

Diabetes and The Pharmacist

A combination that makes all the difference.

I have Diabetes... What now?

A diagnosis of Diabetes Mellitus is not the end of the world.

- Type 1
- Type 2
- Gestational

No matter the type, your healthcare team can help you manage and control your blood sugar to prevent complications.

Understanding Diabetes Control¹

- Start with the ABC's
 - A: A₁C- hemoglobin A₁C, a blood value that shows average blood glucose control over 3 months.
 - GOAL: less than or equal to 6.5%
 - B: Blood Pressure- Lower is better.
 - GOAL: 130/80mmHg or lower
 - C: Cholesterol- LDL, bad cholesterol... Lower is better.
 - GOAL: LDL less than 100.

What can my pharmacist do?

Pharmacists can help you with all the ABC's Starting with lifestyle changes, **diet and exercise**, and then combining **medications**, diabetes can be controlled and managed and in some cases be kept at bay.

Your pharmacist can help develop a diet and exercise plan as well as help you understand and benefit the most from your medications.



What else?

QUIT SMOKING!!!!

Your pharmacist can help you set a date and make a plan.

What happens if I just ignore diabetes?

Uncontrolled blood sugar can lead to:

- Loss of feeling in limbs
- Slowly healing wounds and infections
- Kidney Failure
- Dental Disease
- Pregnancy Complications
- Blindness
- Amputations
- **DEATH**
- Bladder control issues
- Sexual dysfunction
- Stomach and digestion problems
- Vascular disease
- Coma
- Stroke
- Heart Attack

So where do I start?

Talk to your pharmacist about your

- Diet
- Daily Activity
 - Exercise
 - Stress
- Medications
 - All medications: Medications for diabetes help improve your blood sugar, but other medications can make your blood sugar increase.

What's this about my feet?²

Have your pharmacist check your feet and teach you how to check your own feet.

- You are at higher risk for
 - Neuropathy: Loss of feeling in feet and hands
 - Infections
 - Foot ulcers that become slow healing wounds
 - Dry and cracked skin, calluses and corns
 - Amputation

Proper foot care and regularly checking for signs of abnormalities can prevent major complications.

And my eyes?²

Regular eye exams are important to help find and treat effects of diabetes before there is vision loss.

- Diabetics are at higher risk for:
 - Retinopathy: disease of the retina
 - Glaucoma
 - Cataracts

Have your pharmacist remind you about your eye exam.

And my teeth?²

Have your pharmacist remind you to have your teeth checked as well as pick out products for good dental hygiene.

- Diabetics are at higher risk of:
 - Gum disease
 - Tooth loss
 - Fungal infections of the mouth
 - Dry mouth

Maintaining good oral hygiene and tooth care along with controlling blood sugar can help avoid these complications

Illness effecting my blood sugar?

Make a Sick-Day Plan with your pharmacist

- Just because you are sick doesn't mean you can stop thinking about diabetes.

Diabetes is expensive, right?

Better diabetes management not only means better health, but also overall health savings.

- The Ashville Project
- Maryland P3 Program
- The Diabetes Ten City Challenge

These projects have and are providing statistics proving the financial and health benefits pharmacists provide by being involved in diabetes care.

How often do I have to check my ABC's?

A : Hemoglobin A1C (HgA1C)

Blood glucose readings DAILY and be sure to have your doctor check your HgA1C every 3 MONTHS

Your pharmacist can:

- Help you understand your blood sugar readings from your glucometer to help you understand how your body reacts to:
 - Food
 - Activity
 - Medications
 - Stress
 - Illness.

B: Blood pressure

- Check your blood pressure daily

Your pharmacist can:

- Demonstrate how to use your blood pressure monitor.
- Explain what the numbers mean and how to record them.
- Take your blood pressure
- Manage your blood pressure medications for appropriateness, effectiveness and affordability.

C: Cholesterol³

- Check your cholesterol (LDL, HDL and Triglycerides)
 - LDL: “Bad” cholesterol
 - HDL: “Good” cholesterol
 - Triglycerides: fat

Your pharmacist can:

- Help you understand
 - What your cholesterol levels
 - Ways to reduce cholesterol with diet, exercise and medications
- In some states, pharmacist can take your cholesterol in the pharmacy, but this is not yet possible in Maryland under current State Laws.

Medication Management

Have your pharmacist do a medication review or MTM (Medication Therapy Management) review.

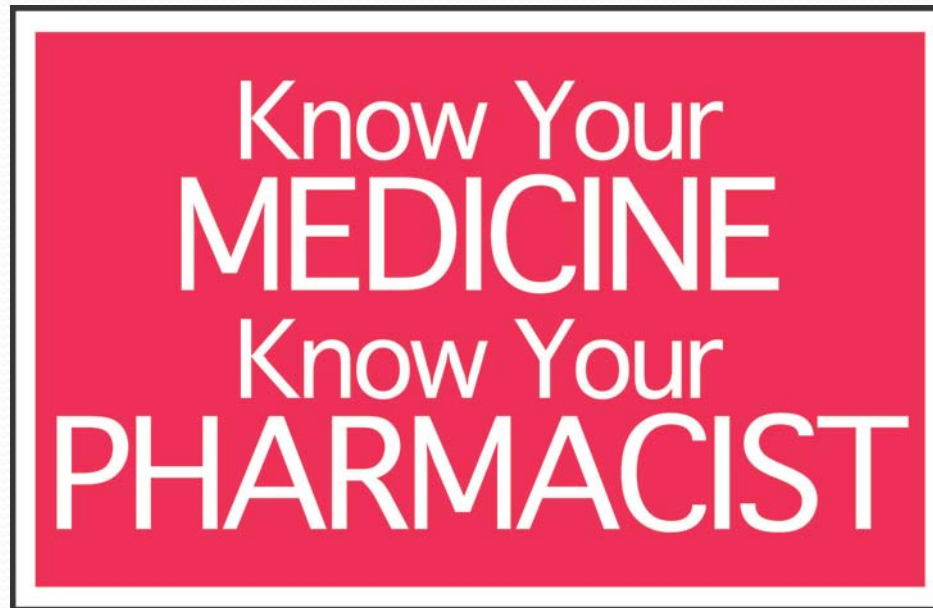
Medication management can help you

- Get the best effect from your medications
- Avoid side effects and interactions between prescriptions and over-the-counter medications and home remedies
- Save money with direct and indirect benefits.

What else to do before you leave the pharmacy...

- Get immunized!
 - Depending on your age and other health conditions, your pharmacist can vaccinate you!
 - Pneumococcal (Pneumonia)
 - Influenza (Flu)
 - Herpes Zoster (Shingles)

Don't forget...



American Pharmacists Month

References:

1. National Diabetes Fact Sheet. Department of Health and Human Services Centers for Disease Control and Prevention. 2007.
2. www.diabetes.org
3. <http://www.americanheart.org/presenter.jhtml?identifier=3044764>