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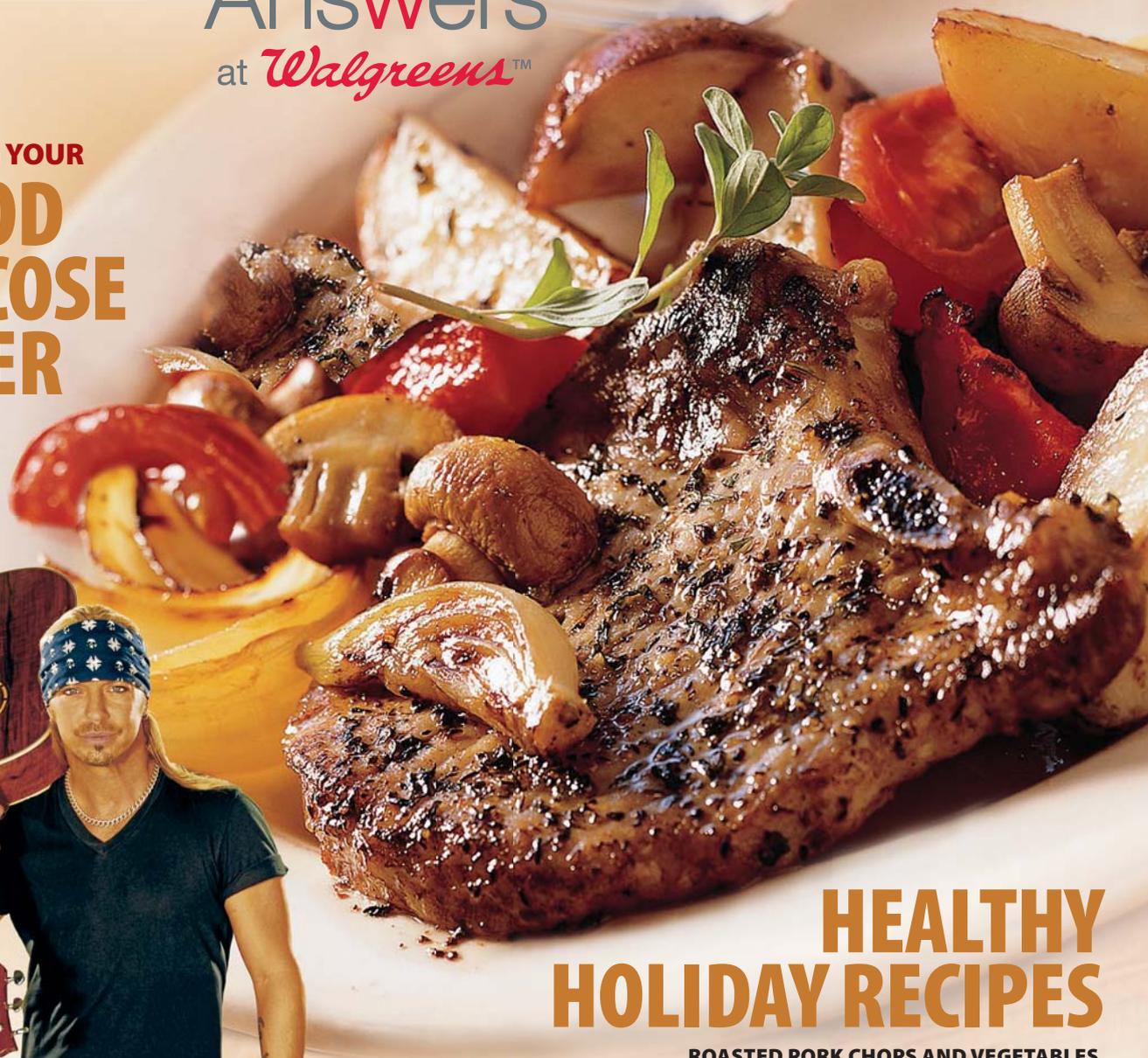
HOLIDAY 2012/WINTER 2013

diabetes & you[®]

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at *Walgreens*[™]



CHOOSING YOUR
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GLUCOSE
METER**



HEALTHY HOLIDAY RECIPES

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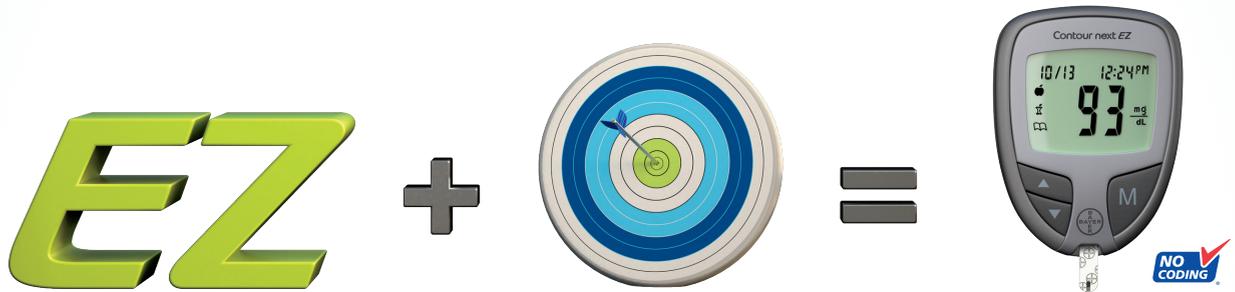
ROCK STAR AND REALITY STAR
BRET MICHAELS
ON LIFE WITH DIABETES



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Dear Readers:

The *Walgreens Diabetes & You* Holiday 2012/Winter 2013 issue can help you keep healthy during the holiday season. Our award-winning magazine features articles from Joslin Diabetes Center in Boston, "Eating Right During the Holidays" and "The Gift of Good Health," in addition to our other expert-written, easy-to-read articles.

If you plan to be at home for the holidays, try the Healthy Holiday Recipes from Betty Crocker Kitchens. They include the Roasted Pork Chops & Vegetables pictured on the cover, as well as Apple-Cinnamon Butternut Squash Soup, Impossibly Easy Pumpkin-Pecan Pie and Winter Fruit Waldorf Salad.

Our feature is on rock star Bret Michaels, who with his band Poison has sold more than 30 million records. In the last few years, Bret has also become a reality star—and his diabetes hasn't slowed him down. As Bret says, "I'm never going to say having diabetes is a cakewalk. Never. It's not. But if you face that and you accept it, you can move forward in your life."

If you are a healthcare provider, we'd be happy to send you complimentary copies for your offices (U.S. addresses only, no P.O. Boxes; one shipment per address). Walgreens customers can contact us at diabetes.magazine@walgreens.com 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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Sincerely,

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Health & Wellness Daily Living

For past issues of *Diabetes & You*, or for the Walgreens Diabetes Newsletter, visit walgreens.com and click on health info.

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feature article



49 BRET MICHAELS: ROCK STAR, REALITY STAR AND DIABETES ROLE MODEL

Bret Michaels' dreams have come true. He and his band Poison have sold more than 30 million records. He's written 10 Top 40 singles and has become a reality star, all while managing his diabetes. As Bret says, "I'm never going to say having diabetes is a cakewalk. Never. It's not. But if you face that and you accept it, you can move forward in your life."

Paula 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.

Visit victoza.com or call 1-866-821-7406 to learn more.



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.

Indications and Usage

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

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

Important Safety Information

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

Do not use Victoza® if you are allergic to liraglutide or any of the ingredients in Victoza®. Serious allergic reactions can happen with Victoza®. If symptoms of serious allergic reactions occur, stop taking Victoza® and seek medical attention. Inflammation of the pancreas (pancreatitis) may be severe and lead to death. Before taking Victoza®, tell your doctor if you have had pancreatitis, gallstones, a history of alcoholism, or high blood triglyceride levels since these medical conditions make you more likely to get pancreatitis.

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

Before using Victoza®, tell your doctor about all the medicines you take, especially sulfonylurea medicines or insulin, as taking them with Victoza® may affect how each medicine works. If you use Victoza® with insulin, you may give both injections in the same body area (for example, your stomach area), but not right next to each other.

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

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

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

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

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

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

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

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VICTOZA®
liraglutide (rDNA origin) injection

VICTOZA[®]

liraglutide (rDNA origin) injection

Important Patient Information

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

WARNING

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

What is Victoza[®] used for?

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

Who should not use Victoza[®]?

- Victoza[®] should not be used in people with a personal or family history of MTC or in patients with MEN2.
- Victoza[®] should not be used in people with a severe allergy to Victoza[®] or any of its ingredients.

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

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

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

What are the side effects of Victoza[®]?

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

What should I know about taking Victoza[®] with other medications?

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

Can Victoza[®] be used in people with kidney or liver problems?

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

Still have questions?

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

- Call 1-877-4VICTOZA (1-877-484-2869)
- visit victoza.com

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what's new at *Walgreens*

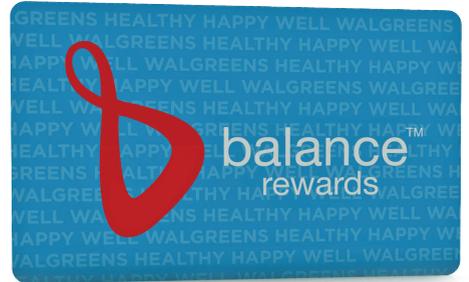
By Jonathan Jarashow

Walgreens Balance™ Rewards

Walgreens recently introduced Balance™ Rewards, a comprehensive loyalty program that offers easy enrollment, instant points and endless rewards. The program, launched in September, has the potential to be the largest customer loyalty program in the country. Members will receive exclusive savings and also earn and

redeem points for thousands of items purchased in store and online. Shoppers can get a \$5 award when they accrue 5,000 points, or they can hold off on cashing in those points to get bigger rewards. The rewards increase to \$10 for 10,000 points, \$20 for 18,000 points, \$35 for 30,000 points, and \$50 for 40,000 points. Members will also earn points for activities that help them get, stay and live well, like Walk with Walgreens. To learn more about this program, and for

terms and conditions and full details on all point earnings and redemptions, visit walgreens.com/balance.



