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FALL 2013

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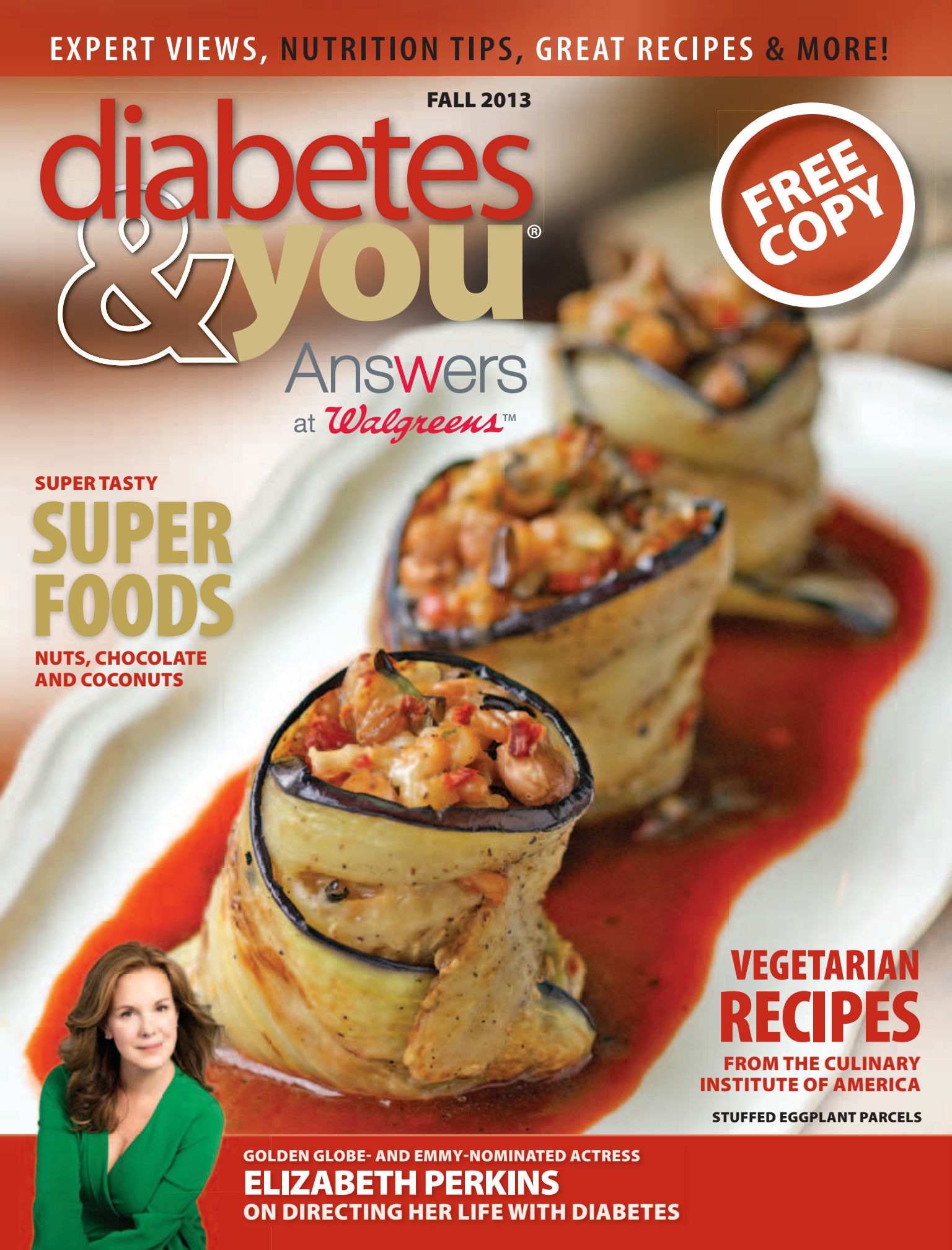
ELIZABETH PERKINS

ON DIRECTING HER LIFE WITH DIABETES

VEGETARIAN RECIPES

FROM THE CULINARY
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A personal approach to blood glucose monitoring

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**Contour.
next**
Blood Glucose Monitoring System



Dear Readers:

Welcome to the *Walgreens Diabetes & You* Fall 2013 issue. As always, we feature expert views on diabetes care, tips on healthy eating and great recipes. This issue's gourmet recipes from the Culinary Institute of America, including the Stuffed Eggplant Parcels with Red Chile Salsa on the cover, as well as Zucchini-Mushroom Griddlecakes and Chilled Beet and Fennel Soup, also make a healthy, vegetarian meal.

Our feature article is on Golden Globe- and Emmy-nominated actress Elizabeth Perkins, who is probably best known for her role as Celia Hodes in the Showtime series "Weeds." When Elizabeth was in the middle of shooting the first season of "Weeds" eight years ago, she suddenly

found herself on the other side of the camera: as director of her new life with type 1 diabetes. Elizabeth recently co-produced and starred in a documentary called "Strength in Numbers," which focuses on the people who support family or friends who have diabetes. Our article from the Joslin Diabetes Center in Boston, "Caregivers: Key Members of your Diabetes Team," also focuses on the important theme of helping people with diabetes get the support they need.

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 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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The Golden Globe- and Emmy-nominated actress is probably best known for her role as Celia Hodes in the Showtime series, "Weeds." When Elizabeth was in the middle of shooting the first season of "Weeds" eight years ago, she suddenly found herself on the other side of the camera: as director of her new life with type 1 diabetes.



Paula Deen and Shawn

Managing type 2
diabetes with Victoza®

“Eating right and staying active helped me see diabetes in a new light. So did asking about non-insulin Victoza®.”

Shawn

Like Paula Deen, I'm helping manage my diabetes by taking walks and eating smaller portions. I also asked my doctor about Victoza®. Here's what I learned:

- ✓ **Victoza® starts to lower blood sugar in as soon as two weeks, lowers A1C,* and keeps it down†**
- ✓ Victoza® comes in a prefilled Pen I use just once a day, any time, so it fits into my busy life
- ✓ While not a weight-loss product, Victoza® may help me lose some weight

Ask your doctor how Victoza® can help you better manage your diabetes, too.

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Non-insulin • Once-daily

*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

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 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 or call 1-800-FDA-1088.



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0513-00016090-1

July 2013

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® 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

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Date of Issue: April 2013
Version 6

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0413-00015276-1 5/2013



what's new at

Walgreens

By Jonathan Jarashow

NEW SERVICES FOR PEOPLE WITH DIABETES AT HEALTHCARE CLINIC

Healthcare Clinic, at select Walgreens, can now assess, treat and manage ongoing health conditions such as diabetes, high blood pressure, high cholesterol, asthma and more.

These new clinic services help bridge a gap in patient care and are timely, considering the nation's doctor shortage, aging population, rising incidence of chronic disease and millions of newly insured patients who will have health coverage under the Affordable Care Act.

Jeffrey Kang, senior vice president of health and wellness services and solutions at Walgreens said, "Through greater access to services and a broader focus on disease prevention and chronic condition management, our clinics can connect and work with physicians and other providers to better help support the increasing demands on our healthcare system today."

Visit Walgreens.com/Clinic for a full list of services.

WALK WITH WALGREENS IS NOW STEPS WITH BALANCE® REWARDS

Most of the features that were part of Walk with Walgreens are still available with Steps. Members can take advantage of many other amazing features and get even more rewards. Now, you can earn 20 points per mile you walk or run and 20 points per weigh-in (subject to daily and monthly limits). There are also more ways to earn points, including setting goals or linking a device to your membership.

With Steps, you can connect with others, participate in groups, read informative content, or even find a local race. Steps members can also connect select fitness devices from BodyMedia, FitBit, and Withings to track activity and collect rewards automatically. Go to Walgreens.com/Balance for more information. 

*Due to state and federal laws, points cannot be earned on some items, and points will not be earned in a transaction where Store Credit or Redemption Dollars are used. Limit 20 points per mile, 1000 points per month. Limit 20 points per log, one log per day. For terms and conditions, visit Walgreens.com/Balance.

NEW PRODUCT UPDATE

- **DIABETIC DIRECT** products were created by a person with diabetes who understands the daily challenges of maintaining healthy blood glucose levels and the importance of maintaining a vitamin rich diet. Diabetic Direct products have a great tasting delivery mechanism, tiny crystals that dissolve instantly in the mouth without having to mix or drink water.



- **PURACYN® DAILY WOUND & FOOT WASH** is intended for over-the-counter use for minor skin abrasions, lacerations, minor irritations and intact skin.

- Non-toxic and non-irritating
- Contains no steroids or antibiotics
- Contains no alcohol, iodine or tea tree oil
- Easily applied
- No mixing or dilution required
- No rinsing after use required
- Reduces wound odors
- Cleans wounds without harming healthy tissue





eat to improve your blood pressure

By Susan Weiner, RD, MS, CDE, CDN



Has your healthcare provider spoken to you about the importance of lowering your blood pressure? Don't stress out. Eating healthy foods can help lower your blood pressure naturally:

Do you know how to eat to lower your blood pressure?

- Toss some flax seeds or chia seeds into your salad.

- Fit more heart-healthy omega-3 fats into your meals to help lower your blood pressure. Add some pumpkin seeds to your morning bowl of whole grain cereal.
- Avoid foods that are high in sodium (salt) and limit fast food.
- Start to eat a diet rich in high-fiber and low-sodium foods, such as vegetables, fruits and unprocessed grains.

- Eat less saturated fat (from fatty meats) and add more heart-healthy fats, such as avocados, unsalted almonds and walnuts.
- Bake or broil mackerel or salmon topped with unsalted walnuts for dinner.
- Also, exercise will help you stay close to your heart-healthy weight and will help keep your heart strong.

How can the DASH diet help me?

This is a low-salt diet that can help you reduce your blood pressure. Foods

on the DASH (Dietary Approaches to Stop Hypertension) diet include:

- unsalted almonds
- fruit, such as strawberries and peaches
- whole grains, such as whole grain bread or steel-cut oatmeal
- fresh vegetables, such as broccoli and green beans
- low-fat Greek yogurt
- plenty of fresh fish, chicken and beans
- whole grain cereal, as part of a heart-smart breakfast

(CONTINUED ON PAGE 10)

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



Don't brush it off—use Colgate®



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

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

Learn more at OralHealthandDiabetes.com

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



a national strategic partner of





(CONTINUED FROM PAGE 8)

Have you tried meat-free meals?

- Try preparing a vegetarian meal at least once a week by using dry soy beans, edamame, tofu or tempeh.
- Wash it down with a cold glass of soy milk for a protein-rich meal.

Have you tried flavonoid-rich foods?

- Drink a hot mug of green tea in the morning.
- Eat a small piece of dark chocolate in the afternoon and sip a 4-oz glass of red wine with dinner (if your healthcare provider permits).
- Add some dark chocolate to your unsalted nuts for a

delicious blood pressure-lowering snack. But be careful, if you eat too much dark chocolate, you will take in extra calories and may gain weight.

Can dietary supplements help to lower my blood pressure?

You can't replace your heart-smart diet and physical activity program with a pill, but you can include a few natural products with your daily routine to help lower your blood pressure. Never trust so-called quick fixes or cures. Always check with your healthcare provider

or Walgreens pharmacist before you take any over-the-counter supplements, and make sure they don't interact with any medicines you may be taking. You can't get all the nutrients you need just from supplements, so make sure to nourish your body with heart-healthy foods, such as:


- fish
- unsalted nuts
- whole grains
- fresh fruits
- vegetables

Do you get enough vitamin D?

- Add dried shiitake mushrooms to fresh salmon for a vitamin D-rich dinner.
- Try some Greek yogurt or cottage cheese to boost your vitamin D intake.
- Enjoy a cold glass of low-fat milk fortified with vitamin D.

- Take a 10-minute walk (without sunscreen) in the sunshine to activate the vitamin D in your skin.
- Make sure to get your vitamin D level checked every year. You may need a vitamin D supplement if your level is low and you have high blood pressure.

What are the keys to success for lowering blood pressure?

- Stick to a heart-smart diet.
- Plan a visit with your healthcare provider or a registered dietitian/nutritionist. Together you can plan your meals and snacks.
- If you smoke, talk with your healthcare provider about how to quit.
- Do the best you can to eat well, exercise daily, reduce your stress and get enough sleep.
- Try yoga or meditation.
- Take time out of your busy schedule to relax and enjoy life. 

be *i*nformed

Even after you've made some of these healthy changes, your blood pressure may still be above target range. Therefore, your healthcare provider may recommend that you take blood pressure medicine. But don't feel discouraged. This does not mean you did anything wrong. Other factors might be involved. For example, you may have a family history of high blood pressure and heart disease.

