

HEALTH REALLY MATTERS

Type 1 Diabetes: More than Insulin

Quick facts about Type 1 Diabetes

- Is caused by your your body's immune system destroying the beta-cells in your pancreas that make insulin.
- Can happen at any age but usually occurs in childhood (used to be called juvenile diabetes).
- Different from Type 2 diabetes in that insulin needs to be started right away.
- 5 – 10% of people with diabetes will have Type 1 diabetes.
- Carry identification, like a bracelet or necklace, to show you have diabetes.

Insulin

- Will be required in order to manage your blood sugar (blood glucose).
- Is given by injection (pen, syringe) or via an insulin pump.
- Store in the fridge. Once it is opened it can be kept at room temperature for up to 28 days (insulin detemir up to 42 days).

- Store away from heat and light, do not use insulin that has been frozen, in temperatures greater than 30C, or after its expiry date.
- Most people use a combination of short and long acting insulin.
- Insulin needs vary from person to person and even from day to day.

Monitoring

- You will need to check your blood sugar several times each day and the results will help you to manage your insulin.
- An A1C test done at the lab shows your average blood glucose over the past three months. This is done every 3 – 6 months.
- A yearly eye examination looks for potential damage.
- You should have a thorough foot exam by a health care professional at least once a year as nerve damage may lead to an increased risk of infection.
- A urine test to check for protein is done at least once a year.
- Cholesterol testing may also be done yearly to check heart health.



MEDICINE CENTRE
PHARMACY

You can help manage diabetes with these healthy habits

- Keep active by walking, jogging, swimming, or dancing. Every little bit counts!
- Manage your weight: if you are overweight, losing even 10 pounds can improve your blood sugar.
- Quit smoking.
- Focus on nutrition including healthy meals and snacks.
- Limit alcohol to one or two drinks per day (maximum 9/week for women and 14/week for men).
- Reduce stress in your life to help your overall health and blood sugar.

Your Pharmacist can

- Work with you and your health team to create a plan for blood glucose monitoring and help you to understand your targets and results.
- Discuss the benefits and side effects of different medications and work with you and your doctor to help you get the most out of them.

- Support you to make healthy lifestyle choices and changes.
- Explain why it is also important to keep your blood pressure and cholesterol under control.
- Help to connect you with local diabetes resources.
- Suggest ways to make it easier to take your medications.

Find more great information and tools here:

- Canadian Diabetes Association: <http://goo.gl/FyDnRr>
- Getting Started with insulin: <http://goo.gl/BZWwAw>
- Targets, goals, results: <http://goo.gl/eSBb5l>
- Lessen the pain from fingertip testing: <http://goo.gl/zdmsdj>
- HealthLink BC: <http://goo.gl/TjOwT4>
- Insulin pumps: <http://goo.gl/CgNN3G>
- Diabetes Care Community: <https://goo.gl/1j7XvH>

Notes: