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HOLIDAY 2013/WINTER 2014

diabetes & you[®]

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METER**

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**HOLIDAY
RECIPES**

FROM BETTY CROCKER KITCHENS



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



A personal approach to blood glucose monitoring

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

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



Dear Readers:

Welcome to the *Walgreens Diabetes & You* Holiday 2013/ Winter 2014 issue. As always, we feature expert views on diabetes care, tips on healthy eating and great recipes.

This issue's healthy holiday recipes are from Betty Crocker Kitchens and include the Mint-Wine Lamb Chops pictured on the cover as well as Gluten-Free Harvest Pumpkin Spice Bars, Holiday Salad with Parmesan Fans and Artichoke-Spinach Lasagna.

Our feature article is on Joseph Ward Simmons, who was the lead vocalist for the rap originators Run-D.M.C. Today, Simmons is an ordained minister and calls himself Rev Run. An influential figure for several decades now, he has

an audience of millions in his role as a spokesman for a Novo Nordisk program that encourages people to visit AskScreenKnow.com. This is a website alerting people to their risk for diabetes, and the importance of visiting their healthcare providers regularly.

DON'T MISS AN ISSUE OF WALGREENS DIABETES & YOU

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- **Healthcare providers:** Email your request for FREE office copies of *Walgreens Diabetes & You* to info@Walgreensdiabetes.com from your office email. Please include the healthcare provider's name and office mailing address.
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As always, we invite you to share your questions or comments to us at:

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

Sincerely,

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

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



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EDITOR-IN-CHIEF

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

EDITOR

Martha M. Funnell, MS, RN, CDE
Associate Research Scientist
Department of Medical Education
Michigan Diabetes Research
and Training Center,
University of Michigan,
Ann Arbor, MI

PUBLISHER

Jonathan B. Jarashow
H. Crimson Inc.
Pharmacy Publications

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diabetes care

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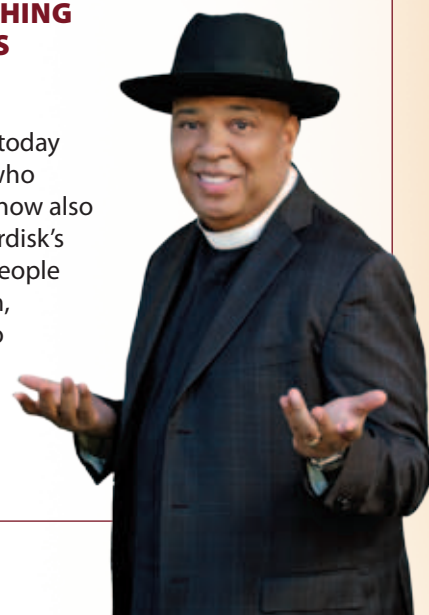
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Shawn

Managing type 2
diabetes with Victoza®



“When my diabetes pill didn’t get me to goal, I asked my doctor about non-insulin Victoza®.”

Shawn

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

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

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Non-insulin • Once-daily

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

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

Individual results may vary.

Pay no more than \$25 on your Victoza® prescriptions.† Find out more at victoza.com

Indications and Usage

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

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

Important Safety Information

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

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

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

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

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

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

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

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

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

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

Victoza® is a prescription medication.

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

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



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0713-00016832-1

September 2013

VICTOZA®
liraglutide (rDNA origin) injection

Important Patient Information

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

WARNING

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

What is Victoza® used for?

- Victoza® is a glucagon-like-peptide-1 (GLP-1) receptor agonist used to improve blood sugar (glucose) control in adults with type 2 diabetes mellitus, when used with a diet and exercise program.
- Victoza® should not be used as the first choice of medicine for treating diabetes.
- Victoza® not been studied in people with a history of pancreatitis (inflammation of the pancreas). Other antidiabetic therapies should be considered in people with a history of pancreatitis.
- Victoza® is not for use in people with type 1 diabetes mellitus or people with diabetic ketoacidosis.
- It is not known if Victoza® is safe and effective when used with mealtime insulin.

Who should not use Victoza®?

- Victoza® should not be used in people with a personal or family history of MTC or in people with MEN 2.
- Victoza® should not be used in people with a severe allergy to Victoza® or any of its ingredients.

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

- In animal studies, Victoza® caused thyroid tumors. People who use Victoza® should be counseled on the risk of MTC and symptoms of thyroid cancer.
- In people treated with Victoza®, there have been cases of pancreatitis, which may be severe and lead to death. If pancreatitis is suspected, Victoza® should be discontinued. Victoza® should not be restarted if pancreatitis is confirmed.

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

What are the side effects of Victoza®?

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

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

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

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

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

Still have questions?

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

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

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Date of Issue: April 2013
Version 6

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0413-00015276-1 5/2013





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

what's new at **Walgreens**

By Jonathan Jarashow

WALGREENS PHARMACISTS CAN HELP YOU UNDERSTAND YOUR MEDICARE PART B AND D BENEFITS

Understanding Medicare can be difficult, especially with some of the changes going on right now. It's hard to know where to go when you have questions and sometimes, you're not even sure what the right questions are. Walgreens can help. We accept most major Medicare prescription insurance plans and can help find the right plan for you.

Walgreens offers a wide range of Medicare-covered services:

MEDICARE PART B

You can get your diabetes testing supplies at any Walgreens. We accept Medicare assignment and can bill Medicare and your supplemental insurance directly. Plus, we carry all major brands.

MEDICARE PART D

Your plan design, healthcare needs and prescriptions may have changed, which means you may not be saving as much as you could. Come into Walgreens and:

- Run your FREE annual Medicare Part D plan comparison report
- Enroll in a plan that saves you the most money based on your current Medicare Part D prescriptions during Annual Election Period (through December 7th)
- Select the pharmacy that offers you the lowest copays based on your new plan.

Walgreens also offers Medicare-covered immunizations and can do a free immunization assessment.

Don't forget the best way to stay well is to take the right immunizations for your age and lifestyle.

