

SPECIAL EDITION OF DIABETES & YOU

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# heart health & you

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ASSOCIATION**

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A SPECIAL  
EDITION OF

diabetes  
& you®

WITH EXPERT VIEWS AND TIPS  
FOR HEART HEALTH & DIABETES

TV AND RADIO LEGEND  
**LARRY KING**  
TALKS HEALTH, SUCCESS AND FAMILY





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next**  
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## Dear Readers:

Welcome to the 2014 *Walgreens Heart Health & You/Diabetes & You* Special Issue, with expert views and tips on both diabetes and heart health.

You'll love the delicious recipes from the American Heart Association's *Go Red for Women* cookbook, including the Turkey Medallions with Sweet Potato-Walnut Mash on the cover, as well as Kale Salad with Citrus Dressing, Asparagus and Mushroom Soup and Spicy Shrimp and Grits.

In our feature article, we shine the spotlight on TV and radio legend Larry King. Although Larry turned 80

last November, his age doesn't slow him down. Fortunately, living a healthier life has helped Larry to overcome both heart surgery and type 2 diabetes. He is now working with AARP on a new radio show called "Larry King Droppin' In," in addition to many other media projects.

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As always, we invite you to send your questions or comments to us at:

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Sincerely,

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

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



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# heart health & you

Answers  
at Walgreens™

A SPECIAL EDITION OF *DIABETES & YOU*

SPRING 2014

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## heart health

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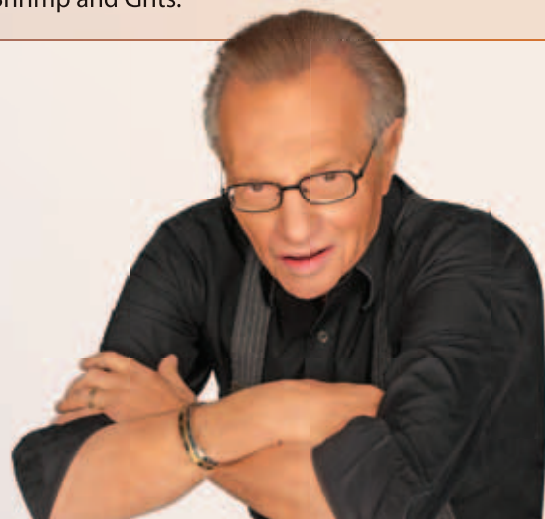
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## Shawn

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*Shawn*

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- ✓ While not a weight-loss product, Victoza® may help me lose some weight

Victoza® is different than diabetes pills because it works like the hormone GLP-1 to help control blood sugar.

**If your diabetes pill isn’t giving you the control you need, ask your doctor about Victoza®.**

**Visit [victoza.com](http://victoza.com) or call 1-866-821-7406 to learn more.**



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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.

**Pay no more than \$25 on your Victoza® prescriptions.† Find out more at [victoza.com](http://victoza.com)**

### 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® has not been studied in patients with history of inflammation of the pancreas (pancreatitis). Victoza® is not a substitute for insulin and has not been studied in combination with prandial (mealtime) 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. 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.**

\*Maximum savings of \$150 per prescription. Additional restrictions may apply. Novo Nordisk reserves the right to modify or cancel these offerings at any time.

Victoza® is a prescription medication.

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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0713-00016832-1

September 2013

**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® not been studied in people with a history of pancreatitis (inflammation of the pancreas). Other antidiabetic therapies should be considered in people with a history of pancreatitis.
- 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 people with MEN 2.
- 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 people treated with Victoza®, there have been cases of pancreatitis, which may be severe and lead to death. If pancreatitis is suspected, Victoza® should be discontinued. Victoza® should not be restarted if pancreatitis is confirmed.

- 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 health care professional 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 health care professional for more complete product information, or

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

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Version 6

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0413-00015276-1 5/2013





# eat smart for your heart

By Amy Campbell, MS, RD, CDE



Our goal with this special heart health edition of *Walgreens Diabetes & You* is to give you practical tips you can use to live a healthier life. Since healthy eating is so important in managing your diabetes and keeping heart-healthy, we think this article is a great way to kick off this special edition of the magazine!

By now, you know that a heart-healthy diet is important for keeping your cholesterol and blood pressure at safe levels. But when it comes to food, it can be hard to know what to eat to keep your heart and blood vessels as healthy as possible. Experts learn new things about foods all the time, and keeping up with the latest information can be hard. Read on to find out what's fact and what's fiction when it comes to choosing the right foods for heart health.

A woman with dark, curly hair, wearing an orange top, is smiling and pouring a pink smoothie from a blender pitcher into a glass. In the foreground, there is a silver kettle and a bunch of bananas.

## 36%

decrease in heart disease for people who eat three daily servings of whole grain foods.

## Can eating whole grain foods lower your risk of heart disease?

**Yes.** Whole grain foods, such as whole wheat bread, whole grain pasta, quinoa and brown rice, contain natural substances (like phytochemicals and antioxidants) that are thought to lower the risk of heart disease, type 2 diabetes and some types of cancer. One serving of a whole grain food is ½ cup of brown rice or other cooked grain, ½ cup cooked oatmeal or one slice of whole wheat bread.

## Are vegetarian diets always heart-healthy?

**No.** There are different types of vegetarian diets. Vegan diets do not contain any animal foods or products such as meat, poultry, fish, eggs, milk or cheese. Vegetarian diets don't contain meat, poultry or fish, but they may contain eggs and dairy foods. The basis for most vegetarian and vegan diets is a lot of vegetables, fruits, grains, beans, nuts and seeds. However, not all vegetarian or vegan food choices are healthy. For example, a vegetarian who drinks a lot of whole milk or eats a lot of cheese will consume a lot of saturated fat. And a vegan could consume too much unhealthy fat from eating French fries, or be deficient in vitamin B12, which

only comes from animal sources. In general, though, vegetarian diets are often high in fiber and antioxidants and low in saturated fat, trans fat and sodium, which tends to make them heart-healthy.

## Are trans fat-free foods healthier for you?

**Yes.** Trans fat is a type of fat made by turning a liquid vegetable oil into a solid fat. Food companies like to use trans fat because it improves the texture of foods and extends shelf life. But trans fat is now thought to be an unhealthy fat because it can raise LDL (bad) cholesterol and lower HDL (good) cholesterol. Many food companies have stopped using trans fats in their products because of this and now advertise their products as “trans fat-free” on the packaging. Foods that once contained trans fat, like margarines, cookies and fast foods, are now mostly free of this fat.

