

HEALTH REALLY MATTERS

Type 2 Diabetes: Don't Sugar Coat it

Quick facts about Type 2 Diabetes

- More than 10 million Canadians are living with diabetes or prediabetes.
- About 90 percent of people with diabetes have Type 2 diabetes.
- Your body cannot regulate the amount of sugar in your blood.
- Insulin, which is made by your pancreas, is required to regulate blood sugar.
- Either your body can't use insulin properly or it may not be making enough.
- Some symptoms include feeling very thirsty or hungry, urinating more often or blurred vision.
- Managing diabetes helps to reduce complications such as heart problems, depression, kidney disease and issues with sexual health.

Keeping your blood sugar controlled

- Some people are able to manage their blood sugar with food and lifestyle choices.
- Others may require medicines or insulin to get their blood sugar to target.
- Over time, the treatment that works best for you will change.

Monitoring

- Checking your blood sugar at home can show if the changes to your lifestyle or medications are working.
- An A1C test done at the lab shows your average blood glucose control 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 will also be done yearly.



MEDICINE CENTRE
PHARMACY

You can help manage your 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 to create a plan for blood glucose monitoring and help you to understand the targets and results.
- Discuss the benefits and possible side effects of the different medicines 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/6KgKHV>
- Self Monitoring of Blood Glucose Tool: <http://goo.gl/qZGCuQ>
- Diabetes Action Plan: <http://goo.gl/ptqcIt>
- Diet and Nutrition: <http://goo.gl/HB8ibF>
- HealthLink BC: <http://goo.gl/IzHiqE>
- Diabetes Care Community: <https://goo.gl/2we4tm>
- Self-Management tools: <http://goo.gl/XUnNQX>

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