**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.¹

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.

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Mylan Metformin
Hydrochloride
Tablets, USP**

See how over 50 years of innovation
goes into every product we make.

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Mylan®
Seeing
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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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Manufactured for:



MYLAN®

Mylan Pharmaceuticals Inc.
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REVISED JANUARY 2010
MX-PL-METB-R1

velcro OR teflon

WHICH ONE ARE YOU?

By Martha Funnell, MS, RN, CDE

You may have heard people in politics or other areas of public life described as being like Teflon. No matter what they do, nothing bad ever seems to stick to them. When it comes to your health, being Teflon is a good thing.

■ IT'S NOT THE STRESSOR, IT'S THE RESPONSE

Many people think of stress as causing health problems. But results from part of a large study called "Midlife in the United States" have shown that just being stressed does not cause problems. It's the response that people have to stressors that's at issue. And that response can affect your health 10 years into the future, regardless of your health today. The study found that people who got upset by daily stressors and continued to dwell on them after they were over were more likely to suffer from chronic health problems—especially pain and heart disease—10 years later.

■ VELCRO OR TEFLON?

Researchers in this study describe some people as Teflon and some as Velcro. When a stressful event happens to Velcro types, they get upset and stay upset. With Teflons, the stressors slide right off; they are able to let go of a problem or upsetting situation.



All you have to do is stand in a long line to see people react like Teflon and Velcro. Everyone is in the same line: Some people find it upsetting, while others don't. The Velcro person is still fuming even after reaching the front of the line, while the Teflon person can let it go more easily. So even though you don't always have a choice about standing in a long line, you do have a choice about how you react.


■ FIND YOUR INNER TEFLON

People who react more like Teflon are better able to balance the negative and positive aspects of their lives. One way to find that balance is to do more of the things you enjoy and fewer of those things that drain your energy.

Another idea is to reframe your view or perception of the stress. Try asking yourself, "What is the worst thing that can happen if I have to stand in this long line? What is the best thing that can happen if I get upset about it?"

■ STRESS AND DIABETES

When you are stressed, your body releases hormones to help you deal with the stress. They're the flight-or-fight hormones. These same hormones raise blood glucose levels. Look at your blood glucose readings when you are stressed. Do you see numbers higher than usual? Your high levels may be caused by these hormones.

Some people eat more or sleep more when they feel stressed. Eating more can, in turn, lead to higher blood glucose readings. Other people may eat less or toss and turn at night. Some people find it hard to exercise when they are feeling stressed out, and others find that exercise helps burn up some of the negative energy. Exercise is also a way to cope with stress. Exercise releases endorphins, the feel-good hormones that counteract the effects of the stress hormones. Many people find taking a brisk walk or going to the gym after work helps them leave their stress behind. 

7 ideas for finding your inner Teflon

1 Find the support you need.

Find a good listener, or join a support group. Pray, meditate or practice your religion.

2 Know your limits.

Don't try to do more than you can. Learn to say no to people or events that will raise your stress level. You don't have to do it all. Do fewer things and do them better.

3 Plan your day and set goals you can meet.

Make time to take care of yourself and your health. Take breaks during stressful times or events. Make it a point to relax, take a nap or watch a funny movie.

4 Take a stress management class or practice relaxation exercises.

Community and senior centers, the library or the Internet are good resources.

5 Avoid stressful situations when possible.

If you can't, plan ahead how you will handle the stress.

6 Express your feelings.

It is OK to cry when you're sad or upset, but try to laugh every day.

7 Use your energy in a positive way.

Hobbies, things you enjoy, laughing or spending time with upbeat people can help you handle your stress.

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When you have diabetes, you may see the effect of the stress right away. The way you handle stress can affect your blood glucose. If stress is causing you serious anxiety or is getting in the way of you enjoying your life, ask your healthcare provider for a referral to a behavioral health professional for help. Although stress is a fact of life for most of us, you can learn to better handle the stress you experience and live a longer, happier, healthier life.



SWAPS FOR healthier eating

By Ann Feldman, MS, RD, CDE



If you have diabetes, you probably know eating too many carbs can lead to high blood glucose levels. But you might not know that high-fat foods can also affect your blood glucose hours later. Have you ever wondered why eating pizza or Chinese food causes your blood glucose to spike several hours afterward? That happens because a high-fat intake makes it harder for your insulin to do its job. High-fat foods usually require more insulin. Being carb smart and fat smart are equally important. The point is not to stop eating fat, but to be mindful of your intake, just as you are of your carbohydrate intake. The table to the right gives you a few options to decrease the amount of fat, calories, sugar and salt in your recipes.

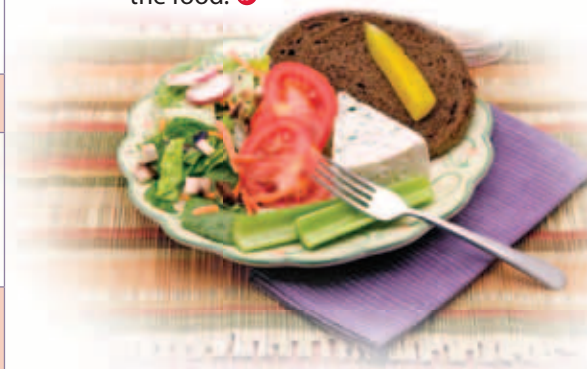
In place of ...	Try this instead ...
Margarine/butter	Low-fat, low-sodium broth; wine; light tub margarine; applesauce; apple butter; pureed fruit
Full-fat cheese	Reduced-fat, low-fat or fat-free varieties
Ricotta cheese	Part-skim ricotta; low-fat cottage cheese (put in blender or food processor until smooth)
Half-and-half	Fat-free half-and-half; nondairy low-fat creamers
Regular salad dressing	Balsamic vinegar; low-fat or fat-free salad dressing; lemon juice; vinegar
Sour cream	Fat-free or reduced-fat sour cream; fat-free or low-fat plain Greek yogurt; buttermilk or blended low-fat 1% cottage cheese, no salt added
Whole milk yogurt	Low-fat 1% or fat-free, plain yogurt (regular or Greek style)