Read the Nutrition Facts label to be sure it reads “0 grams of trans fat.” But be careful: some food companies remove trans fat from their products, but add more saturated fat, which is almost as bad as trans fat. Always read the label to check for both types of fat. Choose foods that contain 0 g of trans fat and less than 1 g of saturated fat per serving as often as possible.

## If you have high blood pressure, should you stop using salt?

**No.** Sodium is a mineral found in salt. Some people are sensitive to sodium because it can raise blood pressure. Almost 67 percent of adults with diabetes have a blood pressure higher than 140/90 mmHg (the blood pressure goal for most people with diabetes is less than 140/80 mmHg). But about 75 percent of sodium in a diet comes from processed foods, not the salt shaker. Canned soup, canned vegetables, lunch meats, fast foods, tomato sauce and condiments provide most of the salt in our diets. If you have high blood pressure or if you take medicine to lower your blood pressure, it's wise to eat less of these foods. But adding a little salt to your foods during or after cooking is fine.

## Is coconut oil a healthy type of fat?

**Maybe.** Coconut oil is a saturated fat. In fact, coconut oil contains the highest amount of saturated fat compared with other types of fat

like butter, shortening and lard. However, unlike these fats, coconut oil contains different types of fatty acids (the building blocks for fats) that may provide some health benefits. Some people believe that coconut oil helps with weight loss, boosts the immune system and even lowers the risk of heart disease. Coconut oil can raise HDL (good) cholesterol, but may also raise LDL (bad) cholesterol.

Right now, there have not been enough studies conducted to determine whether using coconut oil offers specific health benefits. If you decide to use coconut oil, choose virgin coconut oil over one that has been refined or one that contains hydrogenated fat. Also, as with any fats, use a moderate amount.

**For more information on diabetes care and heart health, visit [walgreensdiabetes.com](http://walgreensdiabetes.com)**







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## what's new at *Walgreens*

By Jonathan Jarashow



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High blood pressure increases your risk of heart disease. Know your risk. Visit Walgreens for a FREE blood pressure test\* and consultation. Stop by the pharmacy or clinic† anytime – no need to make an appointment.

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† Located at select Walgreens.

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- All new articles on diabetes and heart health, written by Walgreens pharmacists, based on the questions they are asked each day from customers like you.

### Steps with Balance Rewards Update



Steps with Balance Rewards encourages people to take charge of their health and wellness. It is a great resource for people with diabetes and/or heart health concerns.

You can earn points for walking, running or tracking your weight as follows:

- Limit 20 points per mile, 1,000 points per month.
- Limit 20 points per log, one log per day.
- Visit walgreens.com/steps to sign up for Steps with Balance Rewards and to keep updated on new promotions.

See [www.walgreens.com/images/balancerewards/BalanceRewards\\_termsandconditions.pdf](http://www.walgreens.com/images/balancerewards/BalanceRewards_termsandconditions.pdf) for full details.



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and are always covered by  
Medicare Part B.<sup>‡</sup>

**ONETOUCH®**

## Why is it important to check blood glucose?

Checking your blood glucose levels with a meter can help you make choices about your food, physical activity, and medicines. Take your blood glucose records to your healthcare-provider visits, which will help both of you decide how often you should check your blood glucose and if any changes are needed in your diabetes treatment plan.

AnsWers at Walgreens™

\*Pharmacist Tracking Study (US) July 2013.

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

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

broadcasting  
legend

# Larry King

keeping  
healthy over  
the years

By Jonathan Jarashow



Larry King turned 80 last November, but his age doesn't slow him down. The TV and radio legend is always up to something new. He recently partnered with AARP, the membership organization for people over age 50, on a new radio show called *Larry King Droppin' In*. The show offers minute-long, daily reports on more than 50 stations across the nation. It is also available at [AARP.org/larryking](http://AARP.org/larryking),

along with additional audio vignettes. This is all in addition to many other media projects, including the online interview show *Larry King Now*. "I'm going to interview Dick Cheney on Monday in Washington. Saturday night, I'm emceeing the National Radio Hall of Fame in Chicago. I keep busy."

(CONTINUED ON PAGE 15)

*"There's nothing more important than staying healthy and being there for your kids."*



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

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

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

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

**Tradjenta**<sup>®</sup>  
(linagliptin) tablets sing

## **What is TRADJENTA?**

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

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

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

## **IMPORTANT SAFETY INFORMATION**

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

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

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

### **Who should not take TRADJENTA?**

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

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

### **What should I tell my doctor before using TRADJENTA?**

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

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

Especially tell your doctor if you take

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

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

### **What are the possible side effects of TRADJENTA?**

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

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

### **See next page for additional information about TRADJENTA.**

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Patient Portrayal

## MEDICATION GUIDE

### TRADJENTA® (TRAD gen ta) (linagliptin) Tablets

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

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

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

Certain medical problems make you more likely to get pancreatitis.

##### Before you start taking TRADJENTA:

Tell your doctor if you have ever had:

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

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

#### What is TRADJENTA?

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

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

#### Who should not take TRADJENTA?

##### Do not take TRADJENTA if you:

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

Symptoms of a serious allergic reaction to TRADJENTA may include:

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

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

#### What should I tell my doctor before using TRADJENTA?

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

- have or have had inflammation of your pancreas (pancreatitis).
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if TRADJENTA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.

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

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

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

##### Especially tell your doctor if you take

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

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

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

#### How should I take TRADJENTA?

- Take 1 tablet 1 time each day with or without food.
- Your doctor will tell you when to take TRADJENTA.
- Talk with your doctor if you do not understand how to take TRADJENTA.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of TRADJENTA at the same time.
- Your doctor may tell you to take TRADJENTA along with other diabetes medicines. Low blood sugar can happen more often when TRADJENTA is taken with certain other diabetes medicines. See "What are the possible side effects of TRADJENTA?"
- If you take too much TRADJENTA, call your doctor or Poison Control Center at 1-800-222-1222 or go to the nearest hospital emergency room right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection, or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor's instructions.
- Check your blood sugar as your doctor tells you to.
- Stay on your prescribed diet and exercise program while taking TRADJENTA.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

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

**TRADJENTA may cause serious side effects, including:**

- See "What is the most important information I should know about TRADJENTA?"
- low blood sugar (hypoglycemia).** If you take TRADJENTA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you take TRADJENTA. Signs and symptoms of low blood sugar may include:

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

The most common side effects of TRADJENTA include:

- stuffy or runny nose and sore throat

- cough
- diarrhea

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

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

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

#### How should I store TRADJENTA?

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

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

#### General information about the safe and effective use of TRADJENTA.

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

This Medication Guide summarizes the most important information about TRADJENTA. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about TRADJENTA that is written for health professionals.

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

#### What are the ingredients in TRADJENTA?

Active Ingredient: linagliptin

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

#### What is type 2 diabetes?

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

The main goal of treating diabetes is to lower your blood sugar to a normal level. High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

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

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

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(CONTINUED FROM PAGE 12)

**TUNED INTO HEALTH**

With his usual honesty and sense of humor, King talks about his journey to wellness and how, with the help of his family, he expects to remain healthy in the coming years.

Over 20 years ago, Larry had a major heart attack and then had quintuple-bypass surgery, but he has worked hard to stay healthy ever since. He also has type 2 diabetes and works hard to keep his conditions under control. And Larry is proud of his progress. "The other day my doctor told me she can't believe I've never really had any complications related to diabetes," he says. "Maybe once or twice I've had low blood sugar, and I felt faint. But I've never had a problem with it." In the past, Larry underwent radiation treatment for prostate cancer. But with hard work and helpful doctors, Larry says he's as healthy as ever: "I have a checkup every six months, and at my last visit, my eyes and feet checked out fine—which can cause problems for some people with diabetes."

**EATING RIGHT, KEEPING FIT**

Larry knows it is important to eat right and to exercise, especially because heart disease runs in his family. "I obviously have the wrong genes. My father died of a heart attack when he was 46; my brother who is 77 had heart surgery. I just try

to do the right thing." He keeps his weight between 160 and 168 and maintains good cholesterol and blood pressure numbers. "I watch what I eat. I have a very light brunch each day. For dinner, I'll have meat or fish with vegetables, and I don't snack much."

He also makes sure to take the vitamins and medicine that his healthcare providers prescribe. Larry lives just five minutes away from his local Walgreens in Los Angeles, where he gets his vitamins and his

prescriptions for diabetes and heart disease.

Larry loves to talk about how he keeps fit. He admits that growing up, he was "not a great athlete." But exercise is still an important part of his life. "I do a lot of walking," he says. "I go on the treadmill, and I do some biking." While he is not as active as he used to be, he is proud of his children for being so involved with their sports teams. Larry's two youngest sons are terrific athletes and have played Little

League. "They want to be major league baseball players, both of them," he laughs. "They're very active, they're very athletic, and they're very funny, which probably has a lot to do with keeping me young."

**GIVING BACK**

On top of his other jobs, King has found time to host a yearly celebrity gala to raise money for the organization closest to his heart, the Larry King Cardiac Foundation. "There is major entertainment at the gala provided by A-list performers. The goal is to save a heart a day. My wife is the chairwoman, and we've been doing this for 25 years now." It is a lot of work, but he knows how important it is to give back. "I love helping people. I always feel that if something happened to you, you should give back, and that's my way of giving back. That's probably one of the things I do that I am proudest of—that and fatherhood."

**DO IT FOR YOUR KIDS**

Larry's kids know they have a much older father, and that's tough for both Larry and his children. "I know I'm not going to know them when they're 30, so it's important for me to be around as long as I can for them. No matter what I do, they are the most important thing."

**LAUGHTER IS THE BEST MEDICINE**

*Larry says his healthy eating plan has contributed to his ideal weight and cholesterol level. But he believes there is more to it: "A lot of good things happen in your body when you laugh, and a lot of good things happen when you make people laugh." This might be why he chose to base his new radio show mainly on short, funny stories. "On the show, there will be one little*

*story every day, maybe a humorous story, maybe a serious story." Laughter is a big part of Larry's life. I tell jokes every day. I love laughing. "I love doing the comedy tour and making people laugh. Whenever I speak, I never speak seriously. I love great jokes, I love great stories. I tell a lot of humorous stories—humor is an essential part of my life."*



For more information on diabetes care and heart health, visit [walgreensdiabetes.com](http://walgreensdiabetes.com)



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



Nearly 2 out of 3 adults with Diabetes suffer from Gingivitis.

Travis Stork  
M.D., TV Host

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Life Opens Up with a Healthier Smile



\*individual results may vary  
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improving your  
heart health is  
as easy as

abc

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

**M**ost people know that cholesterol and blood pressure levels affect their risk for heart attacks and strokes. But what does this mean for people with diabetes?

The leading cause of death among people with diabetes is heart disease. Studies show that paying close attention to blood glucose levels cuts your risk of heart attacks and strokes in half. So, keeping your blood glucose levels close to normal can also have a big impact on keeping your heart healthy. In addition to blood glucose, you need to pay attention to your blood pressure and cholesterol levels. It's thought that 2 out of 3 adults with diabetes also have high blood pressure, and most have cholesterol levels that put them at high risk for heart disease.

## what can you do?

your diabetes ABCs are an important first step in learning to care for yourself.

### **a** is for A1C.

A1C shows your average blood glucose level over the past two to three months. When your blood glucose is close to normal, you are likely to have more energy and think more clearly than when your blood glucose is high. It's a good overall measure of how well your diabetes is being managed. This number also tells you about your risk for complications from diabetes. Keeping your A1C as close as possible to your target level lowers your risk for long-term damage to your eyes, kidneys, nerves, heart and blood vessels. A goal for many people is an A1C of less than 7 percent.

### **b** is for blood pressure.

Blood pressure is expressed in two numbers, one on top of the other. The top number (systolic blood pressure) measures the amount of pressure on your blood vessel walls when your heart is pumping, and the bottom number (diastolic blood pressure) measures the pressure when your heart is relaxed. High blood pressure increases your risk for stroke, heart attack, kidney damage and eye disease. High blood pressure can mean either the top number, bottom number, or both are too high. A blood pressure goal for many people with diabetes is less than 140/90, but speak to your healthcare provider about your target goal.

### **c** is for cholesterol.

Cholesterol is a waxy, fatty substance in your blood. Your body makes some cholesterol from saturated fats, and it also is found in certain foods. High cholesterol adds to your risk for heart and blood vessel disease. There are three different kinds of cholesterol, sometimes known as the good, the bad and the ugly. The good cholesterol is HDL, the bad cholesterol is LDL and the ugly are triglycerides. Ask your healthcare provider what your cholesterol and triglyceride numbers should be.

## improving your ABCs

**Make smart food choices.** You already know that certain foods affect your blood glucose. Foods high in saturated and trans fats can raise your bad cholesterol level (LDL). Foods high in salt can raise your blood pressure level. Ask for a referral to a dietitian if you want help learning to make smart food choices.

**Do some physical activity every day.** Physical activity helps all of the ABCs. Activity lowers your blood glucose level and your blood pressure. Being active also helps raise your good cholesterol (HDL). Walking 10 minutes three times a day is often enough to start to improve these levels.

**Take your medicines regularly.** Medicines are powerful allies in

improving your ABCs. It's important to take them every day at the right time in order to get the most out of them. If you often forget to take your medicines, try creating some reminders for times you commonly miss. A pill box with compartments for each day of the week is another easy solution.