Pick up the *new* Holiday issue of *Happy & Healthy, Your Guide to Living Well with Walgreens* in stores on Nov. 4. We all know this time of year can be especially

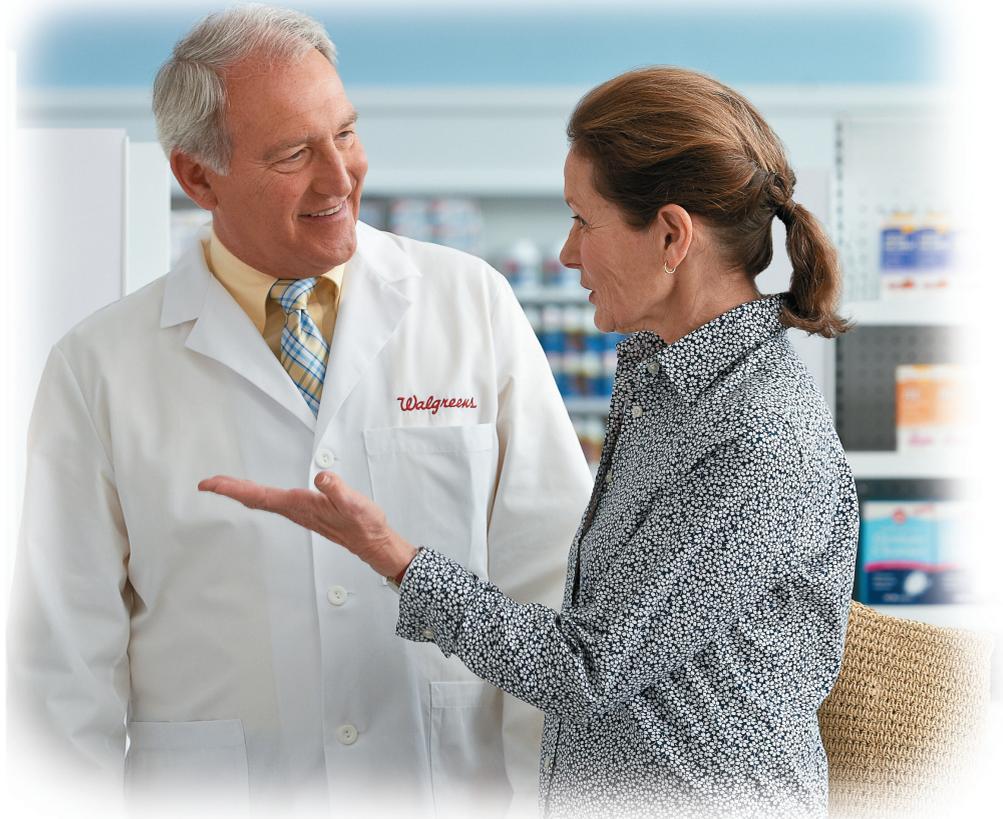
hectic. That's why Walgreens has made holiday shopping as easy as possible. Whether you stop in your neighborhood store or visit walgreens.com, take a look at our new holiday magazine where you'll find a wide variety of products at great values. Solutions to help

you look and feel your best, holiday party and gift ideas and easy ways to keep a healthy home are just some of the topics in the 28-page magazine. *Happy & Healthy, Your Guide to Living Well with Walgreens*, Holiday issue will be in stores through Dec. 29.

Walgreens Medicare Prescription Drug Plan

You have until Dec. 7 to enroll in or switch to a Medicare prescription drug plan and this year Walgreens has worked with four of the nation's top plans to help you save. Your Walgreens pharmacist can help you compare plans so you can choose the right one for your medications and finances.

It's easy to schedule an appointment, and switching plans could save you money. Also, make sure to ask your Walgreens pharmacist about other Medicare-covered services, such as diabetes testing supplies and immunizations. For more information, visit Walgreens.com/Medicare.



what's new at *Walgreens*

Flu Shots at Walgreens

The Centers for Disease Control (CDC) recommends that everyone ages 6 months and up get their flu shot every year, including those with diabetes who are at a high risk of complications from the flu. A pneumonia immunization is also recommended for people with diabetes over 2 years of age.

Walgreens pharmacists are experts when it comes to flu shots. Each Walgreens pharmacist goes through an extensive training program to be able to provide immunization services. In addition to receiving your flu shot, this year Walgreens is also offering free immunization assessments so you can find out what other immunizations may be recommended for you.



Arm yourself[®] with a flu shot

PLUS get a free assessment to find out which other immunizations might be right for you.*

- pneumonia
- shingles
- whooping cough
- + more

Walgreens

*Vaccine subject to availability. Not all vaccines available in all locations. State, age and health condition-related restrictions may apply. See pharmacy for details and nearest location.

RESEARCH UPDATE



One More Important Vaccine: Hepatitis B

By William Sullivan, MD

Based on their most recent findings, the CDC now recommends that adults with type 1 or type 2 diabetes be vaccinated against the hepatitis B virus, if they are between the ages of 19 and 60 and if they haven't been vaccinated before. The CDC also recommends that people with diabetes over the age of 60 consider getting vaccinated after considering the risks and likelihood of responding to this vaccine. Why? Hepatitis B infection, which can cause serious liver damage and other problems, is about twice as common among adults with diabetes compared with adults who don't have diabetes. If you have diabetes and are between 19 and 60 years old, talk with your healthcare provider about getting the hepatitis B vaccination.

NEW PRODUCT UPDATE



Bayer CONTOUR[®] NEXT EZ Meter

- Provides enhanced accuracy and ease-of-use, so it's ready right out of the box with results you can rely on. Uses CONTOUR[®] NEXT test strips— at the lowest everyday price of all leading brands.



Walgreens Diabetic Socks

- These socks are non-binding, with an extra wide top. They help keep feet dry by moving moisture away from the foot. This keeps it cool and helps to prevent blisters, and the soft small toe seam is not irritating.



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And you have a chance to control your blood sugar for yourself and those who depend on you most. Reducing your blood sugar can help reduce the risk of diabetes complications such as blindness, kidney disease, nerve damage and other serious health problems. If pills, diet and exercise aren't enough, insulin is the most effective way to reduce your blood sugar. And today insulin comes in easy-to-use pens.

Important Safety Information About Insulin:

The most common side effect of insulin is low blood sugar. Some people may experience symptoms such as shaking, sweating, fast heartbeat, and blurred vision, while some experience no symptoms at all. That's why it's important to check your blood sugar often.

Talk to your doctor about whether insulin is right for you.

Learn more at UnderstandControl.com or call 1.866.766.6415.

SANOFI DIABETES  Going beyond together

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healthier foods for a healthier life

By Janis Roszler, RD, CDE, LD/N



In a recent study in the journal *Diabetes Care*, experts found that people who ate lots of fish and limited their intake of poultry and red meat lowered their risk of heart disease and type 2 diabetes. People in the study who were vegetarians in the study saw the greatest drop in risk, but you don't have to stop eating animal products to enjoy improved health. Here are a few ways to start to eat like those in the study.

be *i*nformed

Stay on top of the latest health and nutrition news and make changes that can help you be the best you can be.

How do I eat more fish?

Many of the people in the study who lowered their risk of diabetes and heart disease ate a lot of fish. Fish only takes a few minutes to prepare. Bake, broil, grill or poach your fish, but don't fry it. Fried foods provide extra calories you don't need and may contain unhealthy trans fats. Find ways to enjoy heart-healthy fish, such as tuna, salmon, herring and sardines at some of your meals. Some people start their day with a piece of heart-healthy herring at breakfast or enjoy it for a snack. For

lunch, have tuna or salmon salad made with a fat-free or low-fat mayonnaise. Make the sandwich on whole grain bread or add the fish to a tossed green salad.

How do I still get enough protein?

Protein foods include red meat, poultry, beans, nuts, fish, tofu, eggs and low-fat cheese. Think about how much protein you eat at meals. The amount of healthy protein you eat should fit into 1/4 of a 9-inch dinner plate and be about the size of a deck of cards. If you want to limit your meat or poultry intake, eat them in the correct healthy

protein serving size. Don't take a large chicken breast that fills your plate or a big steak that spills over the sides.

What are good whole grain choices?

Some good choices are brown rice or whole wheat pasta and non-starchy vegetables, such as broccoli, cauliflower, tomatoes, lettuce and zucchini.

Can I still eat eggs?

If you are an egg lover, you may be able to eat eggs as your protein option at some of your meals. A large, multi-year study showed no link between the eggs people ate and their cholesterol level or risk for type 2 diabetes. Ask your healthcare provider or registered dietitian how many whole eggs are right for you and how you can fit them into your meal plan.

How do I eat more low-fat cheese?

Replace some or all of the meat in your sandwich or salad with a low-fat cheese. If you make a sandwich, feel free to pile your fresh vegetables up high.

Veggies are great for your health and are very low in calories.

What are some meat alternatives?

The word seitan may sound funny, but it is a great vegetarian product. It replaces meat in just about any recipe, such as stews, chili and other dishes. Seitan is made from wheat protein. It looks like meat and has a meat-like texture. Most health food stores sell it. You may also find it sold as mock meat crumbles in the freezer section of your local market. Tofu is another protein product you can use in place of meat. Tofu picks up the flavor of the foods you cook with it. It can be prepared in many ways: You can pan-brown it, put cubes into soup, bake cutlets in a sauce or stir-fry tofu pieces.

What about being a vegetarian?

If you want to become a vegetarian and cut some or all animal products from your diet, do so with the help of a registered dietitian. Animal products provide your body with many important nutrients, such as vitamin B12 and iron, that are impossible or difficult to get from plant foods alone. 

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*Based on clinical studies, vs ordinary, non-antibacterial toothpaste.

†Colgate Total® toothpaste is approved through the New Drug Application process to help prevent gingivitis. Not approved for the prevention or treatment of serious gum disease or other diseases. The ADA Council on Scientific Affairs' acceptance of Colgate Total™ Gum Defense toothpaste is based on its finding that the product is effective in helping to prevent and reduce tooth decay, gingivitis and plaque above the gumline, and bad breath, and to whiten teeth by removing surface stains, when used as directed.



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diet soda

AND DIABETES

By Martha Funnell, MS, RN, CDE

You may have heard about recent studies showing that people who drink diet soft drinks have a higher risk for diabetes, high blood pressure, heart attacks and strokes than those who do not drink diet drinks. But in fact, researchers have not been able to say that the diet drinks are to blame. Most of those studies are observational, meaning they simply report what they observe. Observational studies are not designed to determine cause and effect. That requires a different kind of study.