In place of ...	Try this instead ...
Whole milk	Low-fat 1% milk or fat-free milk
Frosting or icing (cake topping)	Light or fat-free whipped topping; whipped, fat-free cream cheese with artificial sweetener; no-sugar-added canned fruit
Nuts	Crunchy cereal nuggets (fat-free granola, Grape Nuts)
Mayonnaise	Mustard; salsa; fat-free dressings; light/fat-free mayonnaise; light Miracle Whip
Fried foods	Bake, broil, roast, steam, grill, microwave, poach
Whole egg	Two egg whites or egg substitute
Broth or bouillon	No-salt-added chicken broth; wine
Solid fats (like shortening, butter)	Vegetable oils
All-purpose white flour	Replace half of the flour total with whole wheat flour to boost the nutrient and fiber content
Sugar (sucrose, table sugar)	Artificial sweeteners suitable for baking; vanilla extract; cinnamon; or cut the sugar by $\frac{1}{4}$ to $\frac{1}{3}$ in baked goods and desserts
Oils	Nonstick spray or use a reduced-sodium meat stock
Syrups	No-sugar-added varieties
1 cup heavy cream	1 cup evaporated skimmed milk; or, if cream is for beating, try substituting two or three egg whites with a tablespoon of sugar for each white, and beat until they hold stiff peaks.
1 oz baking chocolate	3 tablespoons cocoa powder
Soups	Chill soups, gravies and stews in refrigerator. Skim off hardened fat before reheating to serve.
Tartar sauce	Lemon juice or low-fat tartar sauce
Shortening, lard, butter	Use vegetable oils, but use about $\frac{1}{4}$ less than the recipe calls for. For example, if it calls for $\frac{1}{4}$ cup (4 tablespoons) shortening or butter, use 3 tablespoons of oil instead.
White semolina pasta	Whole wheat pasta; reduced-carbohydrate pasta to add fiber or to reduce carbohydrates

10 TIPS

for healthier eating

- 1 Plan ahead.** Have a general idea of what you will eat.
- 2 Be proactive.** Browse the Web for recipe makeovers and read diabetes magazines for modified recipes.
- 3 Plan time for exercise.** Go out for a walk the day of a gathering or event.
- 4 Avoid sitting** or standing near the food at get-togethers or parties.
- 5 Avoid fasting all day** or skipping meals in order to save calories for a gathering.
- 6 Never arrive hungry** to an event. Take the edge off your hunger with a piece of fruit and a low-fat cheese stick or a small handful of nuts.
- 7 Eat only special foods.** Stay away from common foods such as potato chips, crackers, fatty dips, bread, cheeses, etc., and other foods that are not carb- or fat-smart.
- 8 Wait about three hours** after the meal before eating the dessert you brought.
- 9 Avoid seconds.** Eat slowly. Fill up on vegetables.
- 10 Savor the music** and the guests at a party rather than focusing on the food. 



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IMMUNE BOOST

Immune Boost is our revolutionary sugar free, micro crystal formulation for diabetics that melts in your mouth and is to be taken without water. The 100% natural flavor tastes great and is designed to be taken by diabetics of all ages, particularly by those who do not like taking pills. IMMUNE BOOST contains 17 different vitamins and minerals created to boost and protect the immune system of diabetics.

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SUPER TASTY SUPER FOODS

nuts, chocolate & coconuts

By Johanna Burani, MS, RD, CDE

People all over the world enjoy eating dried nuts, chocolate and coconut products. This is not something new. Man has been eating tree nuts for thousands of years. Chocolate has been part of the human diet, too—especially in Latin America—for at least 2,000 years. Coconut, in various forms, has been food for many cultures dating back thousands of years as well. Find out just what's so healthful about these foods.

Nuts

Most nuts, like almonds, walnuts, cashews, pecans, pistachios and peanuts, provide nutrients to keep the body healthy. All nuts have protein, fiber and many vitamins and minerals. These nutrients help keep the body strong and active all day long. They also protect the body from disease and improve bowel function.

All nuts are cholesterol-free and have omega-3 fats that help to keep the blood flowing evenly throughout the body. This can lower blood pressure.

Eating nuts instead of some carbohydrates at a meal may lower blood glucose levels after eating. This may help control type 2 diabetes, metabolic syndrome and

prediabetes. And that's good news for many people because it's a simple change to make.

Better still, some studies show that eating a small serving of nuts every day can keep you from feeling hungry and even help you lose weight. The protein, fiber and healthy fats in nuts make you feel full for a longer period of time. As a result, you snack less and eat fewer calories.

HOW MUCH YOU SHOULD EAT

You only need a small serving (1 oz) each day for good health. Eat your nuts raw or dry roasted and unsalted.

Chocolate

Many years ago the people of Mexico believed chocolate was the “food of the gods” because it was so good. The cacao tree grows beans that are used to make unsweetened cocoa powder,

cocoa butter, milk chocolate, dark chocolate and semi-sweet chocolate chips. These chocolate products are used today all over the world in baking and to eat or drink as treats.

There are special chemicals in the cocoa plant, called flavonoids, that give chocolate its brown color and its health benefits to the body. Some studies show that dark chocolate protects against heart attacks, strokes and high blood pressure. And dark chocolate increases the body's good (HDL) cholesterol.

(CONTINUED ON PAGE 22)

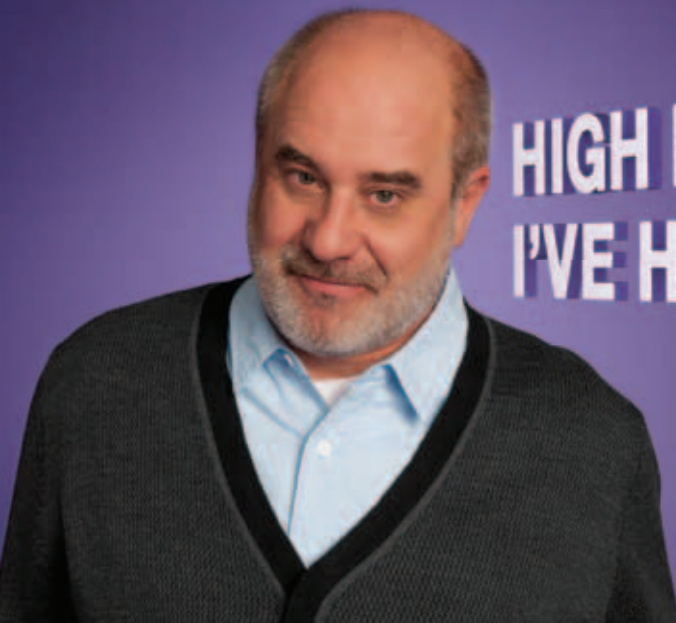
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Nuts, chocolate and coconuts are foods that taste good and are good for you. Eat and enjoy them in moderation as part of a healthful balanced diet.



