



Sand Run Pharmacy

November 2013

Diabetes and the Holidays

The next few months are filled with family, friends, and celebration. What also comes with these joyous days? Food. We'll have roasts, casseroles, stews, countless appetizers, and of course, abundant desserts. The holidays are a time we want to enjoy, not a time to scrutinize everything that is on our plates. Use these helpful tips to keep your blood glucose under control and help keep a healthy lifestyle!

PREPARE

- Test your glucose before attending a holiday party. If it is too low, eat a small, healthy snack

****WHAT IS TOO LOW?** Normal range is 70-110 mg/dL. If you're blood glucose is too low, you may feel dizzy, nauseous, shaky, sweaty, and have a fast heart rate.

- Bring along your glucometer. Check your blood glucose level throughout the evening. It may change depending on what you eat.
- Bring glucose tablets. If your blood glucose goes too low, you want to be prepared.
- What time is the meal being served at the party? Is it going to be a late dinner? Consider eating something before you leave to prevent your blood sugar from going too low.



ENJOY

- If you plan on enjoying an alcoholic beverage, eat something beforehand. Alcohol may cause a decrease in blood glucose levels. This drop can be worse if you take medications such as metformin, glimepiride, glipizide, or insulin.

- Alternatives:

- add club soda to wine for a refreshing spritzer
- drink diet soda instead of alcohol
- add extra ice and use less beverage



- Sweets aren't the only items to watch. Carbohydrates break down into sugar which will raise blood glucose. Control the amount of potatoes, bread and rolls, rice, and stuffing you eat.
- Remember, to pay attention to the time you eat. If you eat dinner at 8pm when you usually eat at 5pm, your evening blood glucose may be higher than normal.

Remember, everything in moderation. You can still enjoy your favorite parts of the holidays!

Stop into **Sand Run Pharmacy** with any questions about how to control your blood glucose throughout the holidays and have one of our pharmacists monitor for any changes in your health to help you be your healthiest yet!



Happy Thanksgiving to you and your family from the pilgrims at Sand Run Pharmacy!

Don't forget your flu shot! Sand Run Pharmacy also offers pneumonia and shingles shots daily!

Check out our new Switch Sticks! Switch Sticks are foldable, adjustable, dependable, and stylish walking canes. They are available for \$34.99 and come in a variety of colors and styles. Come see them today!



Prevent falls this winter with the proper cane!

YES, it DOES matter which cane you use. You should be using a particular cane based on your height, weight, and stability needs.



Stop in to Sand Run Pharmacy today to have one of our pharmacists help you find a cane that is:

- A safe option
- Dependable and of good quality
- The proper height
- The best cane for you!

Are you ready for the cold weather? Prevent cold feet by increasing circulation with compression socks. At Sand Run Pharmacy, we have a variety of compression stockings and socks for women and men to choose from!



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