teaspoon salt-free all-purpose seasoning blend
- ¼ teaspoon salt
- 1 tablespoon snipped fresh Italian (flat-leaf) parsley
- 2 teaspoons fresh lemon juice

**1.** In the slow cooker, stir together the mushrooms, asparagus, carrots and onion. Add the oil, stirring to coat. Stir in the brown rice and wild rice. Stir in the broth, water, garlic, basil, thyme, seasoning blend and salt. Cook, covered, on low for 5 to 6 hours or on high for 3 to 3½ hours.

**2.** Just before serving, sprinkle the pilaf with the parsley. Drizzle with the lemon juice. Using a fork, stir to combine the ingredients and fluff the rice.

## NUTRITION INFORMATION Per serving:

105 Calories; 1 g Total Fat; 0 g Saturated Fat; 0 g Trans Fat; 0.5 g Polyunsaturated Fat; 0.5 g Monounsaturated Fat; 0 g Cholesterol; 102 mg Sodium; 21 g Carbohydrates; 3 g Fiber; 2 g Sugars; 4 g Protein

**Dietary exchanges:** 1 starch, 1 vegetable



Adapted from the book  
*American Heart Association  
Healthy Slow Cooker Cookbook.*

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*musical artist  
and former  
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destiny's child*

# michelle williams

*spreading  
the word  
about stroke*

By Jonathan Jarashow

## CLOSE TO HOME

Michelle's grandmother passed away from a stroke, and her father has had multiple strokes as a result of an unhealthy diet, smoking and diabetes. His first stroke was in the early '90s, but he made a full recovery. However, in 2005, he suffered a major stroke that hit the family hard. He lost movement on his right side, he lost most of his speech and he couldn't walk very well. "He could say 'I love you,' 'yeah' and 'no,' and that's pretty much it. He understands everything that's going on around him, he just can't articulate it," Michelle reveals.

**S**inger and activist Michelle Williams has always used her voice to inspire others. A multi-award winning international singer and Broadway actress, Michelle is best known as one-third of the record-breaking R&B and Pop group Destiny's Child, one of the world's best-performing female groups of all time. Michelle's voice also reaches millions of people across America—especially the younger generation—helping to educate them about stroke prevention.



Even though Michelle is a world famous musical star, she can relate to the day-to-day difficulties and struggles involved in taking care of someone who has suffered a stroke. Her father has had daily care since his second stroke, and he has a physical therapist come every other day to help with his rehabilitation.

## SPREADING THE WORD ABOUT STROKE

While many people know about the dangers of heart attack and high blood pressure, most don't know much about stroke prevention, so Michelle decided to use her personal experiences to teach people how to take better care of themselves. In 2012, she became a spokesperson for the American Heart Association and American Stroke Association's Power to End Stroke campaign. "I just want to communicate the warning signs of stroke and that if it's caught early, it's largely treatable, and how other factors, such as smoking and diabetes, increase your risk factors for stroke."



Michelle emphasizes how important it is for young people to know their family history so they can take appropriate steps to care for themselves. She encourages them—no matter how young they may be—to ask their parents, aunts, uncles and cousins if anyone has ever had cancer, a heart attack or diabetes, "because you're never too young to start taking care of yourself."

It's common for young people to say, 'Well, stroke only happens to people when they're older, so I don't have to worry about it.' But I know of a young lady in college who was experiencing numbness on one side and couldn't talk. She went home and was still experiencing these symptoms the next day, so she went to the hospital, and they told her she was having a stroke."

When Michelle speaks to others about stroke, she uses the acronym **FAST**, an easy method to help people remember the stroke warning signs that come on suddenly:

**F** for face drooping  
**A** for arm weakness  
**S** for speech difficulties  
**T** for time to call 911

She stresses that you should never be ashamed or embarrassed to go to the doctor. "Your doctor may tell you that your symptoms are nothing to worry about, but if it is something serious, you'll be happy you went because illnesses that are detected early may be treatable and beatable."