**Stop smoking.** Smoking is especially harmful for people with diabetes because they already are at risk for heart disease and stroke. Ask your provider for medicines or programs to help you quit. It's difficult, but if you keep trying you can succeed.

**Ask your healthcare provider about taking aspirin.** An aspirin a day may help to lower your risk for heart disease.





# FIND THE good fats

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

Dietary fat helps keep you full and satisfied. But eating too much fat can cause you to gain weight, and certain fats may increase your risk of heart disease and stroke. So do your heart a favor and learn the difference between good and bad fats.

## eat more

### Monounsaturated fats

They lower LDL (bad) cholesterol, thus decreasing the buildup of cholesterol in blood vessels, and they raise HDL (good) cholesterol, thus increasing the movement of cholesterol out of the body.

#### How to do it:

- Choose products made with canola, peanut and olive oil.
- Toss a few nuts (almonds, macadamias, pistachios, peanuts, pecans) into salads, stir-fries, casseroles and hot or cold cereal. Be careful not to overdo it. Nuts are high in calories and can cause you to gain weight.
- Enjoy avocado in a salad or sandwich.
- Enjoy a few olives in a salad or main course.



### Margarines with plant sterol or stanol esters

They help lower LDL cholesterol by preventing the intestines from absorbing cholesterol.

#### How to do it:

Each day, eat at least 2 grams of a margarine-like spread that contains plant stanol esters or plant sterol esters. You can also get this healthy fat from foods, such as peanuts, canola and olive oils, almonds, wheat germ and wheat bran, and Brussels sprouts.





## Polyunsaturated fat

This type of fat also helps the body to lower its LDL cholesterol and increase its HDL cholesterol.

### How to do it:

Enjoy products that contain oils from the following foods: corn, walnuts, safflower, cottonseed, grape seed, flaxseed, sunflower seeds and soybeans. Also, eat fish, fowl and whole grains.



CAUTION

## Saturated fat

Saturated fat raises your risk of heart disease and stroke.

### How to do it:

Limit your intake of saturated fat to:  
9 g of saturated fat for a 1,200-calorie diet.

11 g of saturated fat for a 1,500-calorie diet.

14 g of saturated fat for an 1,800-calorie diet.

15 g of saturated fat for a 2,000-calorie diet.

Foods that contain saturated fat include whole milk products, red meat, coconut oil, lard, palm oil, shortening, bacon, cream, sour cream and butter.

For more information on diabetes care and heart health, visit [walgreensdiabetes.com](http://walgreensdiabetes.com)

eat more

## Omega-3 fats

They help keep blood vessels safe from damage, reduce inflammation and protect against heart disease.

### How to do it:

Eat fish at least two to three times every week. Choose fish that are rich in omega-3 fats, such as mackerel, sardines, herring, tuna, trout and salmon. Increase your intake of oils that are rich in omega-3, such as flaxseed oil, canola oil, walnut oil, olive oil and soybean oil.



eat less

## Trans fats

Trans fats behave like saturated fats and can raise your blood cholesterol level, as well as increase your risk of stroke and heart disease. Trans fats, like margarine and other solid fats, form when manufacturers change liquid vegetable oils into solids in an effort to increase shelf life. Limit your intake of products that contain trans fats to help lower your risks.

### How to do it:

- Buy tub margarine or buttery spreads that are low in, or free of, trans fats.
- Read the ingredient labels on the foods you buy. Many margarines, snack foods, chips, crackers and cookies contain trans fats.
- Limit your intake of foods that contain hydrogenated/partially hydrogenated oils.
- Cut back on the amount of fried foods that you eat.

CAUTION





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MY SWEET TOOTH  
I OUTSMART IT

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\*\*Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts as part of a diet low in saturated fat and cholesterol and not resulting in increased caloric intake may reduce the risk of coronary disease.

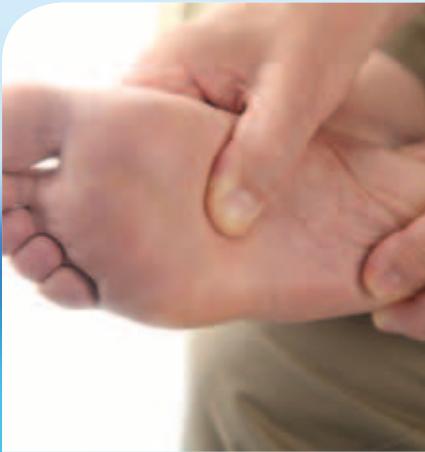


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go red for women

# heart-healthy recipes

## Turkey Medallions

### with Sweet Potato-Walnut Mash

**Yields 4 servings of: 3 ounces turkey,  $\frac{3}{4}$  cup mash and 1 tablespoon sauce**

- $\frac{1}{4}$  teaspoon salt and  $\frac{1}{4}$  teaspoon salt, divided use
- $\frac{1}{4}$  teaspoon pepper,  $\frac{1}{4}$  teaspoon pepper, and pinch of pepper, divided use
- 1 pound turkey tenderloin, all visible fat discarded, cut crosswise into 8 medallions
- 2 teaspoons olive oil
- 2 medium sweet potatoes, peeled and thinly sliced
- 1 medium onion, thinly sliced
- 1 large Granny Smith apple, peeled and thickly sliced
- $\frac{1}{4}$  teaspoon ground cinnamon
- $\frac{2}{3}$  cup unsweetened apple cider or 100% apple juice and  $\frac{1}{4}$  cup unsweetened apple cider or 100% apple juice, divided use
- $\frac{1}{4}$  cup chopped walnuts, dry-roasted
- 1 tablespoon coarse-grain mustard (lowest sodium available)
- 2 tablespoons minced green onions (green part only)

**1.** Sprinkle  $\frac{1}{4}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper over both sides of the turkey.

**2.** In a large skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the turkey for 2 minutes on each side, or until browned. Transfer to a large plate.

**3.** In the same skillet, stir together the sweet potatoes and onion. Reduce the heat to medium. Cook for 7 minutes, or until the onion is golden, stirring frequently.

**4.** Stir in the apple, cinnamon and remaining  $\frac{1}{4}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper. Cook for 5 minutes, stirring frequently.

**5.** Place the turkey medallions among the sweet potato and apple slices. Pour in  $\frac{2}{3}$  cup cider. Bring to a boil, still over medium heat. Reduce the heat and simmer, covered, for 3 to 5 minutes, or until the turkey is no longer pink in the

center and the sweet potatoes are tender. Remove from the heat. Transfer the turkey to a separate large plate, leaving the sweet potato mixture in the skillet. Cover the turkey loosely to keep warm.