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- Flu (\$0 out-of-pocket costs)
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- Shingles
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NEW ONLINE RELATIONSHIPS FOR WALGREENS DIABETES & YOU

Walgreens Diabetes & You will now be sharing some of its award-winning diabetes health content with a few of the most popular diabetes social networks in cyberspace, so we encourage you to visit them. These websites have provided us with special landing pages to introduce you to their great features:

- **DiabetesDaily.com** connects people touched by diabetes to live healthy, happy and hopeful lives. Visit DiabetesDaily.com/DY to learn strategies for eating well and enjoying great blood glucose levels.
- **DiabetesMine.com** is the world's leading patient-led "diabetes newspaper with a personal twist," providing daily updates on the latest diabetes products and research, as well as tips for living well. For a special introduction and welcome to the world of diabetes online, visit DiabetesMine.com/DY.
- **DiabeticConnect.com** is the leading social health network for people with diabetes. To learn how a social health network is like a support group in cyberspace, visit DiabeticConnect.com/DY, where certified diabetes educator Amy Reeder writes, "Patients who are engaged in social health networks feel less isolated and lonely because they are part of a community."

In addition to the websites above, visit Walgreens weekly diabetes blog at walgreens.com/diabetes.


Please note: Always seek the advice of your healthcare provider with any concerns or questions you may have regarding your health. Do not disregard professional medical advice or delay in seeking it because of something you have read in print or online.

NEW PRODUCT UPDATE



• CONTOUR® NEXT USB METER

Below are some of the features of this new, easy-to-use meter:

- Smart, sleek design
- Easy-to-read, bright, color display
- Simple on-screen messages instead of error codes
- Can be set to English, Spanish, or 12 other languages
- AutoLog, as well as easy-to-log carbs and insulin, make it easy to collect information including pre-meal, post-meal, or fasting marker
- 7-, 14-, 30-, and 90-day averages to get an overview of trends
- Rechargeable battery
- Plugs directly into a PC or Mac
- Uses CONTOUR® NEXT test strips with Second-Chance™ sampling. These allow you to apply more blood to the same test strip to help prevent wasting a strip. 

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COQ10 BRAND*



* Based on US News & World Report - Pharmacy Times Survey

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease.

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EXPIRES 03/01/14

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EXPIRES 03/01/14

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good intentions

By Martha Funnell, MS, RN, CDE

The intention to do something has long been thought of as a good way to measure what people actually do. In other words, people who say they are going to do something are more likely to do it. But many studies examining the intent to exercise showed a 48 percent gap between people's intentions and their actual activity.

WHY EXERCISE IS SO HARD TO DO

Most people have heard all about the benefits of exercise. Regular physical activity helps you look better, feel better and live longer. And if you have diabetes, you know there is an added benefit of lowering your blood glucose levels. But, for most of us, even though we want to exercise and be healthy, it still remains a struggle to get up and do it.

MAKING IT WORK FOR YOU


The most important tip is to take the time to figure out what will work best for you. You are the one

who knows best what will motivate you to get started with an exercise plan that you can stick to. For some people, it is exercising with a friend, and for others it is time alone. Some people do better with a class, while others prefer to exercise when they want to or in the privacy of their own homes. Some exercise early in the morning, while others prefer later in the evening to ease the stress of the day.

A good way to figure out what will work for you is to come up with a list of ideas and try them out.

Write down whether or not you exercised and also make note of:

- your blood glucose levels before and after exercise
- how you felt
- what helped you to do your exercise
- what got in your way

After one or two weeks, review what you have written. You'll have a better sense of what works for you, what motivates you and what gets in your way. Then, use what you learned about yourself to make a plan. It can help you go from intending to exercise to actually doing it. 

be *i*nformed

Activity monitors are new devices that help you achieve your fitness goals by tracking your calories, steps and distance. Some have apps for your smart phone that can help you track your results and keep you motivated.

3 TIPS for overcoming barriers to exercise

1 MAKE A PLAN

Write it on your calendar or enter it into your smartphone. Think of exercise as an appointment you are going to keep, just as you do the other things on your schedule.

2 MAKE IT A HABIT

Habits are things you do regularly without thinking, like brushing your teeth. You probably don't have to think about whether you will brush your teeth before you leave the house: you just do it. When you make exercise a habit, you are less likely to talk yourself out of it—you'll just do it.

3 MAKE A BACKUP PLAN

No matter how good your plan, things happen that get in the way of exercise. After all, diabetes is only one of many things on your to-do list. But if you find you're often unable to exercise because of your schedule or other events, it's likely that your plan is just not working. That does not mean you have failed, it just means you need to come up with a Plan B for when things get in your way.

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

Rx only

Important Safety Information

Metformin hydrochloride tablets are used to control blood sugar levels in people with type-2 (non-insulin-dependent) diabetes.

A small number of people who have taken metformin hydrochloride tablets have developed a serious condition called lactic acidosis. Lactic acidosis is caused by a buildup of lactic acid in the blood. This buildup can cause serious damage.

Lactic acidosis happens more often in people with kidney problems. Most people with kidney problems should not take metformin hydrochloride tablets.

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

Make sure you tell your doctor before you use metformin hydrochloride tablets if you have kidney or liver problems.

You should stop using metformin hydrochloride tablets and call your doctor right away if you have signs of lactic acidosis. Lactic acidosis is a medical emergency that must be treated in a hospital.

Signs of lactic acidosis are:

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

Other Side Effects: Common side effects of metformin hydrochloride tablets include diarrhea, nausea, and upset stomach.

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



Tablet is not actual size.

Effective diabetes control
has never smelled so sweet.

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

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

Please see Patient Information leaflet on the reverse side.

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

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

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500 mg, 850 mg and 1000 mg

Rx Only

PATIENT INFORMATION

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

What are metformin hydrochloride tablets?

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

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

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

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

Who should not take metformin hydrochloride tablets?

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

Do not take metformin hydrochloride tablets if you:

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

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

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

Can metformin hydrochloride tablets be used in children?

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

How should I take metformin hydrochloride tablets?

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

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

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

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

Tell your doctor if you:

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

What should I avoid while taking metformin hydrochloride tablets?

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

What are the side effects of metformin hydrochloride tablets?

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

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

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

Signs of lactic acidosis are:

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

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

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

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

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

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

General advice about prescription medicines

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

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5 tips to help stay on track



By Casey McKinney RD, LDN, CDE
Joslin Diabetes Center Affiliate at
Temple University Hospital, Philadelphia, PA

As the colder weather approaches and the days become shorter, our food choices begin to change. We move from lower-calorie fruits and vegetables to heavier “comfort foods,” such as mashed potatoes and casseroles. Colder weather means that fresh produce is less abundant at this time of year. It also means that our bodies think that we need more calories to survive the upcoming winter months.