## BEING A ROLE MODEL FOR BETTER HEALTH

Michelle has worked to make small changes in her eating habits. She limits how much salt she puts on her food and has begun cooking with more turkey instead of red meat, among other healthy choices.

*Michelle wants people to understand how a healthy heart and brain plays a big part in our lives, and that it's important to keep the oxygen flowing by exercising—even if it's just for 30 minutes a day.*


She encourages others to do the same. "Even if it's just one thing, every step makes a difference. If you're a smoker, stop smoking. If you don't get around much, get on the treadmill or walk around your neighborhood. What's good for your heart is good for your brain, and keeping your heart and brain healthy can prevent illness down the road."

At the Congressional Black Caucus Foundation's 42nd annual legislative conference in September, Michelle attended the Preventing Strokes for African-Americans forum. She explained that African-Americans are 50 percent more likely than white Americans to have a stroke. Attendees learned the early warning signs and life-saving measures that must

be taken within the first few minutes of a stroke. Stroke is the No. 4 killer and the No. 1 preventable cause of disability in the United States, and African-Americans are especially vulnerable because they have a higher incidence of risk factors, such as family history, diabetes and high blood pressure.

At the end of the conference, Michelle performed the song "Amazing Love," from the re-release of her second gospel album entitled "Do You Know." In her song, Michelle expresses her belief that God's love can help give you the strength you need to get through life's difficulties. "If you believe in God the way I do—if you continue to think of God's love—He can help you get through it, if not completely out of it. My father never completely recovered, but God gives us the strength we need to deal with it and bear it." Michelle is now recording her third gospel album, scheduled for release this spring.

## TAKE TIME TO TAKE CARE OF YOURSELF

Michelle hopes to bring increased awareness of the risk factors for stroke to as many people as possible. "Your health has to be the top priority in your life," she insists. "You can't ignore signs or pain that you never felt before. Don't ignore it. Take care of yourself." 

*For more information on stroke prevention, visit [powertoendstroke.org](http://powertoendstroke.org).*



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HELP PREVENT

# heart disease

WITHOUT MEDICATION

By Juanita Weaver-Reiss, RD, LD, CDE  
Joslin Diabetes Center Affiliate at  
Southview Medical Center, Dayton, OH



Joslin Diabetes Center

**A** big part of preventing heart disease is knowing what the risk factors are. Some of these risks are things that you can't change, like family history, sex and age. However, there is still much you can do to prevent heart disease. Here are some important steps that you can take to reduce your risk without the use of medication.

## 1 Get regular physical activity

Getting regular physical activity plays a big role in reducing heart disease risk. Physical activity can help you to reach and stay at a healthy weight, and lower blood pressure, blood glucose and cholesterol. In addition, physical activity lowers stress levels which may play a factor in heart disease.

- Aim for 30 to 60 minutes of activity per day. If you have a hard time fitting this amount of activity into your schedule, aim for shorter workouts of 10 to 15 minutes at a time to increase activity gradually.

- Think of physical activity as just moving your body. This means that gardening, walking to and from the car when shopping, taking

stairs and walking your dog all count toward your total time for activity.

- Use hand weights or a resistance band, or do stretching movements while you are watching your favorite television show. Talk to your health-care provider about your physical activity plan.

## 2 Keep an eye on portion sizes

Eating more food can lead to eating more calories, carbohydrate, fat and sodium than what you need. Here are some steps to help keep your weight, blood glucose, blood pressure and cholesterol in check:

- Eat more lower-calorie foods, such as vegetables and fruits.
- Use a smaller plate to cut down your portion size. A

serving size is a specific amount that is measured by ounces, cups or tablespoons, or even everyday items. For example, a serving of pasta is 1/3 cup, or about the size of a hockey puck. A serving of meat, fish or chicken is 2 to 3 ounces, or about the size and thickness of a regular deck of playing cards.