**6.** Using a potato masher, mash the sweet potato mixture. Stir in the walnuts. Transfer the sweet potato mixture to plates.

**7.** Quickly pour the remaining  $\frac{1}{4}$  cup cider into the skillet, scraping to dislodge any browned bits. Stir in the mustard, green onions and the final pinch of pepper. Remove from the heat.

**8.** Serve the turkey on the sweet potato mixture. Drizzle the sauce over the turkey.

**NUTRITION INFORMATION PER SERVING:**  
**Cal.** 338, **Total Fat** 8 g, (Sat. 1 g, Trans 0 g), **Cholesterol** 70 mg, **Sodium** 475 mg, **Carbs** 36 g, **Fiber** 5 g, **Sugars** 17 g, **Protein** 31 g  
**Exchanges:**  
 1½ starch, 1 fruit, 3 lean meat



Recipes adapted from *The Go Red for Women Cookbook*. Copyright © 2013 by American Heart Association. Photos copyright © 2013 by Ben Fink. Published by Clarkson Potter, a division of Random House, LLC.

# Kale Salad with Citrus Dressing

**Yields 4 servings of: 2 cups salad and 1½ tablespoons dressing**

- 7 cups coarsely chopped kale, any large stems discarded
- 2 medium carrots, shredded
- ¼ cup golden raisins
- 2 medium green onions, thinly sliced
- 1 medium grapefruit (red preferred) or 2 blood oranges or 2 Cara Cara oranges
- 2 tablespoons plain rice vinegar
- 2 tablespoons agave nectar or honey
- 1 teaspoon olive oil (extra virgin preferred)
- ¼ teaspoon salt
- ¼ teaspoon pepper (freshly ground preferred)
- ¼ cup chopped walnuts, dry-roasted

**1.** In a large bowl, toss together the kale, carrots, raisins and green onions.

**2.** Put the grapefruit on a cutting board. Using a sharp knife, slice off the top and bottom of the grapefruit. Holding the knife blade horizontally, carefully cut downward, following the contour of the fruit, to remove the peel, the bitter white pith and the outer membrane (a little of the flesh will be removed, too). Holding the grapefruit over a medium bowl to catch any juice, cut between the membrane and the flesh of each segment to release the segment from the membrane. Discard any seeds. Add the grapefruit segments to the salad, tossing gently.

**3.** Squeeze the membrane and any peel with flesh clinging to it into the medium bowl (you should get about 2 tablespoons of juice). Discard the membrane and peel.

**4.** Whisk the remaining ingredients except the walnuts into the grapefruit juice. Pour the dressing over the salad, tossing gently to coat. Sprinkle with the walnuts.



## NUTRITION INFORMATION PER SERVING:

**Calories** 218, **Total Fat** 7 g, (Sat. Fat 10.5 g, Trans Fat 0 g), **Cholesterol** 0 mg, **Sodium** 152 mg, **Carbs** 39 g, **Fiber** 6 g, **Sugars** 21 g, **Protein** 6 g  
**Exchanges:** 1 fruit, 3 vegetable, ½ other carbohydrate, 1½ fat

# Spicy Shrimp and Grits

**Yields 4 servings of: 2 ounces shrimp and ½ cup grits**

- |  |  |
|--|--|
| ¼ teaspoon chili powder                                    | 4 cups fat-free, low-sodium chicken broth                |
| ¼ teaspoon ground cumin                                    | 2 tablespoons diced red bell pepper                      |
| ¼ teaspoon onion powder                                    | 1 medium fresh jalapeno, seeds and ribs discarded, diced |
| ¼ teaspoon garlic powder                                   | 1 cup uncooked quick-cooking grits                       |
| ¼ teaspoon pepper  | ¼ cup shredded or grated Parmesan cheese                 |
| ⅛ teaspoon cayenne   | 2 tablespoons chopped fresh parsley                      |
| 10 ounces raw medium shrimp, peeled, rinsed and patted dry | ¼ teaspoon paprika (optional)                            |
| 2 teaspoons canola or corn oil                             |  |

**1.** In a small bowl, stir together the chili powder, cumin, onion powder, garlic powder, pepper and cayenne.

**2.** Put the shrimp in a medium bowl. Drizzle the oil over the shrimp, stirring gently to coat. Sprinkle ½ teaspoon of the chili powder mixture over the shrimp. Stir gently to combine. Set aside.

**3.** In a medium saucepan, stir together the broth, bell pepper, jalapeno and the remaining ¼ teaspoon chili powder mixture. Bring to a simmer over medium-high heat, stirring occasionally. Stir in the grits. Cook for 1 to 2 minutes, or until



# Asparagus and Mushroom Soup

**Yields 8 servings of: scant  $\frac{3}{4}$  cup soup**

- $\frac{1}{3}$  cup uncooked, unseasoned brown and wild rice blend
- 1 teaspoon olive oil
- 1 medium carrot, diced
- 1 medium rib of celery, diced
- $\frac{1}{2}$  medium onion, diced
- 6 cups fat-free, low-sodium chicken broth
- 2 medium dried bay leaves
- $1\frac{1}{2}$  cups thinly sliced brown (cremini) mushrooms
- $\frac{1}{3}$  cup whole-wheat orzo
- 1 teaspoon chopped fresh thyme or  $\frac{1}{4}$  teaspoon dried thyme, crumbled
- $\frac{1}{2}$  teaspoon dried marjoram, crumbled
- $\frac{1}{4}$  teaspoon pepper
- 6–8 medium asparagus spears, diced ( $1\frac{1}{2}$  cups)
- 2 tablespoons plus 1 teaspoon finely chopped hazelnuts, dry-roasted
- 2 tablespoons plus 1 teaspoon chopped sweetened dried cranberries

- 1.** Prepare the rice using the package directions, omitting the salt and margarine. Set aside.
- 2.** About 15 minutes before the rice is done, in a large saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Cook the carrot, celery, and onion for 3 to 5 minutes, or until the vegetables are soft and begin to release their juices.
- 3.** Stir in the broth and bay leaves. Bring to a boil. Stir in the mushrooms, orzo, thyme, marjoram and pepper. Reduce the heat and simmer, covered, for 10 minutes (no stirring needed).
- 4.** Stir in the asparagus. Simmer, covered, for 5 to 7 minutes, or until the asparagus is tender.
- 5.** Stir in the rice. Cook for 1 minute, or until heated through. Discard the bay leaves.
- 6.** Ladle the soup into bowls. Sprinkle with the hazelnuts and cranberries. Cook's tip: If you can't find a brown and wild rice blend, you can make your own by combining 1 cup of brown rice with  $\frac{1}{4}$  cup of wild rice.