In addition, a recent study showed other differences between people who drank diet sodas and those who drank regular sodas. Overall diet, or food intake, is one important difference.

DIET SODA STUDY

The most recent study to look at diet sodas followed more than

be *i*nformed

Metabolic syndrome is a group of risk factors for heart disease and diabetes, and includes too much weight around the waist, high cholesterol, high blood pressure and high blood glucose levels.

4,000 people for 20 years who were between the ages of 18 and 30 when the study began. The researchers measured how many people got metabolic syndrome after 20 years.

Group 1. The group with the highest risk for metabolic syndrome (32%) regularly drank diet soda and ate a typical Western diet high in meat, processed foods and sugar.

Group 2. The group that regularly drank diet sodas and ate a healthier diet that was rich in fruits, vegetables, whole grains and fish had a slightly higher rate of metabolic syndrome (20%).

Group 3. The group that had the lowest risk for metabolic syndrome drank no diet soda but ate a healthy diet (18%).

STUDY CONCLUSION

Researchers found that overall diet is what matters, and the effect of diet soda is not fully known.

There are some studies in animals showing that artificial sweeteners can increase appetite and food intake, but it is not known if these same effects occur in people.

Other studies have shown similar results and seem to confirm that one's overall food intake can affect the risk of developing both metabolic syndrome and type 2 diabetes. Supporting this view is another study showing that people who ate a greater quantity of vegetables and a wide variety of fruits and vegetables had the lowest risk for developing type 2 diabetes. 

diet soda study

TAKE-HOME MESSAGE

Think about how diet soda affects your appetite and desire for sweets. If you think diet sodas make you feel hungry or lead to cravings for sweet foods, try switching to water, unsweetened ice tea or flavored seltzer water instead.

Eat a healthy diet, high in vegetables and a variety of fruits, whole grains and fish, as well as less meat, processed foods and sugar. These suggestions apply whether you are trying to prevent type 2 diabetes or have type 2 diabetes already. Because people with diabetes are at risk for high blood pressure and heart disease, eating a healthy diet is a sound choice for the long term. It will help to keep your blood glucose on target and will help prevent the long-term complications of diabetes.



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Diabetes



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2. Activity

Small steps, quite literally — Walk with Walgreens® makes it easy to add exercise to your schedule, and get rewarded with savings on favorite Walgreens and national-brand products. For more information, visit [Walgreens.com/Walk](https://www.walgreens.com/Walk).

3. Knowledge

See how well you're managing your diabetes by stopping in for an A1C test, which includes a blood pressure check and personal consultation about your results.* *Health tests are available in select locations. To find one near you, visit [Walgreens.com/FindAHealthTest](https://www.walgreens.com/FindAHealthTest).*

Answers at *Walgreens*™



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*Available to ages 18 and over at select Walgreens during pharmacy hours. A1C testing available only to self-identified diabetics. Subject to availability. Testing is not for diagnostic or treatment purposes. Pharmacist consultation does not constitute medical advice. See pharmacy for complete details.

THE gift OF good health

By Michael See, MS, RCEP, CDE



Joslin Diabetes Center

Around the holiday season, our thoughts turn to celebration, shopping, gatherings of family and friends and holiday feasts. With the hustle and bustle of the holidays comes unlimited food and drink, and less physical activity,

putting you at risk for weight gain. This can impact your health and is a risk factor for type 2 diabetes, heart disease and other health issues. For people with diabetes the holidays can present challenges to getting the 30 to 60 minutes of physical activity most days of the week that most experts recommend.

KEEP ON CHECKING

Studies have shown that average blood glucose levels are higher in the winter than in the summer months. Exercise is like medicine for lowering blood glucose, so check your blood glucose before and after exercise. Ask your healthcare professional if you are at risk for low blood glucose levels (hypoglycemia) and if so, how to treat it. Always carry a treatment for low blood glucose with you (such as glucose tablets) when you're doing physical activity. Also, check with your healthcare provider before starting a new physical activity program.

be *i*nformed

A recent study showed that adults gain about a pound during the holidays. Holiday weight gain accounts for more than 50 percent of the weight a person gains during the year, and contributes to the gradually growing waistline commonly seen during adulthood.



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diabetes care

7 TIPS TO HELP YOU STAY ACTIVE

1 Try doing shorter periods of exercise.

Doing 10 minutes at a time is better than no minutes, and once you get started, you might find that you really have the energy and time to go longer.

2 Try doing high-intensity interval training on an exercise bike, treadmill or other piece of exercise equipment.

If you are already exercising regularly, start with a 3-5 minute warm-up, then alternate 15-30 seconds of high-intensity exercise with a minute or two of a slower interval. Repeat 3-5 times and finish with a cool down.

3 Take a walk around the neighborhood to see the lights and holiday decorations.

Ask a friend or family member to join you. Or, start a friendly competition of who can take the most steps in a week or exercise the most hours in a month.

4 Try new things and create more active traditions.

Cross-country skiing, snowshoeing, ice skating, building a snowman, sledding or snow tubing or having a snowball fight are all great fun—and you'll burn calories at the same time. If you are indoors, pop in your favorite workout DVD and break a sweat or try a fitness video game to get you moving.

5 Get a resistance band and exercise ball.

They are inexpensive and can be used for a limitless number of exercises. Combined with pushups using your body weight, you can do a quick strength workout in 10-20 minutes. There are many resources available to learn these simple exercises.

6 Take the stairs.

If the weather outside is frightful, climbing stairs for 10 minutes will burn about 100-150 calories.

7 Park your car in the farthest parking space that you can find.

Use the mall to your advantage and walk a few times around before you hit the stores.

STAY ACTIVE

While social and family activities may make it difficult to stay with your physical activity routine, with some planning and a little work, you can prevent the scale from creeping up while you enjoy a fit and healthy holiday season. Other benefits of staying active during the holiday season? You'll have more energy to get through the holidays and may find it a little easier to manage stress.

PLAN AHEAD

The holidays can be a busy time for everyone, so be realistic and go easy on yourself. Take the time each week to write an exercise plan. It could be a 10 minute walk at lunch time or a trip to the gym Tuesday and Thursday after work. Creating a plan to stay active during the holidays doesn't have to be hard work, and it will help you to stay focused and increase the chances of following through. If you slip a bit, remind yourself that you can get back on track when the holidays are over.

GIVE YOURSELF A GIFT

The best gift you can give yourself this holiday season is the gift of health. The holidays are a wonderful time for giving and receiving gifts. Don't forget to give yourself a gift, too. Physical activity is the gift that keeps on giving. Ask for or give yourself a fitness gift, like a pedometer, personal training sessions or a gym membership to use after the holidays. Stay active, healthy and happy. 🎁

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DIABETES
AND YOUR

eyes

By Martha Funnell, MS, RN, CDE

One of the biggest fears among people with diabetes is losing their eyesight. While it is true that diabetes is still a leading cause of blindness, it happens much less often than it did in the past. It is less common because we know more about prevention, it can be detected earlier, and the treatments work better than they did before.

4 WAYS DIABETES AFFECTS THE EYES

- 1 Blurred vision** occurs when your blood glucose is too high, which causes the lens of the eye to swell. The blurred vision usually gets better when your blood glucose is back in the target range, but it may take as long as three months.
- 2 Cataracts** generate a cloudy spot in the lens of the eye. The lens is made up of proteins and water and is usually clear. But if the protein clumps together, a cloudy spot forms, and light can no longer pass through. Symptoms include blurry vision, poor night vision, difficulty distinguishing colors and problems with glare. Keeping your blood glucose close to normal, wearing sunglasses when you are outside and not smoking can help prevent cataracts.
- 3 Glaucoma** is a condition in which there is too much fluid inside the eye, leading to a buildup of pressure in the eye. If not treated, the increased pressure can damage the nerves in the eye and cause loss of vision. Glaucoma is usually treated with eye drops.
- 4 Retinopathy** refers to damage in the small blood vessels at the back of the eye, called the retina. The retina sends the pictures of what we see to the brain. The central part of the retina is called the macula. The macula is a tiny area that provides extra-sharp vision.

TYPES OF RETINOPATHY

Background retinopathy

Over time, high blood glucose and blood pressure levels cause the small blood vessels in the retina to become weak. As blood flows through the damaged vessels, small pouches balloon out where there are weak places. Because these pouches are fragile, they can break easily, causing blood to leak into the retina. Scars form over the places where the vessels break. There is usually no change in sight unless the macula is affected.

Proliferative retinopathy

The small blood vessels in the retina can become completely blocked. In an effort to keep the blood flowing, new blood vessels grow around the blocked vessels. The new blood vessels grow over the retina and into the clear jelly that fills the eyeball, called the vitreous. Because the new blood vessels are fragile, they can break and leak blood into the vitreous. You may feel as though you are looking through a spider web or through blood, see black floating spots or lose sight in one eye. If this happens, you need to get help immediately.

TREATING RETINOPATHY

Laser therapy is used to seal or destroy the weak places in the small blood vessels that break or leak.

A vitrectomy is done to remove the clear jelly that fills the eyeball and remove any blood or scar tissue. The clear jelly is replaced with clear fluid. This surgery is only done when sight has been lost in one eye. Sometimes vision will return after the operation.

PREVENTING DAMAGE TO YOUR EYES

Most of the damage in retinopathy is caused by high levels of glucose being forced through the very tiny blood vessels in the back of the eye. You can prevent damage or keep it from getting worse by keeping your blood glucose and blood pressure in your target range. There usually are no early signs and symptoms of retinopathy. The only way to find out if you have any signs of retinopathy is to have your eyes dilated and examined by an eye care professional. Drops are placed in the eye to dilate the pupils so they can be seen clearly. It is not painful, but be sure to take sunglasses with you to your appointment because bright lights can be slightly painful when your pupils are dilated. This should be done once a year. Ask your doctor for a referral if you have never had an eye exam or it has been more than one year. 



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

R 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.

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

Please see Patient Information leaflet on the reverse side.

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

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PATIENT INFORMATION

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

What are metformin hydrochloride tablets?

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

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

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

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

Who should not take metformin hydrochloride tablets?

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

Do not take metformin hydrochloride tablets if you:

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

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

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

Can metformin hydrochloride tablets be used in children?

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

How should I take metformin hydrochloride tablets?

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

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

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

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

Tell your doctor if you:

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

What should I avoid while taking metformin hydrochloride tablets?