During the times of feast and famine, our bodies stored extra calories as fat. Food was often scarce in the winter months, so having more fat helped to provide energy and kept our bodies warm, as well. Luckily, times have changed and famines are rare. In fact, with the many holidays and family get-togethers during the holiday season, trying to control your weight and your diabetes can be tricky, so use the tips below to improve your chances of success in the battle of the bulge.

1 MOVE MORE

Naturally, as the daylight hours become numbered, our bodies want to become less active. It is very tempting to say “I’m going to join a gym” as a New Year’s resolution. Do you know how many people are thinking the exact same thing? By the time you get to the gym on Jan. 2, you will be waiting in line 30 minutes to walk on a treadmill for 20 minutes. Why not beat the crowds and start now? Fitness centers tend to have their lowest turnouts at the end of the calendar year. Take this opportunity to find a fitness center and become familiar with the equipment before the New Year’s rush. You might even book a few sessions with a personal trainer to learn how to do exercises properly and have a routine tailored for you.

■ If gyms and fitness centers are not for you, think about buying a piece of exercise equipment, like a treadmill or an exercise bike, for your home.

Or try the many, free exercise videos that are available from your computer or tablet. Don't forget that walking is a great exercise, even during the cold winter months, as long as you bundle up. Any increase in movement gives you some flexibility with the additional calorie intake from the holiday festivities. Activity not only improves blood glucose immediately after exercise, but also throughout the day. The next time you are with family or friends, start a game of football or challenge Grandma to a game of Wii tennis.

2 BE A PICKY EATER

Whether you're at a cocktail party, buffet or sit-down dinner, scan the holiday spread and ask yourself, "What do I really want to eat?" For example: Dinner rolls are available every month of the year, while Aunt Gertrude's mashed potatoes are a once-a-year treat.

■ **Carbohydrate-based foods are portioned into 15 g portions. For example, 1 cup of mashed potatoes has 30 g of carbohydrates, or 2 carbohydrate choices.**

These foods are roughly equal, nutritionally. So which food would you rather use for your carbohydrate choices at this meal? Having one or the other, not both, will make a big difference in your glucose levels after

the meal. Being selective will keep you satisfied with your meal and may help prevent your blood glucose from climbing too high afterward.

3 WATCH THE LIQUID CALORIES

Sometimes we forget that beverages contain calories and carbohydrates.

■ **An 8 oz glass of eggnog contains about 350 calories and 35 g of carbohydrate, along with 19 g of mostly unhealthy fat.**

Eggnog is a meal in a cup. Liquid calories can add up quickly because they are very easy to consume and do not give the same feeling of fullness as food does. If you want to indulge in a special holiday beverage, be aware of the size of your cup or glass. A serving of wine is 5 oz, not 12 oz.

Choose lighter versions of some of your favorites, such as sugar-free hot cocoa, a wine spritzer, lite beer or diet sodas. A glass of seltzer water with a splash of cranberry juice and a squeeze of fresh lime is a festive, low-calorie drink.

Remember, alcohol guidelines are as follows: one drink per day for women and two drinks per day for men. A drink is a 12 oz beer, 5 oz of wine, or 1½ oz of distilled spirits, such as vodka, rum or whiskey.

4 WEIGH YOURSELF

People who weigh themselves at least once a week have a greater chance of maintaining weight goals. Knowing what you weigh can better help you keep track of what's happening with your weight.

■ **Choose one day out of the week and consistently weigh yourself.**

Look for patterns. For example, has your weight been about the same? Or are you noticing that the numbers on the scale are creeping up? If that's the case, nip the weight gain in the bud by setting small goals to achieve that week, such as, "I will walk for 15 minutes during my lunch break five times this week."




5 LEAVE THE LEFTOVERS

Don't let the ghost of meals past continue to haunt you long after the holidays.

■ **If your host insists that you must leave with some leftovers, choose lean protein foods, such as turkey or chicken, and leftover vegetables, such as salad or greens.**

You'll be happy you have these when it comes time to pack your lunch the next day.

Food is, of course, meant to be enjoyed. Food is deeply rooted in our family history, our religion and our personal culture. But take the time to appreciate the other facets of the holidays. Slow down in between bites and try to use all of your senses while you are enjoying the company. Smell the sweet aromas of your mother's kitchen, use your sight to view the festive colors of the season, use your ears to hear the children's laughter, and feel the warmth of the coal stove. Use every day and every meal to nourish yourself for a better tomorrow and a better New Year. Taking the time to savor the holidays will also help you stay on track with your weight and your diabetes. Happy holidays to you and yours. 

There is no reason to take the second half of the sweet potato pie. Remember, that pie was meant for an entire party of people.

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change is coming

By Jonathan Jarashow

Regardless of how you feel about it, the Affordable Care Act (ACA) will become a reality beginning Jan. 1, 2014, and most Americans must have health insurance. The ACA provides everyone with access to affordable coverage, regardless of medical history or ability to pay. Some of the major reforms included in the ACA are designed to improve healthcare outcomes and streamline how healthcare is delivered. As a result, new models for providing care are being created.

PAY FOR PERFORMANCE

One model links payment to doctors from insurance companies and other payers to measures of

quality of care and overall costs. You may have heard this referred to as “pay for performance.”

PATIENT-CENTERED MEDICAL HOME

Still another model for improving care for chronic diseases, such as diabetes, is Patient-Centered Medical Homes, or PCMH. A PCMH has a primary care doctor as the leader of a team that cares for the patients in the practice. It is thought that this model can lower the costs of healthcare, improve quality of care and improve health outcomes. Many primary care practices are already working to become a PCMH.


HOW A PCMH WORKS

The purpose of a PCMH is to provide you with a complete team to help you get the care and support you need to manage your diabetes, other conditions and overall health. If you hear from your primary care provider's office that it is becoming a PCMH, ask what is available for you.