## NUTRITION INFORMATION PER SERVING:

**Calories** 107, **Total Fat** 2.5 g, (Sat. Fat 0.5 g, Trans Fat 0 g), **Cholesterol** 0 mg, **Sodium** 58 mg, **Carbs** 17 g, **Fiber** 3 g, **Sugars** 4 g, **Protein** 5 g  
**Exchanges:** 1 starch

thickened, stirring constantly. Stir in the Parmesan. Remove from the heat.

**4.** Meanwhile, heat a large nonstick skillet over medium-high heat. Arrange the shrimp in a single layer in the skillet. Cook for 2 to 3 minutes, or until no longer pink and beginning to brown. Turn over. Cook for 2 minutes, or until the shrimp are beginning to brown on the outside and are opaque in the center.

**5.** Spoon the grits into shallow bowls. Top with the shrimp. Sprinkle with the parsley and paprika.

**NUTRITION INFORMATION PER SERVING:**  
**Calories** 252, **Total Fat** 5 g, (Sat. Fat 1 g, Trans Fat 0 g), **Cholesterol** 93 mg, **Sodium** 309 mg, **Carbs** 33 g, **Fiber** 1 g, **Sugars** 1 g, **Protein** 17 g  
**Exchanges:**  
2 starch,  
2 lean meat

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Joslin Diabetes Center

By Jeffrey Richard, RCEP  
Joslin Diabetes Center  
Boston, MA

Exercise can  
do many good  
things for you,  
such as making it  
easier to manage  
your diabetes.

**W**e have all  
heard it a  
million times:

Exercise, when paired with healthy eating, can help you lose weight. While this is very true, we tend to lose sight of all the other great benefits of daily exercise and physical activity. For a person with diabetes, exercise could mean much more than a simple number on the bathroom scale. Exercise lowers blood glucose and your risk for diabetes complications. For many people with diabetes, exercise can work just as well at lowering blood glucose as some diabetes medicines. Over time, you may be able to replace some of your daily doses with exercise. Of course, always check with your healthcare provider first before making any changes in the way you take your medicines.

## 1 WHERE DO I BEGIN?

Here's the good news—exercising can be as easy as going for a short walk. Starting your own exercise program, after getting the okay from your healthcare provider, could be just what you need to help get your blood glucose and A1C numbers in your target range.

If you are new to exercise, a great way to start is with walking. You can sign up for the Walgreens Steps with Balance Rewards program to earn points for walking or running, and even for tracking your weight. Visit [walgreens.com/steps](http://walgreens.com/steps) to get started. Make sure to keep track of your first few walks because they will serve as the starting point for your new exercise plan. You can keep track of things like time, distance or even steps if you have a pedometer. Make sure to start at a comfortable pace that leaves you with enough energy to be active for the rest of the day. Doing too much, too soon, can also raise your risk of getting injured.

## 2 STAY SAFE

It's important to be safe when you're exercising. Always check your blood glucose before you start to exercise. This is especially important if you are taking insulin or if you often have low blood glucose levels. If your blood glucose is below 100 mg/dL, eat a snack with 15 grams of carbohydrate, such as 6 crackers with peanut butter or a small piece of fruit, to help prevent low blood glucose. It is also a good idea to carry some form of treatment for low blood glucose such as glucose tablets, glucose gel or a small juice box. Wearing or carrying a form of medical identification is important, too.

### HOW EXERCISE CAN LOWER BLOOD GLUCOSE

Every time we move, our body is using the sugar, or glucose, in the blood as fuel. With this in mind, what would happen to your blood glucose if you were to be more active? If you said “lower it,” you're right! Doing exercise, or even simply being more active on most days of the week, can lead to much better blood sugar management overall. Regular exercise can also help lower your A1C level, which is a measure of your average blood glucose over the past two to three months.

### FREQUENCY OF EXERCISE

Two to three days a week is a great way to start. Then, over the next few weeks, add in another day.

### FITTING IN EXERCISE

Fitting exercise into your daily routine may be just what you need to get and stay healthy.

### BENEFITS OF EXERCISE

Exercise helps the body use glucose for energy.

### SIMPLY MOVING

Moving more can lead to lower blood glucose numbers.

### EFFECTS OF EXERCISE

The effects of exercise can last up to 24 hours after you're done exercising.

## 3 THE TALK TEST

While you're exercising, a great way to pace yourself and stay safe is to use the “talk test.” The “talk test” is a quick self-check to make sure you are working at the right intensity. Exercise generally falls into three categories: low, moderate and high. If you are able to whistle or sing while exercising, the exercise is low intensity. Once your breathing starts to increase and you are no longer able to comfortably sing or hold a long conversation, the exercise is considered moderate intensity. When your breathing becomes so fast you are unable to speak full sentences, you are exercising at a high intensity. When you begin an exercise program, it is usually a safe bet to start off in the low to moderate range. If you are already currently active, consult your doctor or an exercise physiologist about whether or not it is safe for you to increase the intensity.

Once you have a few walks under your belt, create your plan. Decide what you want to track in your program such as time, distance or number of steps, and plan out your next few weeks. It is important to be realistic with your plan. Doing too much at once could set you up to fail.

Let's take time as an example. If you felt comfortable completing 10 minutes of walking, that is where you should start. From then on, every week or so, add a few minutes. Keep in mind that no matter how small the increase, progress is progress. After a period of a few months, imagine the exercise you could be doing and how often you could be doing it. Think about how proud you will be when you look back at what you have accomplished.

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# keeping healthy is a family affair

By Martha Funnell, MS, RN, CDE

**You and your family can work together to create a road map to lower your risks for diabetes, health disease and other health problems.**

**F**

irst, the not-so-good news: Type 2 diabetes runs in families. This means that if you have diabetes, your children, grandchildren, brothers and sisters are all at risk. Now, here is the good news: As the National Diabetes Education Program points

out, you can't change your genes, but you can change your future—and you can help your family members change their futures as well.

(CONTINUED ON PAGE 34)



# working together to stop diabetes



celebrating  years



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(CONTINUED FROM PAGE 34)

## PREVENTING DIABETES

A large study was done several years ago called The Diabetes Prevention Program (DPP). The study looked at over 3,000 people with higher than normal blood glucose levels. While their levels were not high enough to cause them to be diagnosed with diabetes, they did show that those people had a condition called prediabetes. Almost half of the people in the study were members of racial groups with high rates of type 2 diabetes: African-Americans, Hispanic-Americans, Asian-Americans, Pacific Islanders and American Indians.

The study also included other groups of people at higher risk for type 2 diabetes, such as people aged 60 and over, women with a history of diabetes during pregnancy, and people with a parent, sibling or other relative with type 2 diabetes.

