

SAND RUN PHARMACY

Newsletter

November 2014

Diabetes

A disease on the rise

Diabetes is a life-long condition that affects a lot of people, especially in the United States. Among seniors over the age of 60, nearly 1 in 5 have been diagnosed with diabetes. Additionally, 1 in 3 children who were born in the year 2000 will be diagnosed with diabetes at some point in their lifetime. Maintaining healthy blood glucose levels is the most important way to control diabetes. This includes regular testing of glucose levels and understanding how certain foods affect glucose levels in your body. Having high blood glucose levels increases the risk of eye, kidney, nerve, and heart damage.

What causes diabetes? The body uses glucose, a simple sugar, as fuel for performing normal daily functions. Insulin is a hormone that helps the body use or store the blood glucose it gets from food. If your body is unable to make or use insulin properly, you will have high blood glucose levels. There are three types of diabetes: In type 1, which is often diagnosed in childhood, the pancreas is unable to make insulin. In type 2, which is the most common type of diabetes in the United States, the body does not respond well to insulin. The last type of diabetes is gestational diabetes, which is a type of diabetes that only occurs in women during pregnancy.

Seven percent of the U.S. population - about 20.8 million children and adults - are currently living with diabetes. Also, about 6.2 million of those people are not aware that they have the disease.

Who is at risk for diabetes?

Type 1 Diabetes can occur without warning and does not require a family history to be present. The following risk factors are specifically focused on Type 2 Diabetes:

- 45 years of age and older
- Body mass index (BMI) greater than 25
- Family history of type 2 diabetes
- American Indians, Hispanic/Latino Americans, African Americans, Asian Americans and Pacific Islanders
- High blood pressure
- High cholesterol or triglycerides levels
- Physical inactivity



What are the warning signs of diabetes?

How can I control my diabetes?

Make changes to your lifestyle...

Lose weight or maintain a healthy weight. Often, if you lose 5 to 10 pounds, blood glucose levels become easier to control. Usually, your doctor may have specific weight loss goals for you.

Exercise. It can significantly lower blood glucose levels, and increase your body's sensitivity to insulin. This improves your body's ability to use and store glucose.

Monitor your total calorie intake. Your diet should have equal amounts of protein, complex carbohydrates and fats.

Regularly monitor blood glucose levels and track your progress with your healthcare provider.

Take medications as directed. Medications are vital players in blood sugar management.

Manage other disease states. Controlling blood pressure, cholesterol, and other existing medical conditions can all positively influence your diabetic status.



Happy Thanksgiving

From

Sand Run Pharmacy

THANKSGIVING IS RIGHT AROUND THE CORNER...
BELOW IS A GUIDE FOR
HEALTHIER THANKSGIVING MEAL CHOICES

"HEALTHY" THANKSGIVING CHOICES	"TYPICAL" THANKSGIVING CHOICES
ROASTED TURKEY BREAST-- WITHOUT SKIN 4 OZ SERVING 153 CALORIES 0 GRAMS OF CARBOHYDRATES	ROASTED TURKEY, DARK MEAT--WITH SKIN 4 OZ SERVING 206 CALORIES 0 GRAMS OF CARBOHYDRATES
GREEN BEANS, WITH SLICED ALMONDS 4 OZ OR 1 CUP SERVING 80 CALORIES 12 GRAMS OF CARBOHYDRATES	GREEN BEAN CASSEROLE-- GREEN GIANT 5.8 OZ OR 1 CUP SERVING 166 CALORIES 12 GRAMS OF CARBOHYDRATES
BAKED SWEET POTATO WITH SKIN 3 OZ, SMALL SIZED 60 CALORIES 13.8 GRAMS OF CARBOHYDRATES	SWEET POTATO CASSEROLE-- BOSTON MARKET 7.6 OZ SERVING 450 CALORIES 83 GRAMS OF CARBOHYDRATES
POTATO, MASHED 1/3 CUP OR 2.7 OZ SERVING 66 CALORIES 12.9 GRAMS	MASHED POTATOES WITH GRAVY 6.7 OZ SERVING 230 CALORIES 32 GRAMS OF CARBOHYDRATES
STUFFING-- STOVE TOP 1 OZ SERVING 108 CALORIES 20.7 GRAMS OF CARBOHYDRATES	CORN BREAD-- JIFFY 1 SERVING 170 CALORIES 27 GRAMS OF CARBOHYDRATES
CRANBERRY SAUCE-- SUGAR FREE 1/2 CUP SERVING 25 CALORIES 6 GRAMS OF CARBOHYDRATES	CRANBERRY SAUCE-- OCEAN SPRAY 1/4 CUP SERVING 110 CALORIES 25 GRAMS
PUMPKIN PIE-- CRUSTLESS 4 OZ OF PIE 69 CALORIES 10.7 GRAMS OF CARBOHYDRATES	PUMPKIN PIE WITH HEAVY WHIPPING CREAM 1/8 OF 9" PIE + TABLESPOON OF WHIP CREAM 368 CALORIES OR 316 WITHOUT CREAM 50.3 GRAMS OF CARBOHYDRATES OR 40.9 GRAMS OF CARBOHYDRATES
TOTAL INTAKE: 561 CALORIES 76.1 GRAMS OF CARBOHYDRATES	TOTAL INTAKE INCLUDING STUFFING: 1808 CALORIES 149.3 GRAMS OF CARBOHYDRATES Or WITHOUT STUFFING: 1700 CALORIES 128.6 GRAMS OF CARBOHYDRATES

Upcoming Events in November & Early December

Thursday, November 27th

Thanksgiving Day

Holiday Hours:

Wednesday, November 26th: Open 9am - 7pm

Thursday, November 27th: **Closed,**

Happy Thanksgiving Everyone!

Friday, November 28th: Open, 9am-7pm

Wednesday, December 3rd

Senior Luncheon Series

What: Senior Luncheon (30 plus vendors, educational speaker, lunch, and entertainment).

When: Wednesday, December 3rd

Where: The Tangier, 532 W Market Street in Akron

Time: Doors open at 11am,

Lunch, entertainment and door prizes from

12:15pm - 1:30pm

Contact: 1590 WAKR for Tickets

Phone: 330-869-9800

Address: 1795 West Market Street, Akron OH

Flu Season

If you haven't stopped in to get your flu shot yet, come visit us! No appointments are necessary. Flu shots are available anytime during pharmacy hours.



Hours of Operation:

Monday - Friday: 9am to 7pm

Saturday: 9am to 2pm

Sunday: Closed