EXPECTATIONS OF A PCMH

One of the benefits of the PCMH model is that team members

can be assigned to coordinate your care. For example, if you need to go to the hospital, a team member from the practice will work with you when you come home to help you make a smooth transition. They will make sure you know about any changes in your medicines or treatment and that you get the follow-up care you need. Studies have shown that having someone oversee this transition helps keep people from having to go back into the hospital for the same problem.

Some PCMHs provide someone to coordinate your chronic illness care, as well. They work for the practice (not your insurance or managed care company), have different backgrounds (they may be nurses, social workers or medical assistants) and are called different names (care manager, care navigator or care coordinator). But the end result is that they are there to help you. Their job is to answer your questions about diabetes and other health concerns, to give you information about diabetes and how to manage it; to tell you about resources in your area, and to help you make changes in your behavior and lifestyle. 

THE ACA AND PEOPLE WITH DIABETES

- If you're uninsured, now is the time to take action. Open enrollment for health insurance in 2014 is through March 31, 2014.
- All health plans must provide coverage for a set of 10 categories of care, including care for chronic diseases, such as diabetes, and diabetes prescriptions and supplies.
- Walgreens has partnered with GoHealth, an independent insurance brokerage that has helped millions shop for health insurance. Together, they can help you make the right choice for your insurance.
- Go online to Walgreens.com/HealthcareReform to shop and compare the health insurance plans available to you.

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PACK A healthy lunch

By Susan Weiner, MS, RDN, CDE, CDN

Prepare, portion and pack your own lunch so you can enjoy a healthy midday meal at work or school.

Do you often feel pressured to order the same type of food as your friends or co-workers? Try to make your own food choices. If you pack your own lunch, then *you* can decide what's on your midday menu. If you buy lunch, you might be restricted to local restaurants with limited menus or vending machines. Think about how much money you could save if you bring your lunch. You'll also be in control of your carbohydrate and calorie budget. In addition, packing a healthy lunch can help you lose weight, reduce midday fatigue and control your blood glucose levels.

10 TIPS FOR PACKING YOUR LUNCH

- 1 Use a padded (insulated) bag.** Put a frozen ice pack on the bottom. A reusable padded bag will help keep your food at the right temperature.
- 2 Plan your lunch menus.** Write down your shopping list before you go to the market. When you plan your menus, don't forget to include lean protein (such as chicken, turkey or fish) and plenty of vegetables. Choose colorful, low-calorie vegetables, which have plenty of fiber. This will help fill you up so you won't eat too many calories.
- 3 Be creative.** Don't settle for a dry turkey sandwich on boring, low-fiber white bread. Bring a thermos of hearty vegetable soup with turkey meatballs for lunch on a cold winter day. You can cook the soup over the weekend and freeze it in portions. Or try some crunchy whole grain crackers with last night's leftover salmon and sliced cucumber.

4 Prepare your lunch the night before. Store your padded bag near the fridge. That way you'll never forget to bring your lunch, and you will save time in the morning.

5 Bring a plastic or metal water bottle to work or school. Refill your bottle every few hours. Then take it home to reuse again. For extra flavor, add a sugar-free, calorie-free powder mix, or squeeze a little lemon or lime into your water. You'll quench your thirst without adding calories or carbohydrates.

6 Use your leftovers. Prepare a little extra for dinner, and bring the leftovers for lunch. Here's one idea: cook an extra portion of grilled chicken with quinoa over steamed broccoli and bring it for lunch.

7 Measure your food in advance. This helps save time and may help you control your weight and blood glucose levels.

8 Bring your salad or leftovers in a bag or reusable container.

You'll save money and help protect the environment at the same time.

9 Savor your salads. Prepare enough salad for two days. Use lots of veggies. Here's a great salad idea: Mix romaine lettuce, cucumbers, radishes, mushrooms, red cabbage and a few grape tomatoes. Add some diced grilled chicken or turkey breast and toss in some chick peas. Top your salad off with a few chopped walnuts. Pack a small side of olive oil and vinegar to add when you're ready for lunch. Finish off your meal with some fresh berries or a crisp apple.

10 Pat yourself on the back. When you pack your lunch, you make it easier for yourself to avoid unhealthy fast food choices, such as hamburgers and fries or fried chicken and creamy mashed potatoes that are loaded with carbohydrates, unhealthy fat, sodium and calories. 



be *i*nformed

Keep an honest food journal. Write down what you spend on food purchases. Soon you'll see how much money you save when you bring your own healthy lunch from home.

jump-start YOUR weight loss

By Amy Campbell,
MS, RD, CDE

METABOLISM 101

Metabolism is a fancy word for the rate or speed at which your body uses energy. The body needs energy to do everything: to breathe, to digest food, to think and, of course, to do physical activity. Just like your car runs on gas, your body derives the energy it needs from the foods you eat. When you're young, your metabolism (sometimes called metabolic rate) is higher. That's why you could eat almost anything, in any amount, and not gain weight—when you were young. But with age, the metabolism starts to slow down. Eating the same amount of food as you did in your 20s now makes you gain weight. Starting at about the age of 25, metabolism tends to drop between

5 percent and 10 percent every decade. However, your genes play a role, too. The same calorie intake may translate into different weight gains for different people. Your genes, in part, determine how fast you burn calories. Furthermore, men tend to have a faster metabolism than women—up to 15 percent faster. This is partially due to the fact that men naturally have more muscle mass than women, and the more muscle one has, the more calories one burns. Women, on the other hand, tend to have more fat, and their bodies hold onto it more than men do. This might explain why women often have a harder time losing weight.

As you lose weight, your metabolism slows a bit because there's less of you to energize. Your body doesn't need as much energy as it did when you weighed more. Also, even when you lose weight the healthy way—by cutting back on food portions and being more active—you will lose some muscle along with fat. Less muscle mass means fewer calories burned.

Have you ever tried to lose weight and hit a point where the pounds didn't seem to come off anymore? Does it seem harder to lose weight now than it was when you were younger? If you've answered yes to these questions, it may be time to jump-start your weight loss. Here are a few things you can do to help burn those calories again—and hopefully get to or maintain your weight goal.

12 ways to boost your metabolism

The good news is that there's a lot that you can do to speed up your metabolism. Here's how:



1 Build up your muscle mass.

You don't need to become a bodybuilder, but the more muscle you have compared with fat, the more calories you'll burn. Think of it this way: Each pound of muscle burns 6 calories each day, while each pound of fat burns only 2 calories a day. Be sure to include strength training at least three times a week as part of your physical activity.