The goal of the study was to see what people can do to help prevent the onset of diabetes. Of the people who took part in the study, one group reduced its risk for getting Type 2 diabetes by 58%. On average, this group exercised a total of 30 minutes per day, usually by walking or another

## helping your family members

### 1 UNDERSTAND THE RISKS

Your family members need to know that you have diabetes so they can understand their own risk for diabetes. Although it is tempting not to tell them so that you can keep them from worrying, they need to know so that they can take their risk seriously. Some people use the chance to tell family members as a way to start talking about what they are doing to take care of their diabetes. Let them know that you are telling them about your condition because you care about them and want to help them be healthier. We know that people with diabetes are better able to manage their condition and their feelings about it when they have the love, support and understanding of their family and friends.

### 2 MAKE A PLAN

Ask your family members to help you make a plan for managing your diabetes. Then talk about how you can help them to take steps to eat healthier and be more active. This way, you are both supporting each other in having healthy lifestyle plans. For example, you may talk about how to have healthier choices on

the menu when you all get together for a meal. If you live close to one another, you may decide to walk or do other kinds of exercise together. Knowing that you are all working toward a common goal can bring your family closer. Supporting each other helps everyone to succeed.

### 3 INCLUDE YOUR CHILDREN

Include children and grandchildren in your planning. The number of young people with type 2 diabetes is growing rapidly. Together, come up with a plan to keep them active and at a healthy weight. Turning off the TV, iPad, computer and cell phone and taking a walk or going to the park are good ways to connect and be active at the same time.

### 4 COMMUNITY INVOLVEMENT

Think about ways you can involve your community, place of worship or school in diabetes prevention efforts. Support groups, walking clubs and community gardens are great ways to bring the neighborhood together. Encouraging healthier choices in the school cafeteria and other events where food is served will help everyone.

*Managing diabetes is not always easy but it is worth the effort. The same is true for lowering your risk for diabetes. Making a plan and providing and receiving support can help every person to be more successful.*

moderate activity. They also lost 5% to 7% of their body weight, an average of 15 pounds.

Getting more active and losing weight helped all age and ethnic groups, but it was especially helpful for the elder group. They reduced their risk for diabetes by 71% with these lifestyle changes.

Another way to prevent diabetes is with medication. A different group that took part in the study was given metformin, a pill that is used to treat diabetes. People in the group that took metformin reduced their risk of getting Type 2 diabetes by about one-third. This medicine worked better in people who were younger and very overweight.

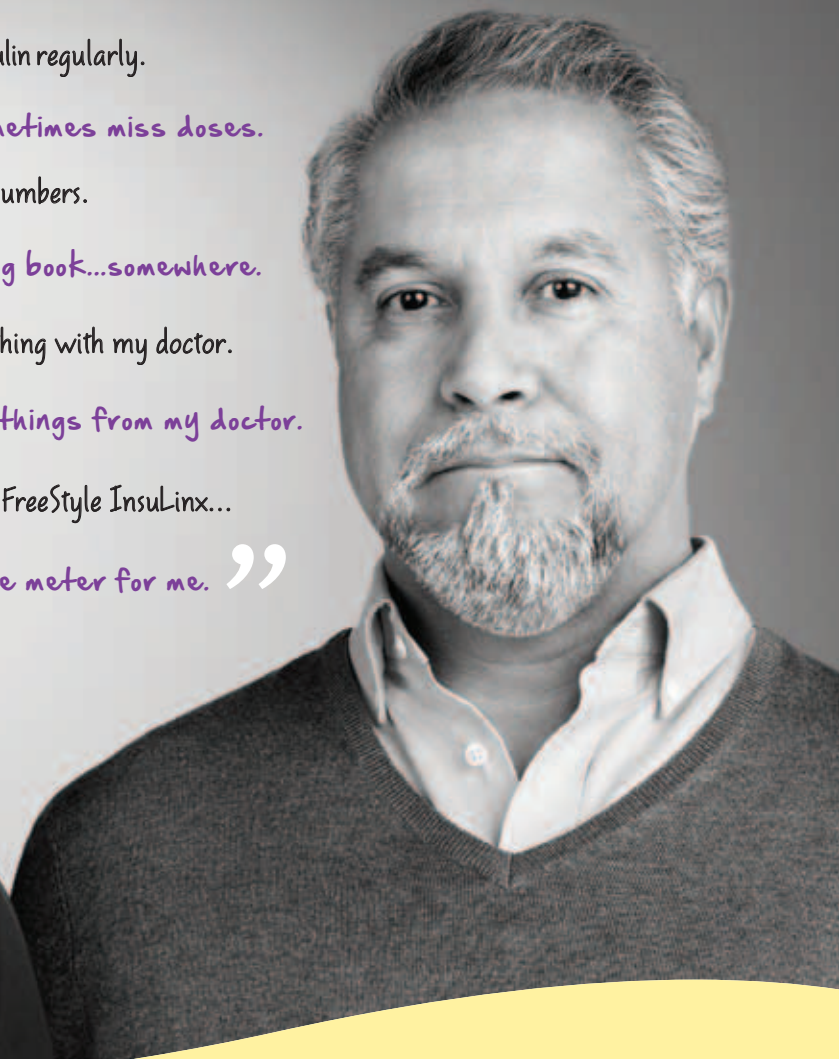
***Type 2 diabetes tends to run in families. Despite what you may have heard, diabetes does not “skip a generation.” You are more likely to get diabetes if your father or mother had it.***