Number of nuts in one oz

Almonds	24
Brazil nuts	6–8
Cashews	18
Hazelnuts	21
Macadamias	10–12
Peanuts	28
Pecans	20
Pistachios	47
Walnuts	14 halves



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Lantus® in the easy-to-use SoloSTAR® pen is the most prescribed* once-daily insulin available, and can help provide 24-hour blood sugar control with just one dose a day. If you have type 2 diabetes, and pills, diet and exercise aren't enough, you have options. Insulin is an effective way to help control blood sugar. Talk to your doctor to see if Lantus® SoloSTAR® is right for you.

Call 1.877.561.4612 or go to LantusTakesItOn.com.

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, or call 1.800.FDA.1088.

*IMS National Prescription Audit™, TRxs. November 2012

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.

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

Revised: 04/2010

GLA-BCPH-AS-APR10

Rx Only

(CONTINUED FROM PAGE 20)

Other studies show that dark chocolate helps the body use insulin better. This is important for any-one who has diabetes or prediabetes.

The flavonoids in dark chocolate also help keep the body from losing a lot of water with diarrhea. This is very helpful for children and for elderly people who can quickly become dehydrated from diarrhea.

Many people think of chocolate as a comfort food. But it's more than that. Studies show that eating chocolate can lower the levels of stress hormones and anxiety in people who feel a lot of stress in their lives.

THE BEST KIND OF CHOCOLATE TO EAT

Dark chocolate with at least 70 percent cocoa solids and unsweetened cocoa powder is the most healthful.


HOW MUCH YOU SHOULD EAT

A good serving is 1 oz of dark chocolate (150 calories) three to four times a week.

Coconuts

Many Asian and Pacific Island cultures believe that coconuts can cure many forms of sickness. Coconut products have fiber, vitamin C, some B vitamins and minerals, like potassium, magnesium, iron and copper. Some studies show that coconuts

can improve cholesterol, blood pressure and protect against heart disease.

Coconuts also have a type of fat that is easy for the body to break down and use quickly for energy. Some studies show this can help with weight loss and lower the risk of clogging arteries and type 2 diabetes. 

COCONUT PRODUCTS

COCONUT WATER

This is the clear liquid found inside young (green) coconuts. It has natural sugar but no fat. Some people use it as a sports drink. You could also add it to smoothies for extra potassium.

COCONUT MILK

This is a white liquid that is pressed out of the coconut "meat." You can find it in the dairy case in your supermarket. Buy it without sugar. You can add it to cereal, coffee or smoothies.

COCONUT OIL

This is a fat like any other oil. It has saturated fat, but many scientists believe that it is not bad for the heart. It has antioxidants that help keep the heart strong. Use very small amounts, though—like you do with butter and other oils. It is good to use in cooking instead of butter.

key facts ABOUT YOUR meds

By Linda Bernstein, PharmD

Studies show that more than half of the medications prescribed by healthcare providers are not used correctly by patients. So what can you do to make sure you take it in the best and safest way possible? Learn the key facts about your medication. Let's use metformin, a common medicine for type 2 diabetes, as an example of what facts you need to know:

1

KNOW THE NAME

Know the name and spelling of your medicine—both the brand and generic names, if possible. Some products may have more than one active ingredient, so make sure you know what they are. If you use a brand-name drug, ask if there is a generic version of the medication, which can help you save some money.

Carry a list of your medicines with you. Include any letters after the names, such as ER or XR, which stand for extended release. These are long-acting forms of the medicine.

Example: Metformin, available as both a generic and brand product.

Generic metformin:

- Metformin (oral tablet)
- Metformin ER (extended release, 24-hour tablet)

Brand metformin:

- Fortamet (extended release, 24-hour tablet)
- Glucophage (oral tablet)
- Glucophage XR (extended release, 24-hour tablet)
- Glumetza (extended release, 24-hour tablet)
- Riomet (oral solution)

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For a medicine to do its job you must do your part, as well. Whether you take a medication to improve headache symptoms, fight an infection or treat your diabetes, you need to use the medicine in the correct way, at the right time and for the right purpose.

2 KNOW THE PURPOSE

Know what the medicine does so you use it for the correct purpose. Sometimes you may be prescribed more than one medicine to treat the same issue, such as a water pill (diuretic) and a beta blocker for high blood pressure. Tell your healthcare providers about all the medicines you take, so they don't prescribe anything twice and put you at risk of overdosing, side effects or other problems.

Example: Metformin is an oral medicine that lowers high blood glucose levels in patients with type 2 diabetes.

3 KNOW HOW TO USE IT

Know how, when and how long to take your medication. Make sure you know how to use each medicine before you leave your doctor's office or pharmacy. Read labels carefully. For example, if the label says to take one tablet three times daily, find out if that means every eight hours around the clock or just while you are awake. Ask if you should take it with meals or between

meals. Don't be afraid to ask questions. Make sure you can repeat and understand the instructions so you take the medicine correctly on your own. Do not crush, chew or break extended release tablets.

Example: Usual adult metformin dose for type 2 diabetes:

Immediate-release oral tablet: 500 mg orally twice a day (with the morning and evening meal), maximum dose is 2,550 mg per day

Extended-release tablet: 500 to 2,000 mg orally once a day (with the evening meal), maximum daily dose is 2,000 mg once daily or 2,500 mg (for Fortamet)

4 KNOW THE INTERACTIONS AND POSSIBLE SIDE EFFECTS

Know what foods, drinks, medicines, dietary supplements or activities to avoid while using the medicine. Some medicines work best if you take them on an empty stomach. Others can be taken with food, which often helps if the medicine upsets your stomach.



Many medicines should not be taken with alcohol, so ask if this is a problem. Also, use caution if you are pregnant or nursing because some medicines can cause harm to the fetus or breast-fed baby. Ask your healthcare provider if a newly prescribed medication works safely with other medicines you take, both doctor-ordered and over-the-counter.

Example: Before you take metformin, review all of your medicines (prescription, nonprescription, vitamins and herbal products) with your prescriber, as there are several medicines that may cause an interaction with metformin. If you plan on having a CT scan or x-ray that requires the use of a dye, you may need to stop taking metformin for a short period of time. Do not drink alcohol when taking metformin.