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

What are the side effects of metformin hydrochloride tablets?

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

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

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

Signs of lactic acidosis are:

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

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

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

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

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

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

General advice about prescription medicines

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

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REVISED JANUARY 2010
MX:PL:METB:R1

CHOOSING YOUR

blood glucose meter

You can use your blood glucose results to help make choices about food, physical activity and medicines. Keep a record of your results and use them to understand your readings. Ask your Walgreens pharmacist to help you choose the blood glucose meter that is best for you and ask how you can save money with Walgreens blood glucose meters and testing supplies.

Meter Box	Meter	Memory	Test Time	Sample Size (µL)*	FEATURES AND COMMENTS
Walgreens TRUEresult					
		500 tests, 7-, 14- & 30-day avg.	As fast as 4 sec.	Very Small 0.5 µL	No coding, state-of-the-art design. Clinically proven accuracy. Advanced performance features include strip release button that eliminates handling of strips, data uploading capability, alternate site testing and ketone testing reminders. Lifetime meter warranty.
Walgreens TRUE2go					
		99 tests	As fast as 4 sec.	Very Small 0.5 µL	Small, no coding meter attaches to the top of a vial of TRUEtest Strips for on-the-go testing convenience. Features an easy-to-read display and strip release button that eliminates handling of strips. Lifetime meter warranty. Comes in red, purple or blue.
Walgreens TRUEtrack					
		365 tests, 14- & 30-day avg.	10 sec.	Small 1 µL	Easy two-step testing with clinically proven accuracy. Large, easy-to-read display, data management capabilities and alternate site testing. Lifetime meter warranty. Affordably priced.
Accu-Chek Nano					
		500 tests, 7-, 14-, 30- & 90-day avg.	5 sec.	Very Small 0.6 µL	Small, sleek design to fit in the palm of your hand. Backlit display makes reading your numbers easy anytime, anywhere. No coding. Includes the ACCU-CHEK FastClix lancing device—proven least painful and overall easiest to use.
Accu-Chek Aviva Plus					
		500 tests, 7-, 14- & 30-day avg.	5 sec.	Very Small 0.6 µL	Easy to handle and use, with two simple steps. Large, wide test strip fills quickly and easily. Over 150 quality checks to detect and prevent unreliable results. Alternate site testing.
Accu-Chek Compact Plus					
		500 tests, 7-, 14- & 30-day avg.	5 sec.	Small 1.5 µL	No strip handling. Seventeen strips are contained in a drum, which is loaded into the meter. Attachable lancet device that uses Softclix lancets. Automatic coding. Alternate site testing.
Bayer Contour Next EZ					
		480 tests, 7-, 14- & 30-day avg.	5 sec.	Very Small 0.6 µL	Powerful combination of ease and accuracy. Ready right out of the box with results you can rely on. Uses CONTOUR® NEXT test strips—at the lowest everyday shelf-price of all leading brands. <i>(IRI Data, 52 week period ending 5/13/2012).</i>
Bayer Contour USB					
		2000 tests, 7-, 14- & 30-day avg.	5 sec.	Very Small 0.6 µL	Transform daily testing into understanding. Easy-to-use meter with proven accuracy. Plugs into any computer for easy access to your testing results. Know your blood glucose patterns and trends and share them with your healthcare provider.

* µL = microliters

diabetes care

Meter Box	Meter	Memory	Test Time	Sample Size (µL)*	FEATURES AND COMMENTS
Bayer Breeze 2					
		420 tests, 1-, 7-, 14- & 30-day avg.	5 sec.	Small 1 µL	Easy to use with 10-test disc. Eliminates handling individual blood glucose test strips. Both the BREEZE®2 meter and the 10-test disc received the Ease-Of-Use Commendation from the Arthritis Foundation®. Results in just 5 seconds. No Coding™ technology.
Bayer Contour					
		480 tests, 7-, 14- & 30-day avg.	5 sec.	Very Small 0.6 µL	Easy and accurate testing. Large, easy-to-read display. Fast 5-second test time. No Coding™ technology eliminates inaccurate results due to miscoding.
FreeStyle Freedom Lite					
		400 tests, 7-, 14- & 30-day avg.	5 sec.	Very Small 0.3 µL	Easy-to-read, easy-to-hold meter. Large numeric display. No coding. Very small sample size. Use with FreeStyle Lite® Blood glucose test strips with ZipWik™ tabs for easy application and fast uptake.
FreeStyle InsuLinx					
		870 logbook entries	5 sec.	Very Small 0.3 µL	The first and only touch screen meter that logs insulin doses with a few taps of your finger and automatically stores your blood glucose readings. Easily capture and share the information needed to see trends in your glucose control. Uses FreeStyle InsuLinx test strips. <i>*Available by special order only.</i>
FreeStyle Lite					
		400 tests, 7-, 14- & 30-day avg.	5 sec.	Very Small 0.3 µL	Small, compact meter with backlight display and test strip port light. No coding. Very small sample size. Use with FreeStyle Lite® Blood glucose test strips with ZipWik™ tabs for easy application and fast uptake.
OneTouch VerioIQ					
		750 tests, 7-, 14-, 30- & 90-day avg.	5 sec.	Very Small 0.4 µL	The first and only meter to look for patterns of highs and lows and alert patients right on screen. No coding needed. Light for testing in the dark and high resolution color screen. Ecofriendly rechargeable battery. Download port for data management.
OneTouch UltraMini					
		500 tests	5 sec.	Small 1 µL	Testing made simple. Easy to use meter with a large, easy-to-read screen. Two-way scrolling buttons for simple navigation. Available in a variety of colors (colors vary by store). Download ports for data management.
OneTouch Ultra2					
		500 tests, 7-, 14- & 30-day avg.	5 sec.	Small 1 µL	A simple way to see the impact of food on blood glucose. Before and after meal flagging helps you see if your food choices are working so you stay in range. Two-way scrolling buttons and a backlight make it easy to read and operate. Download ports for data management.
Sanofi iBGStar					
		300 tests	6 sec.	Very Small 0.5 µL	The first blood glucose meter that can be used on its own or connected directly to an Apple iPhone® or iPod touch® to easily display, manage and communicate your diabetes information. Meets today's industry standards for accuracy.

Bayer A1CNow Self Check. The first and only at-home A1C test with results in five minutes, making it simple to check A1C at home and monitor progress in between doctor visits. Product is lab accurate and provides a two to three month indication of average blood glucose. Check with your plan for Flexible Spending Account eligibility.





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 **Abbott**
Diabetes Care

belly fat

how to lose that spare tire

By Amy Campbell, MS, RD, CDE

A spare tire comes in handy if you have a flat, but who wants one around their middle? Too much belly fat is linked with a number of health problems. Here's how to tell if you need to trim your waistline and, if so, what you can do.

BELLY FAT AND YOUR BODY

The fat that surrounds the mid-part of your body tends to wrap itself around your internal organs, too. Belly fat is also called visceral fat, and unlike the fat that lies right under your skin, it's a more harmful kind of fat.

WHY TOO MUCH BELLY FAT CAN BE HARMFUL

Studies show that increased belly fat may lead to certain health problems, such as:

- heart disease.
- type 2 diabetes.
- fatty liver disease.
- breast cancer.
- depression.

Belly fat can cause areas of your body to become inflamed, which may cause many of the health problems listed above. Belly fat is linked with high bad cholesterol (LDL) and low good cholesterol (HDL). It's also linked to insulin resistance, which means your body starts to ignore the insulin you

produce. Insulin resistance can lead to type 2 diabetes. If you already have diabetes, insulin resistance makes it harder for the insulin you make or inject to work well.

HOW TO TELL

One look in the mirror can indicate if you have too much belly fat. Here are some tell-tale signs:

Are you shaped like an apple or a pear? If you carry your excess weight around your middle, you are shaped like an apple. If your extra weight is stored below your waist, in the abdomen and buttocks area, you are more like a pear. Those who fall into the apple group have too much belly fat.

Is your waist size larger than your hip size?

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Your BMI tells you where your weight stands in relation to your height. A BMI between 25 and 29.9 puts you in the overweight group, and a BMI above 30 indicates obesity for most people.

If you're a woman and your waist size is more than 35 inches around, or if you're a man and your waist size is more than 40 inches around, you may have too much belly fat. To measure your waist, take a tape measure and wrap it around your waist so that it crosses your navel. Keep the



tape measure above your hip bones and don't suck in your stomach. Or, ask your healthcare provider to measure your waist for you.

Is your body mass index (BMI) too high? Many people with a high BMI tend to have too much belly fat. You can figure out your BMI by using a BMI calculator on the Internet, or your provider can calculate it for you. 



10 WAYS TO BLAST THE FAT

You can get rid of some of your belly fat if you make a few of these lifestyle changes.

1 GET MOVING.

Moving your body is healthy for so many reasons—including shrinking belly fat. Studies show that people who don't move increase their belly fat, while those who are active each day lose fat around their middle. Aim to be active for at least 30 minutes every day. All activity counts, such as garden and yard work, housecleaning and walking around the mall. Squeeze in some strength-building exercises a couple of days a week, too, like using small hand weights or a stretchy band. Exercises that focus on certain areas, such as sit-ups, can help tighten and tone your muscles, but they won't get rid of belly fat.

2 EAT MORE WHOLE GRAINS.

People who eat more whole grain foods, like whole wheat bread, whole grain pasta and brown rice, tend to have less belly fat than people who eat more refined or white foods.

3 CUT CALORIES.

If you weigh too much, a slow and steady weight loss can help you lose belly fat. Try to cut back on portion sizes, as well as high-calorie, fatty foods, like fried foods, whole milk, butter and snack foods. Meet with a dietitian for an eating plan that helps you lose weight and manage your diabetes at the same time.

4 BE LESS STRESSED.

It's easier said than done, but the more stress you have in your life, the bigger your waist may become. That's because stress tends to raise a hormone called cortisol that, in turn, moves fat from other areas of the body to your mid-section. Physical activity, yoga, deep breathing, massage and meditation are great ways to chill out.

5 STOP SMOKING.

You may know that smoking increases the risk for lung disease, lung cancer and heart disease, but you may not know that smoking can also build up belly fat and lead to insulin resistance. If you smoke, this is another good reason to quit.