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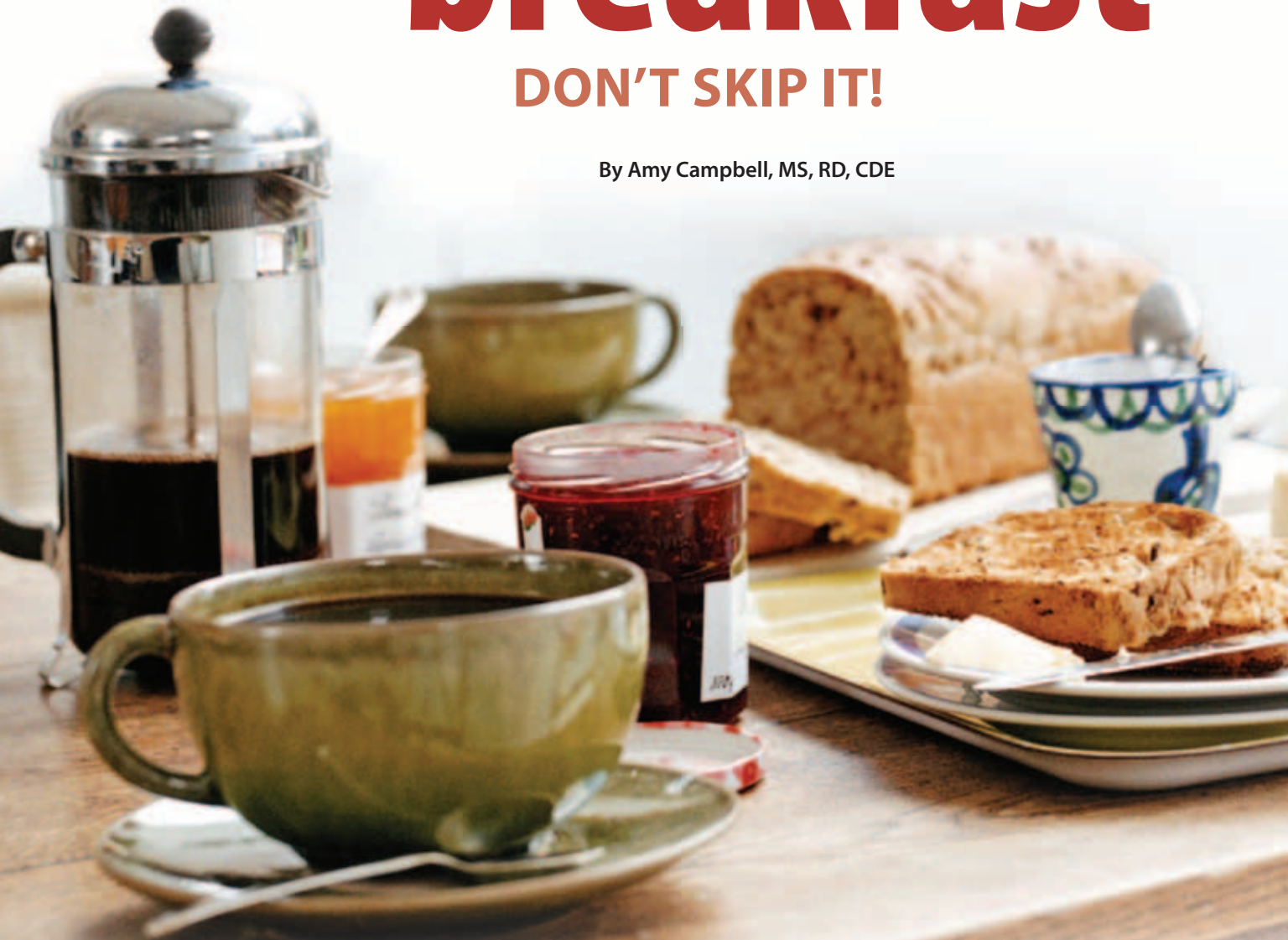
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# breakfast

## DON'T SKIP IT!

By Amy Campbell, MS, RD, CDE



**B**reakfast has been called the “most important meal of the day,” but chances are you’re one of the 31 million Americans who skip breakfast every day. Reasons for skipping breakfast might include

not feeling hungry, not feeling like eating and being too busy. If you have diabetes, you might feel that eating breakfast will lead to high blood sugar levels, or increase blood sugar levels that may already be high.

**Make sure you eat breakfast. Studies show that eating a healthy breakfast can fight fatigue, make you feel more alert, and also help you feel more positive.**

## B E N E F I T S of B R E A K F A S T

*While it might be tempting to skip the first meal of the day, there are many reasons you should make time to eat something before you rush off to work or school in the morning. Starting off your day with a healthy meal can help keep your heart healthy, and may also make it easier to manage your weight and your diabetes. If you're not a breakfast eater, take a look at all that breakfast has to offer and you might just change your mind.*

**1 Eating breakfast can lower your risk of a heart attack and heart disease.** Researchers from the Harvard School of Public Health found that men who skipped breakfast ran a 27% higher risk of having a heart attack and getting heart disease than those who regularly ate breakfast. Missing out on this meal may raise the risk of obesity, high blood pressure, diabetes and high cholesterol, all of which are risk factors for heart disease.

### 7 HEALTHY BREAKFAST IDEAS

*Now that you're convinced that eating breakfast is a good idea, you might be wondering what to eat. Grabbing a fatty or sugary food, like a doughnut, isn't the best choice. The good news is that breakfast can be quick, easy and healthy all at the same time. Here are some ideas to get you started:*

- 1 Whole grain waffle spread with peanut or almond butter, sprinkled with raisins for extra fiber
- 2 Whole wheat tortilla filled with a scrambled egg, a sprinkle of mozzarella cheese and a dollop of salsa
- 3 Greek yogurt parfait: Alternating layers of plain, low-fat Greek yogurt with fresh berries and low-fat granola or high-fiber cereal
- 4 Oatmeal (skip the sweetened instant variety) topped with your choice of nuts, seeds, coconut and/or dried fruit
- 5 Low-fat (1%) cottage cheese with an apple or pear and a sprinkling of sliced almonds
- 6 High-protein, low-carb smoothie: 8 ounces of unsweetened almond milk blended with a scoop of whey protein powder, half a banana and a tablespoon of peanut butter
- 7 Boiled egg with a slice of whole grain toast, a teaspoon of butter or trans fat-free spread and a piece of fresh fruit

**2 Eating breakfast can help lower your cholesterol.** An added heart-health benefit to eating breakfast is that it can help to lower LDL, or bad cholesterol. The key, though, is to choose the foods that lower cholesterol levels, such as oatmeal and fruit. Skip the bacon and sausage.

**3 Eating breakfast can help you stay lean.** If you're trying to lose or maintain your weight, it may seem like a good idea to skip eating breakfast. However, doing so may backfire and actually lead to weight gain. One study showed that people who don't eat breakfast are more likely to be obese than those who eat breakfast. Also, 80% of people who are part of the National Weight Control Registry, a long-running study of people who have lost weight and kept it off, eat breakfast every day.

**4 Eating breakfast can help prevent diabetes.** If you're at risk for diabetes or have pre-diabetes, you might want to make a point of eating breakfast every day. Research shows that breakfast-skippers, and not breakfast-eaters, are more likely to develop type 2 diabetes. Eating a healthy breakfast is thought to help stabilize blood glucose levels. Also, taking in more calories and carbohydrates later in the day (which can happen if you miss breakfast) may lead to weight gain and higher blood sugar levels.

**5 Eating breakfast can boost your mood and your energy.** Feeling tired and cranky during the day? Remember that breakfast is a way to refuel your body after hours of sleeping.

**For more information on diabetes care and heart health, visit [walgreensdiabetes.com](http://walgreensdiabetes.com)**



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