Know possible side effects of your medication and what to do if they occur. Some medicines can make you drowsy, so it's unsafe to drive or operate heavy machinery. Be aware of common and less common side effects so you can report them to your

healthcare provider if they happen. Don't stop taking a medicine because of a side effect unless your healthcare team directs you to do so.

Example: As with all medications, metformin has side effects—some are mild and others are more serious. Be sure to review the information sheet that comes with your prescription to see what they are and report any reactions to your healthcare provider.

5 KNOW HOW TO TELL IF IT'S WORKING

Medicines start to work at different times: in minutes, hours, days, weeks or even months. Ask how to tell if the medicine is working and how soon you might see an effect.

Example: Different metformin products act at different rates. Consult your healthcare provider or pharmacist about your specific metformin product. 

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Whenever you visit a healthcare provider or emergency room, bring along a complete list of all the medicines you take or place them all in a bag to give your doctor the full picture of what you use. Your list or bag should include doctor-ordered and over-the-counter medicines, herbs, vitamins, topical agents, such as creams and eye drops, and any other medicine you take. Also, be sure to mention all allergies or bad reactions you have had to medications in the past.

Shorter and More Comfortable... Have you given it a try?

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6mm needle

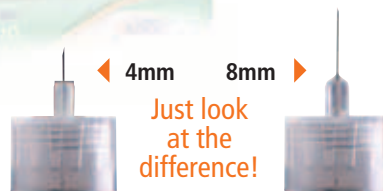


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Needles are shown at actual size.

¥ To their current needle sizes: 12.7mm and 8mm.

1. Data on File.
2. Hirsch L, Gibney M, Berube J, Manocchio J. The impact of a modified needle tip geometry on penetration force as well as acceptability, preference and perceived pain in subjects with diabetes. J Diab Sci Tech 2012;6(2):328-35.

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Helping all people
live healthy lives

SHOULD YOU CARE
IF YOU'RE AN

apple OR A pear?



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

Where does your body put any extra weight you gain? Does it end up in your stomach area so you appear round, like an apple? Or does it head over to your buttocks, thigh and hip areas, so you look more like a pear: smaller at the top and rounder at the bottom?

For years, experts thought people with apple-shaped bodies had greater worries. Fat stored in the stomach area puts them at a higher risk for health problems, such as diabetes and heart disease. They also believed that pear-shaped folks, who stored their fat in the buttocks, thighs and hips, were protected from these health issues. However, a recent study shows that the belief about pear-shaped people may not be correct. In the study, experts found that both pear-shaped and apple-shaped people had an increased risk of metabolic syndrome. Metabolic syndrome is a group of risk factors, such

as high fasting blood glucose, high blood pressure and lower HDL “good” cholesterol levels, that can lead to type 2 diabetes and heart disease.

Fat stored in the buttocks, thigh and hip area doesn’t just sit there. It’s active and releases two proteins: chemerin and omentin-1. People with high chemerin levels also tend to have high blood pressure, increased insulin resistance, increased signs of inflammation, high triglycerides and lower levels of HDL cholesterol. Those with low levels of omentin-1 had high triglycerides, a high blood glucose level and a low level of HDL cholesterol.

KEYS TO WEIGHT LOSS

If you carry extra weight in either your stomach or your buttocks, hips and thighs, losing weight will lower your chemerin level, which in turn, reduces your risk of metabolic syndrome and heart disease. Losing weight isn’t always easy, but it can be done. The National Weight Loss Registry is a list of people who lost a minimum of 30 pounds and have kept the weight off for at least one year. As a pear or


be *i*nformed

It really doesn't matter what shape you have: Just focus on becoming a healthier you.

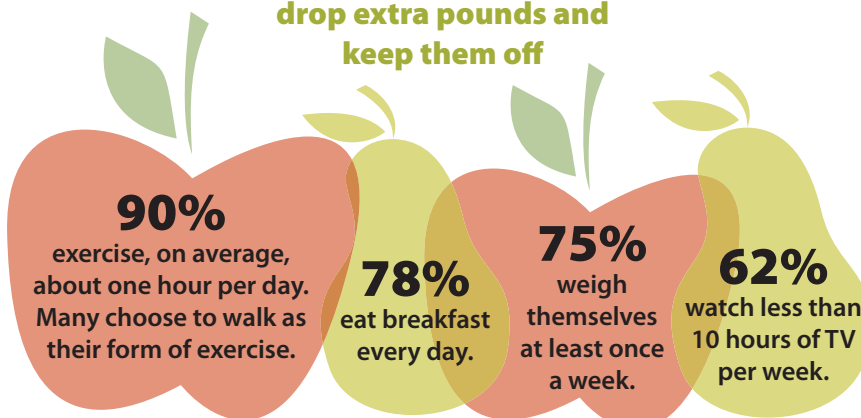
an apple, you may be tempted to do belly-focused or butt-focused exercises to reduce the fat stores in these areas. While spot-focused exercises can help tone and strengthen muscle, they don’t reduce the fat in those areas. Your best bet is to focus on the health of your entire body.

GET YOUR Zs

People who sleep fewer than seven hours a night or more than nine hours a night are more likely to gain weight than people who sleep seven or eight hours a night.

If you are worried about your growing belly, increase your soluble fiber intake. Research shows that people who consume 10 g of this type of fiber every day store less fat in their belly area. Food sources include nuts, beans, dried peas, flaxseeds, lentils, oatmeal, oat cereals and oat bran, psyllium, carrots, celery, cucumbers, apples, pears, blueberries and strawberries. 

How people in the National Weight Loss Registry drop extra pounds and keep them off





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elizabeth perkins

on directing her life
with diabetes

By Jonathan Jarashow

'Diabetes is something that you manage on a daily basis—sometimes an hourly basis—and without having support, it's unmanageable.'

Golden Globe- and Emmy-nominated actress Elizabeth Perkins most recently starred in the ABC sitcom "How to Live with Your Parents" and has played many memorable roles in her outstanding career. But she is probably best known for her role as Celia Hodes in the Showtime series "Weeds." When Elizabeth was in the middle of shooting the first season of "Weeds" eight years ago, at the age of 44, she suddenly found herself on the other side of the camera: as director of her new life with type 1 diabetes.