- You can use measuring cups to tell how much is on your plate. Another way to control portions is to use a nine-inch plate, with one half filled with nonstarchy vegetables, like broccoli, green beans, carrots and peppers. Divide the bottom half of the plate into two and place a portion of lean meat, poultry or fish in one quarter and a whole grain, starchy food on the other half.

be *i*nformed

### Good Carb Choices

- Brown Rice
- Whole Grain Pasta
- Whole Wheat Bread



Using the “plate method” helps you control portions without having to use a food scale and measuring cups.

■ When you eat out you may notice the portions are larger than what you need. At restaurants, ask your server for a to-go box. Place half of the food into the box before you even start to eat. Another way to decrease portions is to share your meal with your spouse or a friend.

## 3 Make heart-healthy food choices

**The Dietary Approaches to Stop Hypertension (DASH) eating plan can help to protect your heart by lowering both blood pressure and blood cholesterol. The DASH plan involves eating plenty of vegetables, fruits, whole grains, beans, low-fat dairy foods and lean protein sources. It limits unhealthy fats and sweets.**

■ Other heart healthy foods to include in your eating plan are fatty fish, such as salmon, mackerel, herring, sardines, trout, albacore tuna and ground flaxseed. The fats in these foods, called omega-3 fatty acids, can help lower blood triglycerides (blood fats) and blood pressure. Try to eat at least two servings, or 6 ounces, each week. Include vegetarian meals about two times per week. For example, instead of eating red meat or poultry, choose to have beans (kidney beans, black

beans, lentils) or tofu as your protein source.

■ Choose lean cuts of meat and poultry to lower saturated fat, a type of fat that can raise LDL (bad) cholesterol. Limit your portions to about 3 to 6 ounces per meal.

■ Trim off fat and take skin off of poultry. Use lower fat cooking methods, such as baking, broiling, grilling and steaming, rather than frying foods.

■ Watch out for unhealthy trans fat that is sometimes found in processed foods, fried foods, such as doughnuts and French fries, bakery products, packaged snack foods and some stick margarines. Choose foods that contain “0 grams” of trans fat per serving.

■ If you see the words *partially hydrogenated* in the ingredient list, the food has trans fats in it and should be limited or avoided.

■ You don't have to avoid using fat altogether, just make healthier choices. Along with eating foods rich in omega-3 fatty acids, choose a vegetable oil, like olive, canola or safflower oil, for cooking and for salad dressings.


■ Look for a trans-fat-free tub margarine for spreading on toast.

## 4 Stop smoking or using tobacco products

**Smoking or using tobacco products is one of the biggest risk factors for the development of heart disease. The chemicals in the tobacco damage and cause narrowing of the blood vessels, which is called atherosclerosis. This can eventually lead to a heart attack.**

■ Nicotine in cigarettes or tobacco products increases the heart rate and blood pressure.

■ Women who smoke and take birth control pills have a greater risk for heart attack or stroke than women who do not do either.

■ The good news is when a person quits smoking, the risk for heart disease drops dramatically within one year. If you smoke and have problems quitting by yourself, ask your healthcare provider for help. 



## small STEPS

### big CHANGES

Think about making changes gradually. For example, if you only eat one or two servings of vegetables or fruit a day right now, a small step could be to add one more serving.

■ Have these foods in easy-to-serve methods.

■ Prepackage a serving of grapes into zip lock baggies that may make it easy to add to a lunch box meal.

■ Have raw carrots already shredded to add as a topper to your salad.

■ Enjoy a small dish of fresh berries with light whipped topping as a delicious dessert instead of a higher-calorie food.

■ Gradually reduce portions of meat from your current amount, one ounce at a time, until it is about the size of a deck of regular playing cards.

■ Bake potato wedges instead of eating French fries to reduce fat.



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\*Intended as a guide. Lower acquisition costs alone do not necessarily reflect a cost advantage in the outcome of the condition treated because there are other variables that affect relative costs. Formulary status is subject to change.

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