2 Fit in fiber.

High-fiber foods help keep your digestive tract healthy. One type of fiber, called soluble fiber, may help lower blood glucose and cholesterol levels. Fiber may also help boost metabolism because the body tries to digest it, which burns calories in the process. High-fiber foods include whole grain breads and cereals, fruits and vegetables, and beans.



3 Drink water.

One study showed that people who drank eight or more glasses of water every day burned more calories than people who drank only four glasses of water each day.



4 Eat breakfast.

Your body stays in sleep mode all night, so give it a jump-start in the morning with a good breakfast. Choose a bowl of high-fiber cereal, some fruit and a healthy protein food, such as an egg, low-fat cottage cheese or some peanut butter. People who eat breakfast are more likely to lose weight than people who don't.



5 Give your heart a workout.

Strength training builds muscle mass, but you also need aerobic activity to help burn calories. When you do aerobic activity, such as walking, jogging, swimming or using an exercise bike, you'll keep burning calories even after you stop moving. You can get an even more beneficial workout by doing interval training, which means working hard for a couple of minutes, then slowing down to an easier pace.



6 Eat regularly.

If you think skipping meals helps cut calories, think again. It takes energy to burn energy. When you eat every few hours, you boost your metabolism. If you skip a meal or go too long without eating, your body goes into starvation mode and conserves calories.



7 Keep moving.

Make time for physical activity to help control your diabetes. Also, try to move as often as you can during the day. Stand up and walk around when you're on the phone, march in place when you watch television, or climb a few flights of stairs to help you burn calories and strengthen your muscles.



8 Eat enough.

As tempting as those low-calorie diets can be, it's best to avoid them. If you take in fewer than 1,000 calories per day, your metabolism will slow down because the body thinks it's starving. Although it sounds funny, you need to eat to lose weight.



9 Include protein.

Make sure each of your meals contains protein. It takes more energy for your body to digest protein than carbohydrates. Also, protein helps maintain

your muscle mass. Choose healthy proteins, such as skinless chicken or turkey, lean beef, eggs, fish, lower-fat cheese and tofu.



10 Spice it up.

Hot, spicy foods can also raise your metabolism for a short while.




11 Eat more fish.

Cold water, fatty fish—like salmon, tuna, mackerel and herring—contain healthy fish oils that may not only protect against heart disease, but may also help increase metabolism by about 400 calories per day.



12 Get plenty of sleep.

A lack of sleep can lead to diabetes, high blood pressure, heart disease and weight gain. When you're short on sleep, certain hormones, like cortisol and ghrelin, kick in and increase your appetite. Try to get between seven and eight hours of sleep every night. 

There are several resources online that can help you reach your weight loss goals by keeping track of the foods you eat and the physical activity you get.

- **Walgreens Steps with Balance Rewards** program (Walgreens.com/steps) is a great way to get started.
- **CalorieKing** (calorieking.com) offers an accurate database of nutrition information as well as dozens of tools and resources for healthy eating and activity. CalorieKing also has a relationship with Joslin Diabetes Center, the world's largest diabetes clinic, to promote type 2 diabetes awareness, prevention and management.

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By Jonathan Jarashow

As an ordained minister who calls himself Rev Run, he is more than just a preacher. He is the face and the voice of inspiration as he teaches others how to live healthier, happier and more fulfilling lives.

However, Rev Run wasn't always the role model he is today. "I was a guy who did rock 'n roll; I did all the crazy stuff. I was on top of the world. I really lived the rock star life. But when I got to the top, it felt like the bottom because I was empty."

THE TWITTER REVEREND

He realized that there had to be more than just living the rock star life. He began going to church and transforming his inner self. He made his way up from a member of the choir all the way to becoming a minister. He preaches love, compassion and gratitude to his ministry and is known for his words of wisdom that teach his parishioners how to live more fulfilling lives. Rev Run is now getting his messages across on Twitter—he has more than four million followers—and was the most re-tweeted person for many years. "My whole ministry



Run has always known how to work a crowd. As the lead vocalist for the rap originators Run-D.M.C., along with friends Darryl "DMC" McDaniels and the late DJ Jason "Jam-Master Jay" Mizell, Joseph Ward Simmons has been an influential figure for several decades and has reached millions of people.

REV RUN IS KNOWN FOR TWEETING ACRONYMS SUCH AS **HAPPY8 HAVE A PERFECT, PLEASANT YEAR, OR **LIFE3** LIVE IN FULL EFFECT.**

has been really serious on Twitter,” he says. “That’s my lifestyle. I thank god for this part of my life because it inspires people. It’s like twurch for me (Twitter + church) because I say my words of wisdom, like ‘Tweet others how you want to be tweeted,’ and other funny things like that.”

Twitter is easily Rev Run’s biggest ministry. People eagerly scroll through to read his next tweet, and he’ll get 4,000 re-tweets from one tweet. “It’s my way, the way I like to get it done. I speak at different churches and colleges and have question-and-answer forums, but this is the main way I reach out to people.”

HEALTHY LIFESTYLE

Not only has Rev Run made the transformation from rock legend to reverend preacher, he has also adopted a healthier lifestyle. A major factor leading to his health transformation is that his late father had diabetes, as did his manager’s father. Rev Run realized that he, himself, was at risk and that if he didn’t make the necessary lifestyle changes, he, too, could be diagnosed with diabetes—which would impact not just him but all his loved ones.

“My father had diabetes. It was something he had to constantly keep in check.

So, for me, when you think about your father dealing with it and you know you have this ‘anointing’ to preach the gospel and people are looking to you, it’s just the obvious choice for me to help people and to tell them about what I’m doing and how I’m losing weight.”

ASK.SCREEN.KNOW.

Rev Run is now a spokesman for Novo Nordisk’s Ask.Screen.Know. program, which encourages people to visit AskScreenKnow.com to learn of their risk for diabetes and to see their healthcare provider. This is important because many people who have diabetes don’t know they have it, and the earlier you know, the sooner you can take steps to manage it. “I noticed that a lot of people—especially people I know—don’t go to the doctor until something crazy happens. They’re just walking around until they feel the pain. But you can’t heal what you don’t know about. What you don’t confront, you can’t fix.”