A DIFFICULT BEGINNING

Elizabeth was completely shocked when she learned she had diabetes. "It wasn't anything that runs in my family; it wasn't anything I had been on the lookout for based on my genetics. I hadn't felt well in a while, and they said that it's type 1 diabetes." Elizabeth immediately had to fit her daily diabetes care routine into her busy work schedule. It left her feeling alone and overwhelmed. "Suddenly there I was in my trailer, with needles and testers—I had no idea what I was doing—and I was taking my medication alone." At the time, Elizabeth struggled with the decision over whether to tell her employers and whether she'd be able to keep up with her work demands. But the turning point came when she realized she couldn't do it on her own. "It wasn't until



'Wherever you need to reach out, be honest about your condition and ask for help. It's amazing who comes out of the woodwork once you do.'

I reached out to my doctor and, more important, to my family and said, 'I can't do this on my own; it's just too overwhelming,' that diabetes became manageable for me."

MAKING CHANGES

Once Elizabeth was able to identify her unique pitfalls—what made her more tired, what made her numbers rise—she was able to take better control of her diabetes. "Initially I put on a lot of weight because my body had been starving, but once I started using insulin and my body leveled out, I realized I was eating all the wrong foods. Now I eat a lot of green." So Elizabeth found that for her, cutting out bread, pasta and rice and sticking to protein and greens made her feel better. "I find that when I'm having a 'bad diabetes day'—when I'm tired and I don't feel well—it's usually because I ate things I probably shouldn't have."

It's challenging—especially with the hectic work schedule of a TV star—but Elizabeth makes the effort to eat healthy meals every day, and she even brings her meals with her to work. Sometimes it's just something ready-made from the grocery store, but she knows she won't get too hungry and end up at the snack table eating donuts. "I know I've got my tuna salad, or I've got my fruit or my Cobb salad waiting for me."

YOU CAN'T BE PERFECT

Elizabeth explains that some days are easier for her to take care of her diabetes than others, and while she strives to hit her personal goals every day, she doesn't get down on herself if she misses out on her regular health routine once in a while. So, if Elizabeth can't make it to the gym, she knows that even a walk around the block is helpful for her circulation and to clear her mind. "I used to work out two hours a day, and now I've cut it down to one hour. And if I'm tired, I don't push myself because for me, stress is a trigger, and I don't want to overdo it. My husband, Julio, said something to me that was really profound: 'You can't be perfect, and all you can do is the best job you can do.'"

MANAGING STRESS

For Elizabeth, managing stress is an important part of her diabetes care. "I know that if I'm going to be in a more stressful situation, I'll check my blood glucose more often because, while everyone's diabetes acts differently, for me, keeping stress at a low level is key. If that means I need to rest more or not go out with the cast, then that's what I do." Julio's advice about not striving for perfection applies to all aspects of life, especially Elizabeth's career.


"As a person living with diabetes, there are times when I've felt tired or the hours are long, and it has an effect on the way I manage my diabetes, so I have to take that into consideration. Sometimes I just have to say 'no.' It's OK to set some boundaries and it's OK to say, 'I'm making my diabetes my priority here.'" Julio has helped teach her this. He's the one who will tell her maybe to decline a dinner invitation because she has to be up at 6 in the morning for work.

DIABETES CO-STARS

Elizabeth is a spokeswoman for Sanofi US Diabetes Co-Stars awareness campaign for people with diabetes. As part of the campaign, she co-produced and starred in a documentary called

"Strength in Numbers," now available online at diabetescostars.com. The film focuses on the people who support family or friends who have diabetes. "This documentary honors all the 'co-stars' out there, including my husband, who are supporting someone living with diabetes. These are people who deserve to be recognized. The message we're trying to get across is about supporting loved ones living with diabetes and the impact that has on their diabetes, which for most of us has been absolutely profound."

GETTING THE SUPPORT YOU NEED

"Strength in Numbers" also illustrates how everyone's diabetes is different, and what types of support can be helpful for different people with diabetes. Elizabeth reminds us that the members of your support system don't necessarily have to be people in your family. "No one has to live alone with diabetes. If you reach out, you'll be amazed at how many co-stars are out there who are ready, willing and able to support you on what can be a very overwhelming journey. It doesn't have to be a family member whom you consider your support system; it could be somebody at work or a friend. Wherever you need to reach out, be honest about your condition and ask for help. It's amazing who comes out of the woodwork once you do." 



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

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FROM THE
culinary institute
of america

Stuffed Eggplant Parcels

Makes 12 Parcels

- 1 medium eggplant,
cut lengthwise
into ¼-in-thick
planks
Olive oil, as needed
Salt and freshly
ground black
pepper, as needed
- ¾ cups cooked
pinto beans
- 3 cups cooked
pearled barley
- ½ teaspoon ground
cumin, toasted
Pinch cayenne, plus
more as needed
- ¼ cup grated Monterey
Jack cheese
- ¼ cup grated pepper
Jack cheese
- ½ jalapeño, seeded
and minced
- 2 tablespoons
minced sun-dried
tomatoes
- 2 tablespoons
chopped cilantro
garnish with
Red Chile Salsa,
as needed
(see next page)

1. Preheat the oven to 350°F.

2. Brush the eggplant lightly with oil and season well with salt and pepper. Transfer the eggplant to a baking sheet.

3. Roast the eggplant until it is tender and golden, 5 to 6 minutes. Remove from the oven, but leave the oven on.

4. In a large bowl, combine the beans, grains, cumin, cayenne, cheeses, jalapeño, tomatoes and cilantro. Season with salt and pepper. Divide filling among the eggplant slices and roll up the eggplant to encase the filling.

Place the parcels seam side down on the baking sheet.

5. Bake the parcels until lightly browned and cooked through, 10 to 12 minutes.

6. Transfer to plates, garnish with salsa and serve.

NUTRITION INFORMATION PER PARCEL (3 OZ.):

Calories 80, **Total Fat** 2 g
(Sat. Fat 1 g), **Sodium** 40 mg,
Carbs 13 g, **Fiber** 4g,
Protein 3 g
Exchanges: 1 Starch



Stuffed Eggplant Parcels and Red Chile Salsa recipes adapted with permission from *Vegetarian Cooking* by Katherine Polenz and The Culinary Institute of America. Photographs by Ben Fink. (Houghton Mifflin Harcourt). Copyright © 2012.