6 BUMP UP YOUR SOLUBLE FIBER.

Soluble fiber is a type of fiber that can help lower cholesterol, blood glucose and even belly fat. Research shows that for every 10 grams of soluble fiber people eat, their belly fat will drop by 4 percent over five years. Sources of soluble fiber include oatmeal, oat bran, beans, apples, citrus fruits, broccoli and carrots.

7 GET THE RIGHT AMOUNT OF SLEEP.

Too little or too much sleep can lead to a tubby tummy. The right amount of sleep for most adults is between six and eight hours each night.

8 CHOOSE HEALTHY FATS.

Not all fats are bad, and you need fat for good health. Go for heart-healthy fats, like olive oil, canola oil and safflower oil. Include nuts, seeds and avocados in your eating plan, too. But watch your portions, as all fats are high in calories.

9 ENJOY GREEN TEA.

If you like tea, try green tea. Ingredients found in green tea may help whittle your waist.

10 AVOID HIGH-FRUCTOSE CORN SYRUP.

In animal studies, rats that ate high-fructose corn syrup increased their belly fat. Try to stay away from drinks, desserts and snack foods containing that type of sweetener (look for it on the label).

WHAT DOESN'T WORK

It would be great to suck out all your extra fat. While liposuction (which does that) is a way to trim those love handles and slim down jiggly thighs, it's not a smart way to remove belly fat—at least in the long run. Studies show that belly fat can increase after people have liposuction in their stomach area. Experts aren't sure why, but they think that after liposuction, fat moves from other parts of the body back into the abdomen.



eating right

during the
holidays

By Amanda Celine Longoria, RD, LD
Joslin Diabetes Center Affiliate
at Doctors Hospital, Edinburg, Texas



This holiday season, staying true to your meal plan and keeping your waistline and blood glucose under control may be both challenging and stressful. The good news is you can still include your favorite foods during the holidays, maintain your weight and control your blood glucose.

(CONTINUED ON PAGE 32)

be *i*nformed

**270 calories
equals:**
a 20-ounce
soft drink

OR

2 cups of
blueberries and
strawberries,
topped with
¼ cup pistachios

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(CONTINUED FROM PAGE 30)

7 TIPS

to keep your waistline in check and blood glucose in control

By eating a balanced diet—even throughout the holiday season—maintaining your waistline and controlling your blood glucose, you'll be a living example of health and may even inspire your family members to take care of themselves, too. Many people think people with diabetes have to cut out certain foods. You might be put on the spot if a family member asks if you really should be eating what is on your plate. Take this opportunity to explain how if you eat right 90%-95% of the time, you can still enjoy an occasional sweet, salty or high-fat treat.

1 Budget your calories.

Just like you stretch those hard-earned dollars to buy the best holiday gifts you can, spend your calories wisely by choosing the foods that you enjoy and that give you the most nutritional value per calorie. Create your holiday meals with foods you find in nature: fruits, vegetables, whole grains, nuts, seeds, beans, lean meats and fat-free or low-fat dairy foods.

2 Budget your carbs.

Carbs are plentiful during the holidays. Too much sweet potato casserole, stuffing, mashed potatoes, cranberry sauce, gravy and dessert can send your blood glucose sky high. If you plan ahead and portion foods with carbs, you can enjoy your favorite holiday foods.

3 Serve a small sample first.

This way you'll decide whether you like a particular food before having a full portion. Have you heard of buyer's remorse, when people regret spending too much money on a purchase? Some people experience eater's remorse or regret if they eat a dish they do not enjoy or if they completely clean their plate until they are so stuffed they feel sick. Remember this: Eat only what you like and leave the rest on your plate.

4 Plan ahead and use portion control.

Take a good look at all of the food options on the holiday table and decide what you would like to eat before you serve. Make sure your choices fit within your meal plan and calorie budget. Are several dishes competing for your attention? Cut down on the portion size and try small samples of each so you can savor a bit of everything and satisfy your taste buds.

5 Distract yourself if you're tempted to overeat.

Step away from the table to wash the dishes, breathe some fresh air outdoors or take a walk through the neighborhood with family members. Overeating is very common during the holiday season, so stepping away from the table and all of your trigger foods can help decrease the urge to overeat. An added bonus of taking a walk or engaging in some kind of physical activity is that your blood glucose will decrease.

6 Offer to take a dish that fits within your dietary needs.

By checking with the host or hostess, you can find out what dishes other guests will be bringing. Then you can decide if there is a need for a vegetable dish, fruit dish, protein dish or grain dish. A great food item to take to a party is a colorful fruit or vegetable tray. Not only will you brighten the table with a rainbow of color, you'll also guarantee that there will be something at the party you can enjoy.

7 Make a plan.

Meet with a registered dietitian to create a concrete meal plan before the holidays arrive. The more concrete the plan you establish, the better equipped you'll be. Remember that your dietitian can help you stick to your meal plan. Your healthcare team is available to support you—even through the challenges of holiday eating—so your diabetes will remain under good control year round. 

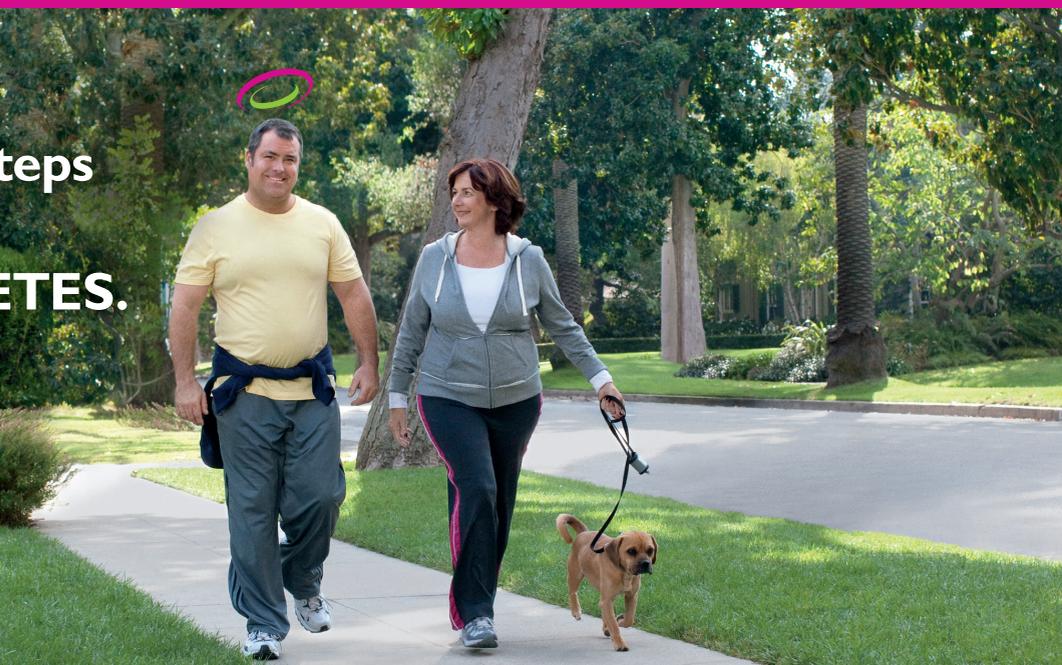


JANUVIA® (sitagliptin) tablets are widely available on most insurance plans.^a

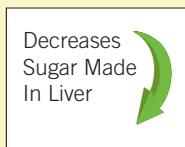
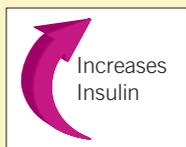
Today, I took steps to balance my TYPE 2 DIABETES.

Today, I chose exercise and talked to my doctor.

Actor portrayal.



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



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

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

Selected Risk Information About JANUVIA

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

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

Kidney problems, sometimes requiring dialysis, have been reported.

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

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

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



For a free 30-day trial supply^b of JANUVIA, visit Januvia.com.

^bNot all patients are eligible. Restrictions apply. See Terms and Conditions.

^aFormulary data provided by Pinsonault Associates, LLC, August 2012.

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



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Januvia®
(sitagliptin) tablets

Medication Guide

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

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

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

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

Certain medical problems make you more likely to get pancreatitis.

Before you start taking JANUVIA:

Tell your doctor if you have ever had

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

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

What is JANUVIA?

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

Who should not take JANUVIA?

Do not take JANUVIA if:

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

Symptoms of a serious allergic reaction to JANUVIA may include:

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

What should I tell my doctor before taking JANUVIA?

Before you take JANUVIA, tell your doctor if you:

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

Pregnancy Registry: If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.

- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

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

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

How should I take JANUVIA?

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

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

What are the possible side effects of JANUVIA?

Serious side effects have happened in people taking JANUVIA.

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

- **Kidney problems**, sometimes requiring dialysis

The most common side effects of JANUVIA include:

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

JANUVIA may have other side effects, including:

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

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

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

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

How should I store JANUVIA?

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

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

General information about the use of JANUVIA

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

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

What are the ingredients in JANUVIA?

Active ingredient: sitagliptin.

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

What is type 2 diabetes?

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

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

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Manufactured by:

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(sitagliptin) tablets

don't blame yourself

By Joy Pape, RN, BSN, CDE, WOCN

Experts believe that family history, genetics and certain environmental factors can trigger both type 1 and type 2 diabetes. And while lifestyle factors such as diet, exercise and weight control may only play a role in the development of type 2 diabetes, the message is the same for everyone: Getting diabetes isn't your fault.

Many people who are overweight believe they caused their type 2 diabetes. Unfortunately, other people may believe this, too. But not everyone who weighs too much gets type 2 diabetes. And not everyone who has type 2 diabetes is overweight. You may have family members who have diabetes, but that doesn't mean you will get it. And, even if you don't know anyone in your family who has diabetes, it can still be in your genes.

GET INFORMED

If you have diabetes, attend a diabetes education program taught by a certified diabetes educator. The more you know about your condition, the more you will be able to separate fact from fiction. In a diabetes education program, you'll learn how to successfully manage your diabetes—and you'll learn not to blame yourself. To find a certified diabetes educator in your area,

check out the American Association of Diabetes Educators (AADE) website at diabeteseducator.org.

STAND UP FOR YOURSELF

Use what you learn about diabetes to stand up for what is true. That doesn't mean you must always respond when people make false comments about your diabetes, but you'll take comfort in knowing you're correct and you will no longer have to blame yourself for your diabetes.



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QUANTUM
HEALTH

4 people who overcame the blame

The comments below may be like many you have made yourself. The good news is that you don't have to live with guilt. You can't change how others think about diabetes, but you can change the way *you* think about it.