Because he’s in the public eye, Rev Run understands the importance of being a good role model and does so by eating right and staying fit. “I took off about 22 pounds because I don’t want any health problems. When everyone’s sitting down to eat, I have to figure out what I’m going to eat, and I just have to stay on my game. I always had whatever I wanted, like a hamburger, for lunch. Now I’ll have something lighter, like turkey with mustard on rye—and it’s good.”

KEEPING IN SHAPE


Aside from eating right, Rev Run also works hard now to keep in shape. “I’ve got to be in shape not only to keep myself far from diabetes, but also just for life in general, so it’s a wake-up call for me. Being a spokesman keeps it on my mind that I’ve got to stay in line: You’ve got to practice what you preach.” And Rev Run does just that. He recently joined a gym in his neighborhood, has started jogging and uses the treadmill in his home.

Health has become a top priority for Rev Run. “When something like this falls in my lap, I feel like it’s God’s calling—my next calling—because

I’ve been preaching on love and compassion for years. Then, when Ask.Screen.Know. came along—where I’m supposed to be talking about what my Dad went through—I take it as a sign that, as a reverend preacher, it’s my job now to speak on health, and I tell people: Health is the first wealth.”

As Rev Run knows, when you are trying to take better care of your health and to eat right, it helps to have friends and family who support you. “I told Darryl, my band member, that I was taking a test for diabetes, and he said, ‘Do it!’ I don’t have diabetes, but I still have to keep the weight off. It can be difficult for other people to accept your lifestyle changes, but you have to remind yourself that not everyone is going to eat the foods that you are eating, and it’s your choice to make.”

DO IT FOR YOUR FAMILY

Rev Run knows deep down that his whole lifestyle turnaround is for his kids and his family. “I tell people that if you don’t want to manage your weight and exercise for yourself, then do it for those you love, because some people don’t really move until they’re hurting someone else. They say, ‘I’m not going to the doctor.’ Well, would you do it for your daughter? For your sister? For your brother? You don’t want them to go through any pain, and that can motivate people. So get checked and screened, and do it for those you love—and for yourself.” 





Ask For Yourself. Do It For Your Family.

REV RUN
Musician
Novo Nordisk Ambassador

Over the years, I've been known as many things: hip-hop artist, reverend, reality show star. But it was as a father, husband, and son that I had to ask myself the tough questions about diabetes. My dad had it, and just like millions of Americans, I'm at risk for the disease. That risk only increases if you're older than 45 or African American. **Ask questions. Get screened. And know** what to do about it, for you and your family.



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some good news for your feet

By Guy Pupp, DPM, FACFAS
Chairman of the Board,
Save A Leg, Save A Life Foundation

Most of us don't think about our feet very often, but they are certainly one of the most abused parts of the body. And if there is a problem, painful feet can really make your life miserable. How many times have you heard someone say "When your feet hurt, you hurt all over"?

While everyone needs to give their feet attention, this is especially true for those with diabetes or blood flow problems. Nerve damage, or neuropathy, is common among people with diabetes and can cause loss of feeling in the feet. If one doesn't feel pain, a simple injury such as a blister can become a serious infection before you find out that you have a problem.

People with diabetes can also have blood flow problems, or peripheral arterial disease (PAD), which can cause injuries to heal more slowly.

The good news is that there are things you can do to care for your feet. It all comes down to protecting them and being aware of any problems that occur before they become more serious.

Keep your feet dry. It's dark and moist inside your shoe, which makes it easy for bacteria to cause an infection.

7 easy foot care tips

1. Check your feet every day. Look for cuts, sores, blisters, foreign bodies (like splinters), redness or swelling around your feet and ankles and between your toes. If there is anything that is painful or looks different, call your healthcare provider immediately.

Wear shoes and socks.

Foot injuries often happen in the home, so don't walk around barefoot. Look for socks that fit well, without constricting cuffs, lumps, or uncomfortable seams.

2. Keep your feet clean and moisturized.

While showering, be careful not to excessively soak your feet; this can strip away the protective oils and cause them to become dry and cracked. Dry between the toes to help prevent infections, such as athlete's foot. Use lotion to keep your feet soft and prevent against cracks or fissures. Never use lotion between the toes as it increases your risk for infection.

3. Treat cuts and sores right away.

If you have a small sore or blister, use a wound wash or an antiseptic and cover with a bandage. If your sore gets worse or does not begin to heal after one-to-two days, call your foot care specialist or your primary care provider. It's always better to be seen for a false alarm than to end up in the hospital.

4. Keep your toenails trimmed.

Cut your nails straight across. If your nails are too thick or are hard to cut, a podiatrist (foot care specialist) can cut your nails and care for any thick or discolored nail tissue. If your toenails become red and infected, call your podiatrist or healthcare provider.


5. "Bathroom surgery" is never a good idea.

Do not trim, shave or use over-the-counter medications to dissolve corns and calluses. The risk of doing more harm than good is just not worth it. Your podiatrist or healthcare provider can help you safely care for corns and calluses.

6. Buy shoes that fit.

Shop for shoes later in the day because swelling can affect shoe fit. Ill-fitting shoes or boots can cause blisters and sores that can easily become infected. Have your feet measured from time to time to be sure your size has stayed the same.

7. Protect your feet from both hot and cold.

If your feet become numb from nerve damage, you can burn your skin without knowing it. Check your bath water with your elbow rather than your toes. Be careful of hot pavements, sidewalks or sand at the beach which can also burn your feet. Avoid putting your feet on radiators, space heaters or heating pads. To protect from the cold, wear wool socks, and if your feet get wet, change your shoes and socks as soon as you can. 

Taking care of your feet is worth the effort. As the saying goes, taking care of your feet can help them last a lifetime.

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HEALTHY holiday recipes



Grilled Mint-Wine Lamb Chops

Makes 4 servings

- 8 lamb rib chops or lamb loin chops, about 1 inch thick (about 2 lbs)
- 2 tablespoons dry white wine or apple juice
- 2 tablespoons honey
- 1 teaspoon chopped fresh or $\frac{1}{4}$ teaspoon dried mint leaves
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

1. Heat coals or gas grill for direct heat. Remove excess fat from lamb. In small bowl, mix remaining ingredients.

2. Place lamb on grill over medium heat; brush with wine mixture. Cover and grill 9 to 11 minutes for medium doneness, turning once and brushing with wine mixture. Discard any remaining wine mixture.