Zucchini-Mushroom Griddlecakes

Makes 9 griddlecakes

- 2 teaspoons olive oil
- 1 cup sliced cremini mushrooms
- ½ yellow onion, diced
- 1 medium zucchini, shredded
- 1 cup whole wheat instant baking mix
- ½ teaspoon kosher salt
- 1 tablespoon sugar
- 2 teaspoons Parisian fines herb mix (chives, dill, basil, tarragon, chervil)
- ¾ cup buttermilk
- 1 egg
- 1 oz grated hard cheese (Parmesan works well)

1. Heat the olive oil in a sauté pan over medium-high heat. Add the mushrooms. When the mushrooms have released some of their liquid, stir in the onion. Cook until the onion is soft and translucent and the mushrooms have released most of their liquid. Remove from the heat and stir in the zucchini. Set aside to cool.

2. Preheat a nonstick griddle to medium (about 300°F).

3. Combine the baking mix, salt, sugar and herb mix. Whisk together the egg and buttermilk. Add to the dry mixture and mix to combine. Stir in the zucchini mixture.

4. Use a half-cup scoop or ladle to portion out the batter onto the nonstick griddle. Cook on both sides until golden brown. Top with the grated cheese and serve.

NUTRITION INFORMATION PER GRIDDLECAKE:

Calories 54, **Total Fat** 3 g (Sat. Fat 1 g),
Sodium 69 mg, **Carbs** 4 g, **Fiber** 1 g,
Protein 3 g
Exchanges: 1 Vegetable, 1 Fat

Chilled Beet and Fennel Soup

Makes 10 servings

- 3 lb whole fresh beets
- 1 1-lb fennel bulb, cut in quarters
- 6 cups chopped savoy cabbage
- 2 garlic cloves, chopped
- ¼ cup chopped ginger
- 2 qt vegetable broth
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 teaspoon orange zest
- 1 tablespoon agave syrup
- ¾ cup nonfat Greek yogurt
- 6 fennel sprigs

Red Chile Salsa

Makes about 1½ cups

This recipe is also part of the Stuffed Eggplant Parcels recipe on page 33.

- 6 large dried red chiles, stems and seeds removed
- 4 cups hot water
- 1 plum (Roma) tomato, roasted
- ¼ cup chopped yellow onion, roasted



1. Preheat to 400°F.
2. Roast the beets and fennel until the beets are tender and easily pierced with a fork, about 1 hour. Allow to cool until easy to handle. Run the beets under cold water and peel using your hands. Cut the beets into large pieces.
3. In a large soup pot, bring the beets, fennel, cabbage, garlic, ginger and broth to a boil. Cover and simmer until the vegetables are tender, 35 to 40 minutes.
4. Remove the vegetables with a small amount of stock from the pot and purée in a blender or food processor until smooth. Strain the purée through a large-mesh sieve. Add the remaining stock back into the purée until it is the proper consistency. Season the soup with the salt, pepper, orange zest and agave syrup. Chill the soup.
5. Serve the chilled soup with a dollop of yogurt and a fennel sprig.

NUTRITION INFORMATION PER SERVING:

Calories 100, **Total Fat** 1 g (Sat. Fat 0 g),
Sodium 341 mg, **Carbohydrates** 21.5 g,
Fiber 5 g, **Protein** 5 g
Exchanges: 1 Starch, 1 Vegetable

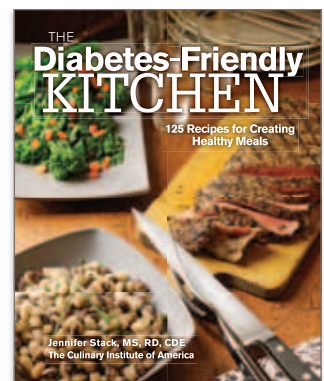
- 2 cloves
roasted garlic
- 2 teaspoon dried
Mexican oregano
- Salt and freshly
ground black
pepper, as
needed

1. Preheat the oven to 350°F.
2. Place the chiles on a baking sheet and toast until aromatic but not browned, 3 to 4 minutes. Transfer the chiles to a bowl and cover with 2 cups hot water. Soak until soft, at least 15 minutes. Discard the soaking liquid. Transfer the chiles and 2 cups clean hot water to a food processor or blender and pulse until smooth. Add

the tomato, onion and garlic and purée until smooth.

3. Transfer the mixture to a small saucepan. Bring to a simmer over medium heat. Cook, stirring occasionally, until the salsa is thick, 10 to 15 minutes.
4. Remove from the heat and stir in the oregano. Season with salt and pepper. Serve immediately or cool and store until needed.

NUTRITION INFORMATION PER 1.5 OZ SERVING (3 TBSP):
Calories 15, **Total Fat** 0 g (Sat. Fat 0 g), **Sodium** 0 mg,
Carbs 2 g, **Fiber** less than 1 g, **Protein** 1 g
Exchanges: Free



Zucchini-Mushroom Griddlecakes and Chilled Beet and Fennel Soup recipes adapted with permission from *The Diabetes-Friendly Kitchen* by Jennifer Stack and The Culinary Institute of America. Photographs by Ben Fink. (Houghton Mifflin Harcourt). Copyright © 2012.



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caregivers

key members OF YOUR diabetes team

By Carolé Mensing, RN, MA, CDE, FAADE

Having diabetes is a lot like being on a sports team. You are the captain of the team, and your healthcare provider, specialists and diabetes educators are your teammates. There may come a time when you need more help with diabetes self-care. This may be because you are getting older or because of certain limitations, like decreased vision or mobility, that make it difficult to carry out daily routines and responsibilities. As your treatment plan gets more complicated, or the tasks for self-management get more technical, there may be another important player on your team: a caregiver.




Joslin Diabetes Center

A CAREGIVER'S ROLE

Many caregivers are volunteers, like family or close friends, who take care of you when you can no longer take care of yourself. They can help you with your diabetes day to day, or to manage an illness or post-surgery recovery. Studies show that compassionate caregivers can improve your quality of life by helping with decision making and problem solving. They can offer a clear head to help think through what needs to be done and what resources need to be found. Having someone with you at healthcare provider visits is especially helpful, as that person is an extra set of ears and eyes to help make sense of important instructions and test results.

Once your caregiver becomes familiar with diabetes self-management skills, such as checking blood glucose, taking medicine, planning and preparing meals and helping with physical activity, he or she can help support you in these important self-care behaviors.

If you have diabetes and think you could benefit from the help of a caregiver, talk with your family about how they might be able to assist. Your healthcare provider can also provide you with resources to find professional caregivers in your community. 

be *i*nformed

A caregiver may also need to be trained in and familiar with the newer technologies for blood glucose checking (meters, software and medicine administration, pens, insulin pumps, as well as technology used for communicating with providers, such as:

- web-based care
- video phone consultations
- emailing and text messaging.

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