1 Before: Leslie, a 39-year-old woman who has type 2 diabetes, said: "I don't feel like I can talk to anyone in my family. They all blame me for even having diabetes. If my numbers are up, I can't talk to them. They just tell me what I did wrong. I feel guilty."

After: Leslie knows she didn't cause her diabetes. She may be able to teach her family—or she may not. She has learned what makes her blood glucose go up and down. If she veers off her diabetes care plan, she knows it's her choice, not her fault.

2 Before: Bill, a 51-year-old with type 2 diabetes turned to Leslie and said, "They blame you? Here's what's tough. I blame myself. I feel guilty almost all of the time."

After: Bill knows that genes are part of the reason that he now has diabetes. He has stopped blaming himself for developing it.

3 Before: James, a 62-year-old with type 2, said. "My wife is always on my case. She tells me what I shouldn't do, even when I know it's good for me. I used to eat three candy bars at a time. I now eat one. I know one is better than three. Even my doctor agrees with that, but my wife still makes me feel guilty."

After: James understands his diabetes meal plan. He learned the types and amounts of food that work for him. When his wife nags, it doesn't bother him because he knows his meal plan. He doesn't feel guilty. James hopes his wife will join him for his classes. She will learn his meal plan, feel better about James's way of eating and have more trust in the choices he makes.

4 Before: Cindy, a 43-year-old who has type 1 diabetes said: "Ever since I was a young child, I was told I couldn't eat this, do this or do that. I feel guilty almost all the time when anything out of the usual happens, which happens a lot."

After: Cindy learned new ways to manage her diabetes. She started new diabetes medications (including new insulins) and uses new tools to check her blood glucose. She has an updated meal and activity plan. All of that allows her to better handle life's uncertainties. She now stops blaming herself for numbers she can't control. 

*As the saying goes,
"Change your thoughts.
Change your life." You,
too, can change the way
you feel by changing your
thoughts. Continue to read
Walgreens Diabetes &
You; you'll learn the truth
about diabetes—one of
which is: It's not your fault.*

THE highs AND lows OF BLOOD GLUCOSE

By Martha Funnell, MS, RN, CDE

Checking your blood glucose can be frustrating—if your numbers are too low, too high or you are not sure what the numbers mean, your meter can start to feel like your worst enemy.

HIGH BLOOD GLUCOSE

↑ HOW HIGH IS TOO HIGH?

Generally a blood glucose reading of 250 mg/dL is too high, especially if you have more than one reading at this level.

RULE OF 15 TO TREAT LOW BLOOD GLUCOSE

check your
blood glucose

Take
15
grams
of carbs

Wait
15
minutes

check your
blood glucose
again

repeat if
needed

4

TIPS FOR TREATING LOW BLOOD GLUCOSE

1

If it is mealtime, treat your low blood glucose and wait about 15 minutes to let the treatment work before you begin your meal.

2

Fluids work faster than food because they don't take as long to be digested.

3

Chocolate does not work very well because it has a lot of fat, which slows down how quickly the sugar is absorbed.

4

Keep glucose tablets on your night table and in your briefcase and desk so you are always prepared.

SYMPTOMS OF HIGH BLOOD GLUCOSE

For many people, the symptoms feel the same as they did before they were diagnosed. Others have no symptoms at that level.

Some common symptoms are:

- feeling tired and sleepy
- feeling groggy and not able to think clearly
- dry mouth, thirst and dry, itchy skin
- urinating more often.
- blurred vision
- headache
- nausea and vomiting

HIGH BLOOD GLUCOSE: WHAT TO DO

It is easy to get dehydrated when your blood glucose is too high. Drinking extra water can help to flush the extra glucose out of your body. Exercise may help to lower your glucose level but can be hard or unsafe to do when you are feeling tired and groggy. If you take a rapid-acting form of insulin, ask your healthcare professional about a correction dose of insulin that you can take at those times. If your blood glucose stays at that level for more than a day, call your healthcare provider and ask for advice. If your family or others notice you are confused, you need to go to the emergency room or call 911.

LOW BLOOD GLUCOSE

HOW LOW IS TOO LOW?

Generally a blood glucose level of less than 70 mg/dL is too low. That is the point at which many people begin to have symptoms.

SYMPTOMS OF LOW BLOOD GLUCOSE

Although there are common symptoms, not everyone has the same signs.

Some early symptoms are:

- feeling weak and hungry
- sweating or feeling cold and clammy
- shaking, especially feeling like you are "shaking on the inside"
- dizziness
- having nightmares or being very restless while sleeping

LOW BLOOD GLUCOSE: WHAT TO DO

Although it is tempting to eat everything in sight, the treatment that works best is to drink or eat a fast-acting source of sugar.

be *i*nformed

If low blood glucose is not treated, it's possible to become confused or even pass out.

(CONTINUED ON PAGE 40)

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Please see Important Safety Information
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Lantus® in the easy-to-use SoloSTAR® pen can help provide 24-hour blood sugar control with just one injection 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 your blood sugar. Talk to your doctor to see if Lantus® SoloSTAR® is right for you. Call 1.877.588.9587 or go to GetToKnowLantus.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.

SANOFI DIABETES

BRIEF SUMMARY OF PRESCRIBING INFORMATION HIGHLIGHTS OF PRESCRIBING INFORMATION

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

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

Initial U.S. Approval: 2000

INDICATIONS AND USAGE

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

Important Limitations of Use:

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

DOSAGE AND ADMINISTRATION

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

DOSAGE FORMS AND STRENGTHS

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

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

CONTRAINDICATIONS

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

WARNINGS AND PRECAUTIONS

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

ADVERSE REACTIONS

Adverse reactions commonly associated with Lantus are:

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

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

DRUG INTERACTIONS

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

USE IN SPECIFIC POPULATIONS

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

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

GLA-BCPH-AS-APR10

Revised: 04/2010
Rx Only

(CONTINUED FROM PAGE 38)

In general, here's what you can do:

- If your blood glucose is between 50 and 70 mg/dL, 15 to 20 grams of carbohydrates is usually enough to raise it. That is the amount of carbohydrates in the following:

✓ 3–4 ounces (½ cup) of juice

✓ 3–4 ounces regular soda

✓ 3–4 glucose tablets

✓ 3–5 pieces of hard candy

- If your blood glucose is less than 50 mg/dL, take twice that amount.

- It will take time for the treatment to work, so wait 15 minutes and check your blood glucose again. If it is still too low, then take the same amount of carbohydrates again.

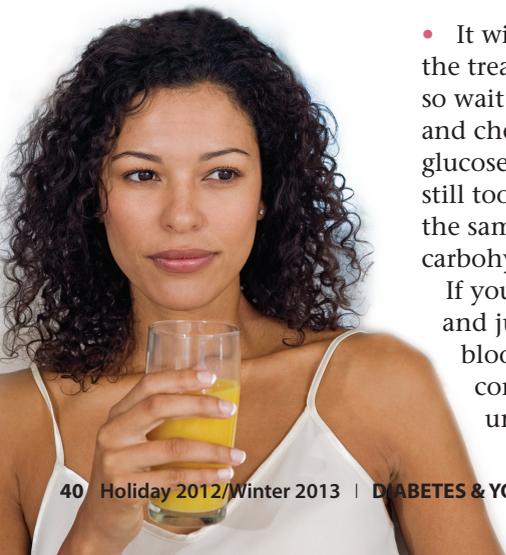
If you don't treat it and just rest, your blood glucose may continue to drop until you pass out.

IF YOU CAN'T CHECK YOUR BLOOD GLUCOSE ...

Then the rule of thumb is to treat yourself as if your blood glucose is too low. If you feel better, then you were probably too low. Another clue is to think about your symptoms or what might be causing them. Low blood glucose usually comes on quickly and may be related to missing a meal, eating less or later than usual, being more active or drinking alcohol. High blood glucose usually comes on more gradually and may be related to being less active or eating more than usual. Stress, or an infection or illness such as a cold or the flu, can also raise your blood glucose level.

Blood glucose monitoring can feel like your best friend

or your worst enemy. It can be frustrating when it is hard to figure out what is causing your readings to fluctuate or when they do not reflect your hard work. It can feel like you studied hard, did the best you could and then failed the test. But remember, blood glucose levels are not who you are, or a judgment of your efforts or character. Blood glucose readings are just numbers. They give you information about your body and your diabetes to figure out how to manage it so you reach your targets and goals. By knowing what to do when your blood glucose is too high or too low and using the information to take action, monitoring can become your friend instead of your enemy. 



weight loss surgery

for type 2 diabetes?

By Martha Funnell, MS, RN, CDE



You may have heard that people who had weight loss surgery no longer needed to take medicines for their type 2 diabetes. Their blood glucose levels were in the normal range within a very short time after the surgery—even before they lost weight. It may have sounded like the answer to cure diabetes. But scientists are now starting to study the longer-term effects of weight loss surgery and diabetes.

Bariatric surgery is not magic. It still takes work to lose weight and to keep it off. In reality, bariatric surgery is a commitment to making changes in your eating and activity habits throughout your life. If you decide to have bariatric surgery, you'll work with a team that includes your primary care provider, a bariatric surgeon, a dietitian and possibly

a behavioral health specialist. Together, you will develop a treatment plan for both before and after your surgery.

How does weight loss surgery lower blood glucose levels?

Hormones in the intestines help the pancreas make insulin. Those hormones are released when food passes through the gut. People with type 2 diabetes make less of these gut hormones. Although it is not fully understood, it appears that bypassing part of the stomach helps the body release more of these hormones.

What are the types of weight loss surgery?

There are three types of weight loss surgeries.

1. In gastric bypass surgery, a small part of the stomach is used to create a new, smaller

stomach, about the size of an egg. The new stomach is connected directly to the large intestine and bypasses most of the small intestine.

2. In gastric banding surgery, a band filled with fluid is wrapped around the stomach. The part of the stomach above the band becomes a small pouch and the bottom part empties into the intestines. Because the pouch is small, only a small amount of food can be eaten at one time.

3. Gastric sleeve surgery is a newer type of bariatric surgery in which 60% to 85% of the stomach is removed. The remainder of the stomach is formed into a slim tube or sleeve. The stomach is still connected to the intestines, so bypass surgery isn't needed. In studies of people with diabetes, gastric bypass surgery provides better results for both weight loss and blood glucose levels.

What are the long-term effects on diabetes?

According to recent studies, about 42% of those with gastric bypass, 37% with a gastric sleeve and 7% with gastric banding were able to keep their blood glucose levels in the normal range without taking diabetes medicines one year after the surgery.

Should I consider bariatric surgery?

In general, this surgery is recommended for people whose body mass index (BMI) is more than 40, which means being about 100 pounds overweight for men and 80 pounds overweight for women. People with diabetes who have BMI levels of 35 to 40 also may be considered for bariatric surgery.

A recent report of results combining many studies showed that people who had gastric bypass surgery lost about two-thirds of their excess weight and kept it off for two years after surgery.

How do I get started?

The first step is to learn all that you can about bariatric surgery and the possible risks and benefits. Although it may not cure your diabetes, there are other health and quality-of-life benefits of bariatric surgery. Your doctor is a good first source of information about what it can do for you and about a safe and honest center for the surgery. It is also helpful to talk with those who have had the surgery about their experiences and how it worked for them. 

be *i*nformed

Weight loss surgery has helped many people lose weight and live healthier lives. It is not the complete cure for obesity or type 2 diabetes, but it can be a powerful tool.

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HEALTHY
holiday
 recipes

**Roasted
 Pork Chops
 & Vegetables**

Makes: 4 servings

Prep time: 20 minutes

Total time: 1 hour 20 minutes

- | | | | |
|---|--|---|--|
| 2 | teaspoons | | olive oil-flavored cooking spray |
| | parsley flakes | 6 | new potatoes, cut into fourths (3 cups) |
| ½ | teaspoon dried marjoram leaves | 4 | ounces mushrooms, cut in half (1½ cups) |
| ½ | teaspoon dried thyme leaves | 1 | medium green bell pepper, cut into 1-inch pieces |
| ½ | teaspoon garlic salt | 1 | medium onion, cut into thin wedges |
| ¼ | teaspoon coarse ground pepper | 1 | medium tomato, cut into 8 wedges |
| 4 | pork rib chops, ½ inch thick (1 pound) | | |

- Heat oven to 425°F. Spray jelly roll pan, 15½ x 10½ x 1 inch, with cooking spray. Mix parsley, marjoram, thyme, garlic salt and pepper. Spray both sides of pork chops with cooking spray. Sprinkle with 1-1½ teaspoons herb mixture. Place in corners of pan.
- Mix potatoes, mushrooms, bell pepper and onion in large bowl. Spray vegetables 2 or 3 times with cooking spray; stir. Sprinkle with remaining herb mixture; toss to coat. Spread evenly in center of pan between pork chops.

- Bake uncovered 45 minutes. Turn pork; stir vegetables. Place tomato wedges over vegetables. Bake uncovered 10 to 15 minutes or until pork is slightly pink when cut near bone and vegetables are tender.

NUTRITION INFORMATION

Per serving:

285 Calories (65 Calories from Fat); 7 g Total Fat (2 g Saturated Fat); 55 mg Cholesterol; 170 mg Sodium; 31 g Total Carbohydrate; 4 g Dietary Fiber; 24 g Protein

Dietary exchanges:

1 Starch, 2 Vegetable, 3 Lean Meat

Apple-Cinnamon Butternut Squash Soup

Makes: 8 servings

Prep time: 25 minutes

Total time: 45 minutes

- 8 cups cubed seeded peeled butternut squash (2 medium)
- 1 large apple, peeled, chopped
- 1 large onion, cut into 1-inch pieces
- 2 tablespoons packed brown sugar
- $\frac{3}{4}$ teaspoon salt
- $\frac{3}{4}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon pepper
- 3 cups Progresso® chicken broth (from 32-oz carton)
- $\frac{3}{4}$ cup milk
- 1 container (6 oz) Yoplait® Greek Fat Free plain yogurt
- 2 tablespoons chopped, fresh chives



1. In Dutch oven, mix squash, apple, onion, brown sugar, salt, cinnamon and pepper. Add broth. Cover; heat to boiling over medium-high heat. Reduce heat; simmer about 20 minutes or until squash is tender.

2. In blender or food processor, place 1/3 of mixture. Cover; blend until smooth. Repeat twice to use up remaining soup. Return to Dutch oven, stir in milk and yogurt. Heat over low heat, stirring occasionally, just until heated through. Ladle into bowls; sprinkle with chives.

NUTRITION INFORMATION

Per serving:

130 Calories (5 Calories from Fat);
 $\frac{1}{2}$ g Total Fat (0 g Saturated Fat,
0 g Trans Fat); 0 mg Cholesterol;
570 mg Sodium; 25 g Total
Carbohydrate (2 g Dietary Fiber,
15 g Sugars); 4 g Protein

Dietary exchanges:

$\frac{1}{2}$ Starch, 1 Carbohydrate,
1 Vegetable



Impossibly Easy Pumpkin-Pecan Pie

Makes: 8 servings

Prep time: 15 minutes

Total time: 1 hour, 55 minutes

- 1 cup canned pumpkin (not pumpkin pie mix)
- $\frac{1}{2}$ cup Original Bisquick® mix
- $\frac{1}{2}$ cup sugar
- 1 cup evaporated milk (from 12-oz can)
- 1 tablespoon butter or margarine, softened

Winter Fruit Waldorf Salad

Makes: 16 servings
Prep time: 25 minutes
Total time: 25 minutes

- 2 medium unpeeled red apples, diced
- 2 medium unpeeled pears, diced
- ½ cup thinly sliced celery
- ½ cup golden raisins
- ½ cup chopped dates
- ¼ cup mayonnaise or salad dressing
- ¼ cup Yoplait® Original 99% Fat Free orange crème yogurt (from 6-oz container)
- 2 tablespoons frozen orange juice concentrate
- 8 cups shredded lettuce
- Walnut halves, if desired

1. In large bowl, mix apples, pears, celery, raisins and dates.
2. In small bowl, mix mayonnaise, yogurt and juice concentrate until well blended. Add to fruit; toss to coat. (Salad can be refrigerated up to 1 hour).
3. Serve salad on lettuce. Garnish with walnut halves.

NUTRITION INFORMATION Per serving: 1 cup

100 Calories (25 Calories from Fat); 3 g Total Fat (0 g Saturated Fat, 0 g Trans Fat), 0 mg Cholesterol; 30 mg Sodium; 17 g Total Carbohydrate (2 g Dietary Fiber, 12 g Sugars); 1 g Protein

Dietary exchanges: 1 Carbohydrate, 1 Fat



- 1½ teaspoons pumpkin pie spice
- 1 teaspoon vanilla
- 2 eggs
- ½ cup chopped pecans
- 1½ cups frozen (thawed) whipped topping
- ¼ teaspoon pumpkin pie spice
- 8 pecan halves, if desired

1. Heat oven to 350°F. Spray 9-inch glass pie plate with cooking spray.
2. In medium bowl, stir pumpkin, Bisquick mix, sugar, milk, butter, 1½ teaspoons pumpkin pie spice, vanilla and eggs until blended. Stir in chopped pecans. Pour into pie plate.
3. Bake 35 to 40 minutes or until knife inserted in center comes out clean. Cool completely, about 1 hour.
4. Stir whipped topping and ¼ teaspoon pumpkin pie spice. Garnish pie with topping and pecan halves. Store covered in refrigerator.

NUTRITION INFORMATION Per serving:

250 Calories (110 Calories from Fat); 13 g Total Fat (4½ g Saturated Fat, 0 g Trans Fat); 60 mg Cholesterol; 170 mg Sodium; 28 g Total Carbohydrate (2 g Dietary Fiber, 20 g Sugars); 6 g Protein

Dietary exchanges:

1 Starch, 1 Other Carbohydrate, 2½ Fat



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MAKING SENSE OF

meds

By Martha Funnell, MS, RN, CDE

If you spend a lot of time thinking about taking your medicines, you are not alone. Many people struggle to take their medicines safely and correctly, according to a recent study. The average person with diabetes takes 7-9 pills a day. That's a lot of pills to manage.

5 tips to help manage your medicines

1 Once-a-day medicines can usually be taken anytime. The important thing is to take them at about the same time every day. Some medicines work better when taken in the morning or at night. Ask your healthcare provider what time of day is best for the medicines you are taking.

2 Take your medicines at mealtimes whenever possible. It's usually easier to remember. And stick with a regular meal/medicine schedule as much as possible. If your schedule happens to change, ask your healthcare provider about the best way to deal with it.

3 If the label says to take after meals or on a full stomach, take them when you finish eating.

4 Bedtime can mean different things on different days. Choose a time and remember to take your medicines at that time, regardless of when you go to bed.

5 If the label doesn't say anything about food, you don't need to be concerned about when you take your medicines—though it is often easier to remember if you take them at mealtimes.

diabetes care

The study also found that many people did not fully understand what the instructions on their medicine bottles meant. They often took medicines more times per day than needed. Most people find that the more often they have to remember to take their medicines, the easier it is to forget. So what can you do?

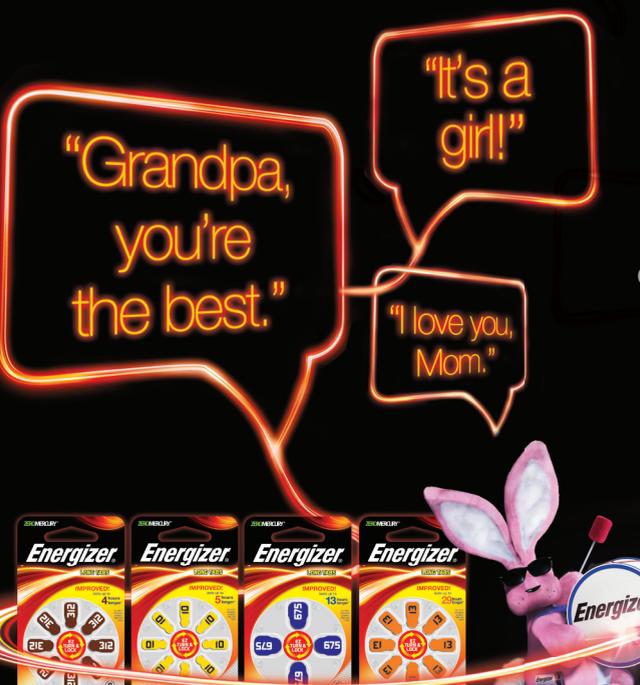
ASK YOUR WALGREENS PHARMACIST THE FOLLOWING QUESTIONS:

- 1 Is there a particular time of the day it is best to take this medicine?
- 2 Do I need to avoid certain foods or drinks with this medicine?
- 3 Is it safe to drink alcohol with this medicine?
- 4 What are the side effects?
- 5 How do I store this medicine?