NUTRITION INFORMATION PER SERVING:

Calories 210, **Total Fat** 10 g, (Sat. Fat $3\frac{1}{2}$ g, Trans Fat 1 g), **Cholesterol** 65 mg, **Sodium** 210 mg, **Carbs** 9 g, **Fiber** 0g, **Sugars** 9 g, **Protein** 20 g
Exchanges: 0 Starch, 0 Fruit, $\frac{1}{2}$ Carb, 3 Lean Meat



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Gluten-Free Harvest Pumpkin Spice Bars

Makes 49 servings

BARS

- | | |
|--|----------------------------|
| 1 box Betty Crocker® Gluten-Free yellow cake mix | 1/4 teaspoon ground cloves |
| 1 can (15 oz) pumpkin (not pumpkin pie mix) | 3 eggs |
| 1/2 cup butter, softened | 1 cup raisins, if desired |
| 1/4 cup water | |
| 2 teaspoons ground cinnamon | |
| 1/2 teaspoon ground ginger | |

FROSTING

- | |
|--|
| 1 container Betty Crocker® Rich & Creamy cream cheese frosting |
| 1/4 cup chopped walnuts, if desired |



Holiday Salad with Parmesan Fans

Makes 6 servings

Parmesan Fans

- | |
|---------------------------------------|
| 6 wonton wrappers (3 1/2-inch square) |
| 1 tablespoon Italian dressing |
| 2 teaspoons grated Parmesan cheese |

Salad

- | | |
|--|---|
| 1 bag (5 oz) spring mix salad greens or 6 cups assorted greens | 1/3 cup red or green pistachio nuts, coarsely chopped |
| 1/4 cup Italian dressing | |

1. Heat oven to 350°F. Place wonton wrappers on cutting board. In each wrapper, cut 3/8- to 1/2-inch strips to within 1/2 inch of bottom. Make 2 or 3 pleats in the same direction on bottom edge of each wrapper to form fan base; spread strips gently to form fan shape. Carefully transfer fans to cookie sheet. Brush with 1 tablespoon dressing; sprinkle with cheese.
2. Bake 4 to 6 minutes or until light brown. Cool completely.
3. In medium bowl, toss salad greens and 1/4 cup dressing. Arrange greens on 6 salad plates; sprinkle with nuts. Place fans upright in salad.

NUTRITION INFORMATION PERSERVING:

Calories 120, **Total Fat** 9 g (Sat. Fat 1 g, Trans Fat 0 g), **Cholesterol** 0 mg, **Sodium** 200 mg, **Carbs** 8 g, **Fiber** 1 g, **Sugars** 2 g, **Protein** 3 g
Exchanges: 1/2 Starch, 1 Vegetable, 1 1/2 Fat





1. Heat oven to 350°F. Lightly grease bottom and sides of 15x10x1-inch pan with shortening or cooking spray.
2. In large bowl, beat all bar ingredients except raisins with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Stir in raisins. Spread in pan.
3. Bake 20 to 25 minutes or until light brown. Cool completely in pan on cooling rack, about 2 hours.

4. Spread frosting over bars. Sprinkle with walnuts. For bars, cut into 7 rows by 7 rows. Store in refrigerator.

**NUTRITION INFORMATION
PER BAR:**

Calories 90, **Total Fat** 3½ g (Sat. Fat 1½ g, Trans Fat ½ g), **Cholesterol** 20 mg, **Sodium** 85 mg, **Carbs** 14 g, **Fiber** 0 g, **Sugars** 9 g, **Protein** 0 g
Exchanges: ½ Starch, ½ Other Carb, ½ Fat

Artichoke-Spinach Lasagna

Makes 8 servings

- 1 medium onion, chopped (½ cup)
- 4 cloves garlic, finely chopped
- 1 can (14 oz) vegetable broth
- 1 tablespoon chopped fresh or 1 teaspoon dried rosemary leaves
- 1 can (14 oz) artichoke hearts, drained, coarsely chopped
- 1 box (9 oz) Green Giant® frozen chopped spinach, thawed, squeezed to drain
- 1 jar (15 to 17 oz) roasted garlic Parmesan or Alfredo pasta sauce
- 9 uncooked lasagna noodles
- 3 cups shredded mozzarella cheese (12 oz)
- 1 package (4 oz) crumbled herb-and-garlic feta cheese (1 cup)
- Rosemary sprigs, if desired
- Lemon wedges, if desired

1. Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
2. Spray 12-inch skillet with cooking spray; heat over medium-high heat. Add onion and garlic; cook about 3 minutes, stirring occasionally, until onion is crisp-tender. Stir in broth and rosemary. Heat to boiling. Stir in artichokes and spinach; reduce heat. Cover; simmer 5 minutes. Stir in pasta sauce.
3. Spread 1/4 of the artichoke mixture in bottom of baking dish; top with 3 noodles. Sprinkle with 3/4 cup of the mozzarella cheese. Repeat layers twice. Spread with remaining artichoke mixture; sprinkle with remaining mozzarella cheese. Sprinkle with feta cheese.

4. Cover and bake 40 minutes. Uncover and bake about 15 minutes longer or until noodles are tender and lasagna is bubbly. Let stand 10 to 15 minutes before cutting. Garnish with rosemary sprigs and lemon wedges.

