

THINK act be healthy

November 2009



November is **Diabetes Awareness** Month

Diabetes & Nonprescription Medicines

Selecting nonprescription medicines is usually a simple matter. But not for everyone. If you have diabetes, you have to read product labels very carefully and watch for ingredients that can have an affect on blood glucose levels. If you have any doubt at all about whether a product is safe for you, ask your doctor or pharmacist before you take it.

Nonprescription medication use to discuss with your PROfile Pharmacist:

- Decongestants
- Cough medicines
- Heartburn relievers
- Pain relievers



Quit smoking aids: Smoking cessation products don't affect blood sugar levels and can dramatically improve your chances of quitting. Because smoking increases the risks of developing diabetic complications, these products often play a role in diabetes management.

For more information on diabetes management visit our Think Act Be Healthy Library at www.mhcsibenefits.ca

Food for Thought...

Sobeys Dietitians Have a World of Healthy Ideas for You

Controlling Blood Sugars

Controlling your blood sugars reduces the risk of complications such as blindness, impotence or amputations. It also protects you from heart disease, stroke and kidney disease.

Tips for Controlling Blood Sugars

- Eat three meals every day
- Space meals no more than 6 hours apart
- Have foods with carbohydrate and protein at every meal
- Control your portion size
- Compare nutrition labels
- Choose foods with 2-4 grams of fibre per serving
- Drink water instead of pop or juice
- Limit sugar and other sweets
- Be active everyday

Body & Mind

People with diabetes are at a higher risk for developing conditions related to the heart. Given this fact, it is important to get a sense of your emotional well-being so that potential stress or anxiety (both of which occur for people with diabetes) is acknowledged and addressed.

Source: Diabetes Care in Action Ten Second Tips (2007 – Number 6)

Your PROfile Pharmacist has many health education resources and is always available to discuss your health concerns!



Completed Your Online Personal Health Risk Assessment Yet?
Go to www.mhcsibenefits.ca

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