Also, ask your pharmacist to help you make a plan or a calendar that will fit in to your day and help you get the most from your medicine. 

WHAT DOES THE LABEL ON MY PILL BOTTLE MEAN?

If the label says:	It means:
Take on an empty stomach	Take at least two hours after eating or one hour before you start eating
Take before meals	Take right before you start eating
Take with food and liquid	Take during or after your meal
Take with meals or at mealtime	Take during or after your meal
Take every 12 hours	Take twice daily, 12 hours apart (for example: 7 a.m. and 7 p.m.)
Take every eight hours	Take three times a day, 8 hours apart (for example: 7 a.m., 3 p.m. and 11 p.m.)



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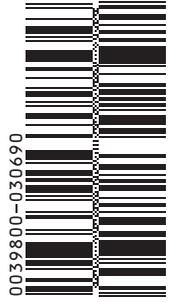


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Bret Michaels

rock star, reality star
and diabetes
role model

By Jonathan Jarashow

Bret Michaels' dreams have come true. He and his band Poison have sold more than 30 million records. He's written 10 Top 40 singles, including "Every Rose Has Its Thorn." His album "Custom Built" debuted in July 2010 at No. 1 on the hard rock charts. He has achieved all of this—and more—while managing his diabetes.

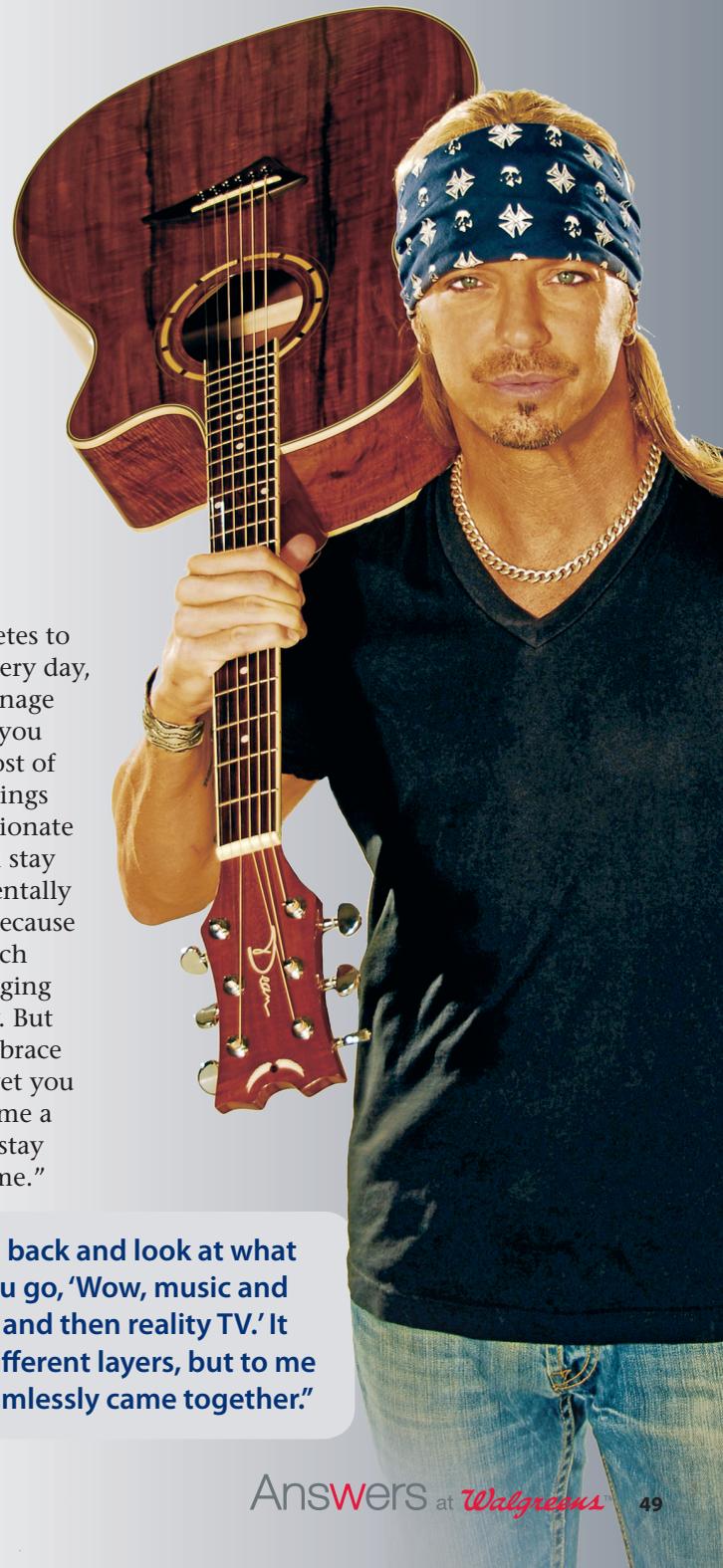
Aside from the fame, Bret's life with diabetes is remarkably normal. He has hobbies and interests just like anyone. "I'm one of those people who always wanted to buy a ranch. I've got everything there I love to do: I can crank the music, I can play basketball, I can ride my dirt bikes, and I can swim. When I'm home I've got the kids, so they keep me active, even when I'm not touring."

DIABETES DAY BY DAY

Bret has found that by taking each day as it comes and by finding things in life that he truly enjoys, he can look forward to a long, healthy life. He advises

others with diabetes to do the same. "Every day, find a way to manage your diabetes so you can make the most of your life. Find things that you are passionate about so you can stay in the game—mentally and physically, because diabetes is as much mentally challenging as it is physically. But you've got to embrace it and not let it get you down. It's given me a lot of reasons to stay on top of my game."

"If you stand back and look at what I've done, you go, 'Wow, music and then movies and then reality TV.' It seems like different layers, but to me it kind of seamlessly came together."



FITTING IN DIABETES

Bret has worked hard to fit managing his type 1 diabetes in with his lifestyle. He never let having diabetes slow him down. “Even in the early stages of my career, the one thing I realized is that having diabetes is the card that I was dealt. I’ve had to be healthy to do the things I want to do.” Whatever Bret’s schedule is, he’s nailed down the start of his day. “I roll out of bed, no different from anyone else—except that the very first thing I do is check my blood sugar. I know if I’m perfect, or a little low, or a little high. And then I immediately take my insulin.” After taking his insulin, Bret makes sure to eat a healthy breakfast and then goes on with the rest of his day. “If I’m home, I take care of my kids. Otherwise, if I’m on the road and I don’t have my kids with me, I get out of bed, eat a little something, and then I start to take care of running my business.”

KEEPING ACTIVE

Bret knows that activity is key to managing his diabetes, and he finds time to stay active even when he’s living out of his tour bus. “I’ll stop by a lake or state park to go swimming, fishing or mountain biking. I’ll peddle my bike for an hour while I make phone calls. Or I’ll do some weights for 10 minutes before I do an interview, and then I’ll throw 10 more minutes of weights in afterward. I mix my exercise with my

work, and that puts me in a great mood. Do what you can, when you can, to keep your body in motion.”

LEARNING MOMENTS

Although Bret likes to keep busy, he learned long ago to step back and take a moment to make sure his diabetes is in check. He remembers vividly an

“I’m never going to say having diabetes is a cakewalk. Never. It’s not. But if you face that and you accept it, you can move forward in your life.”

episode years ago when he was performing at Madison Square Garden and passed out from insulin shock. So now he makes sure to check his blood glucose periodically during a performance. “In every show I do, we have two solos in which the band does another song or whatever, and I can take a break backstage. I go and check my blood sugar, just to make sure my numbers are where they’re supposed to be so that during the show I feel good. That day in Madison Square Garden changed everything. It was early in my career, but I learned from it—I learned that you can’t go two hours performing on stage without checking.”

MAKING MUSIC

Bret knows he is fortunate to have found continued success in his career. “I feel blessed to be 25 years into my music career and

being able to do “Rock of Love,” which was a No. 1 show, and “The Celebrity Apprentice,” which was in its highest-rated season. It’s a great feeling to branch out because I’m passionate about what I do.”

And Bret continues to be on top of his music game. His latest album, “Get Your Rock On,” is a collaboration

record with an all-star cast of recording artists—all of whom are close friends.

DIABETES IN THE FAMILY

Bret also has learned a thing or two about living a healthier lifestyle in general. And as a father, he knows it is important to be a good role model for his children—especially because his daughter has prediabetes. “We really work hard with my daughter to keep her in dance and to teach her to eat well and do the right things. Then we keep our fingers crossed, because there is really nothing we can do other than keep her in great health and hope for the best.”

But even if Bret’s daughter does develop diabetes, he wants to instill in her the positive attitude he has developed over the years. “As a parent, I’m letting her know that if she does develop type 1, like me,

she can still live a long, happy and healthy life.”

STICKING TO HIS GUNS

Determination and strength are two characteristics that really define Bret Michaels. He recalls the final competition of “The Celebrity Apprentice”—which he won—between him and Holly Robinson Peete. They were challenged to create a new flavor of Snapple and a marketing campaign. Bret came up with a now-successful drink called Diet Trop-A-Rocka. “Donald Trump looked at me and said, ‘I know you have diabetes and I know you want to do your campaign on a sugar-free drink, but it will not taste as good, and you may lose this competition for sticking to your guns.’ And I said, ‘I would rather lose, sticking to my guns, than win doing something that just isn’t me.’ I couldn’t go out there with a sugar drink and tell everyone to drink it—knowing that I have diabetes—just to win. I hope it tells a lot about the kind of person I am.”

In a poignant reference to his mega hit, Bret states that his life has been a series of roses and thorns. But through it all, he believes that laughter is still the best medicine. “It’s OK to laugh at yourself sometimes. It doesn’t mean that bad things don’t happen, but being able to laugh through some of the hard times will help you a lot.” 🗨️

To learn more about Bret, visit www.BretMichaels.com.

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