**NUTRITION INFORMATION
PER SERVING:**

Calories 350, **Total Fat** 13 g (Sat. Fat 8 g, Trans Fat 0 g), **Cholesterol** 40 mg, **Sodium** 950 mg, **Carbs** 38 g, **Fiber** 5 g, **Sugars** 9 g, **Protein** 20 g
Exchanges: 2 Starch, 1 Vegetable, 1 Fat



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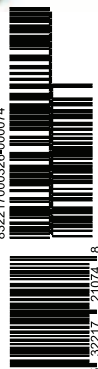
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| Meter Box | Meter | Memory | Test Time | Sample Size (μL)* | FEATURES AND COMMENTS |
|--|---|--|-------------------|-------------------|---|
| Walgreens TRUEresult | | | | | |
|  |  | 500 tests, 7-, 14- & 30-day avg. | As fast as 4 sec. | Very Small 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 | Offers advanced accuracy with ACCU-CHEK SmartView test strips. Small, sleek design, no coding and brilliant backlit display make it easy to use. Includes ACCU-CHEK FastClix lancing device. |
| Accu-Chek Aviva Plus | | | | | |
|  |  | 500 tests, 7-, 14- & 30-day avg. | 5 sec. | Very Small 0.6 μL | Offers advanced accuracy with ACCU-CHEK Aviva Plus test strips. Easy-to-read display designed to fit comfortably in the hand and easy, quick-fill strip make it easy to use right out of the box. |
| Bayer CONTOUR NEXT | | | | | |
|  |  | 800 tests, 7-, 14- & 30- & 90-day avg. | 5 sec. | Very Small 0.6 μL | MultiPulse™ accuracy technology ensures accurate measurements, even when blood glucose levels are low. No Coding™ technology. Uses CONTOUR® NEXT test strips with enhanced accuracy—at the lowest shelf-price of all leading brands. (IRI Data, 52 week period ending 7/14/2013). |
| Bayer CONTOUR NEXT EZ | | | | | |
|  |  | 480 tests, 7-, 14- & 30-day avg. | 5 sec. | Very Small 0.6 μL | Easy-to-read display. MultiPulse™ accuracy technology ensures accurate blood glucose measurements. Second-Chance sampling allows you to apply more blood to prevent wasting a test strip. Ready to test right out of the box. No Coding™ technology. Uses CONTOUR® NEXT test strips. |
| Bayer CONTOUR NEXT USB | | | | | |
|  |  | 2000 tests, 7-, 14-, 30- & 90-day avg. | 5 sec. | Very Small 0.6 μL | Easy-to-read, bright color display. Simple on-screen messages instead of error codes. Plugs directly into a PC or Mac for instant access to test results and trends. Second-Chance sampling allows you to apply more blood to help prevent wasting a test strip. No Coding™ technology. |

* μL = microliters

| 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. |
| 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 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 | A simple way to check your blood sugar. No coding needed. High Resolution color screen and test port light for testing in the dark. Ecofriendly rechargeable battery. Works with OneTouch® Verio® Test Strips. |
| 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. Works with OneTouch® Ultra® Test Strips. |

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choosing your blood glucose meter

Accuracy. It's important for you to know that the meter readings are not as accurate as the results of blood tests taken at the lab. Your meter will likely measure your blood glucose within 20 percent of your usual lab test numbers. This is considered the acceptable range.

Cost. Find out what meters and strips your health plan covers. Check the prices of both of these items before you make your purchase. Look for trade-in and rebate offers.

Results upload. Most meters allow you to upload results to your computer and analyze them electronically. This feature can help you and your healthcare provider make sense of your blood glucose numbers.

Alternate site testing. If you want to get blood from a site other than your finger, make sure the meter you buy is approved for what's called alternate site testing.

Portability. If you carry your meter with you, make sure it is small and portable. Most meters come with a carrying case in which there is room for your testing supplies.

Ease of use. Take the meter for a "test drive" to make sure you feel comfortable using it. Your Walgreens pharmacist or diabetes educator can help you do this. Some meters are more difficult to handle than others. Also, see if you can read the results from the machine easily. Some meter screens are larger than others.

Speed. If you check your blood glucose several times a day, you may want a quick test.

Sample size. Meters that need a smaller sample size allow you to use a thinner lancet. This can mean less pain for your fingers.



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Diabetes Care

planning, perseverance & prevention

FOR HEALTHIER HOLIDAYS



Joslin Diabetes Center

By Gretchen Edstrom, MSN, RNBC

Joslin Diabetes Center Affiliate,

Lawrence + Memorial Hospital, New London, CT



The holiday season is a special time to spend with family and friends. Unfortunately, it is also a time when people are more at risk for the transmission of germs and viruses from large gatherings, hugging and kissing, and generally being in close quarters. If you have diabetes, and your blood glucose levels are not in good control, you are at a higher risk for getting sick. So remember the three Ps—planning, perseverance and prevention—in order to have a healthy, happy holiday season.

planning

When you're sick, you don't feel well, you lack energy, and you don't think as clearly. That is why planning ahead for these situations is very important. A great suggestion is to have a "sick day kit" on hand and ready to go that includes:

- a thermometer
- tissues
- sugar-free medications and cough drops
- glucose tablets
- acetaminophen
- ketone strips (if you have type 1 diabetes)
- your current medication list
- phone numbers for your physicians

Remember to check your kit yearly to be sure that your lists are up-to-date, the medications have not expired, and your thermometer is in working order. If you do get ill, remember that illness may make your blood glucose rise, even if you are not eating your usual amounts of food.

perseverance

When you are ill, you may not have the energy or desire to do things, even though you know that they can help you feel better. One example is drinking plenty of fluids. Drink fluids or foods like gelatin, juice or ginger ale (regular, not sugar-free). The carbohydrates in these foods can replace the solid food you may be unable to keep down. Also, keep taking your medicines as prescribed by your healthcare provider. Remember, illness increases blood glucose levels because of the stress on the body. Although you are not eating as much as usual, you may have high blood glucose levels because your body is making some glucose for you.

Along with extra glucose made by your body during illness, you may be taking other medicines that can raise blood glucose levels. Check your blood glucose levels regularly and maybe even more often when you are sick. This may be hard to do, especially when you're not feeling well; however, it is important to persevere and keep checking.

prevention

The best thing to do is to prevent illness in the first place. There are two very important steps for prevention.

1 GET A FLU SHOT AND PNEUMOCOCCAL VACCINE.

People with diabetes are at a much higher risk for getting a severe flu with complications, like pneumonia, that may lead to hospitalization. Also, having the flu makes it harder to manage and control your diabetes.

2 HAND-WASHING.

This is one of the most effective ways to prevent the spread of infection and illness. Washing with soap and water is best, but if a sink isn't readily available, use an alcohol-based hand sanitizer to reduce the number of germs. 🧼

Call your healthcare provider if

- 1 you have vomiting or diarrhea for more than 24 hours
- 2 you are unable to keep fluids down
- 3 your blood glucose values are above 250 twice in a row
- 4 you have low blood glucose levels

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

Travis Stork
M.D., TV Host

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