

TAKE CONTROL

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SPECIAL ISSUE | GET HEALTHY

## Type 2 Meds/Treatment

### Real World Eating & Exercise

#### HOW TO LOWER YOUR A1C LEVELS

It doesn't have to be one of those  
uncontrollable variables

#### TYPE 2 MEDICATIONS

*Sometimes eating right and  
exercising alone aren't enough*

Recipe

#### Low CARB CHILI



## Staying Safe

Blood glucose levels that are too low or too high can abruptly turn into an emergency without fast and correct treatment. Knowing the facts – like the difference between low and high blood glucose episodes, what safe blood glucose levels are, and when it's time to adjust your medication – can help to keep you safe and manage your diabetes better.

1. Which of the following can trigger a low blood glucose episode?
  - a. Aerobic exercise
  - b. Too much insulin
  - c. Medications
  - d. All of the above
2. An "insulin reaction" is a severe blood glucose drop caused by:
  - a. Too much food
  - b. Too much insulin
  - c. Too much sleep
  - d. Too much coffee
3. A fasting (before meal) blood glucose level of 210 mg/dl is too high.
  - a. True
  - b. False
4. Which of the following can cause your blood glucose to spike?
  - a. Stress
  - b. Excess carbohydrates
  - c. Illness
  - d. Medications
  - e. All of the above
5. Which of the following are signs that you may need an adjustment in your medication?
  - a. Blood glucose levels that are often too high
  - b. Severe side effects that don't seem to lessen over time
  - c. Frequent low blood glucose episodes
  - d. All of the above



Answer key inside on page 2 »

# PLUS...

Helpful Tips, Useful Resources & More — Look Inside »

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# Real World Eating and Exercise Advice

Everyone loves to hear what really works for people. So, here are some healthy living tips shared from real people with diabetes.

## Problem: Breakfast Skippers

- Solution: Some non-breakfast eaters have been able to eat a protein bar such as a Glucerna Meal Bar or a Special K Meal Bar. Otherwise, make a batch of hard boiled eggs and have one for breakfast along with a whole-wheat English muffin. If you don't like eggs you can try 2 tbsp of peanut butter on the English muffin.

## Problem: Portion Distortion

- Solution: Try eating on a smaller plate. Measure portion sizes of foods such as rice and pasta – most everyone thinks they eat less than they actually eat. The ADA actually sells plates to assist with proper portion sizes.

## Problem: Too Cold or Snowy to Walk Outside

- Solution: Chicago and other areas present weather issues such as frigid cold, wind, ice, and snow, all of which make walking outdoors challenging. One person shared that she loves a walking DVD called Walk Away the Pounds. Other people shared that they walk at malls or grocery stores to stay inside.

## Problem: Afternoon Snack Attack

- Solution: The afternoon snack attack can be dangerous if you go to vending machines or consume office snacks such as candy. One person shared how he stocks his desk with healthy snacks that don't need to be refrigerated. He has Kind bars, individual packs of almonds, and sunflower seeds. He also brings a piece of fruit with him every day for a snack.

## Problem: Can't Count Carbs Accurately

- Solution: Many people have said that phone apps, such as Calorie King, have been very helpful with carb counting. Measuring foods is also really important.

## Problem: Too Embarrassed for Health Club

- Solution: Many people say they feel uncomfortable exercising at a health club because everyone looks so fit. To deal with this, some people put an elliptical or treadmill in the house somewhere near a TV. Other ideas people shared included smaller group fitness classes at a local park district or small club, home personal trainers, and exercise DVDs.



## TAKE CONTROL TIP

### Ease the Pain of Testing

Testing your blood glucose levels at home is important for good control, yet it can be a pain in the fingers. There are ways to soften the stick:

- If you don't use one already, try a fine or ultra-fine gauge lancet.
- Adjust your lancet settings to only go as far as necessary.
- Make sure your testing site is clean, warm, and dry before taking the sample.
- If pain is really an issue for you or your child, try numbing the area with ice first.

## Staying Safe! Answer Key *(from front cover)*

**1. D. Aerobic exercise, too much insulin, and medications can all trigger a low blood glucose episode.** These episodes can be misleading because symptoms can be as severe as making you appear drunk or high (or both) and as subtle as sweating.

**2. B. Hypoglycemia, or low blood glucose, is sometimes called "an insulin reaction."** It's caused by taking more insulin than your body currently needs. It can also be caused by certain oral diabetes medications that increase insulin production in the body.

**3. A. This is true.** The American Association of Clinical Endocrinologists (AACE) suggests fasting and before-meal blood glucose targets be below <math><110\text{ mg/dl}</math> (6.1 mmol/l). The American Diabetes Association (ADA) suggests slightly different targets of 70-130 mg/dl (3.9-7.2 mmol/l). Remember that normal results may vary by age, other illnesses, and medications.

**4. E. Stress, excess carbohydrates, illness, and certain medications can all raise blood glucose too high.** Testing your blood glucose is the single best way to tell how daily activities impact your diabetes. Blood glucose that remains high for long periods of time can cause serious health problems if left untreated, so make sure you test often to stay safe.

**5. D. The goal of diabetes medications is to keep your blood glucose levels within a normal range most, if not all, of the time.** Side effects are common with some medications, but adjustments in dose usually help reduce discomfort and the side effects generally lessen over time. If you are experiencing persistent highs and/or lows, or if you have been on a medication for a month or longer and are still having side effects that impact your daily activity, you should talk to your doctor or pharmacist as soon as possible about adjusting or changing your medication.

# How to Lower Your A1C Levels

Lowering your A1C does not have to be one of those uncontrollable variables. Here are some tips to help you get your numbers into a better range.

- **Tip #1:** Regular testing will show you how food, exercise, medications, and other daily situations impact your blood glucose levels. It will also allow you to detect highs more often and treat them earlier. This will help to lower A1C levels. The ADA recommends testing three or more times daily for people taking multiple insulin injections or using insulin pump therapy.
- **Tip #2:** If you are type 1, insulin can be your best friend when trying to lower your A1C because it can help you to regulate your blood glucose. Insulin can be administered via daily injections. For people with type 2, insulin is also a viable choice when oral medications are no longer as effective, as a step forward to good diabetes management and lower A1C levels.
- **Tip #3:** No matter what diabetes type you are or how long you have had it, good nutrition is part of good diabetes management, which is necessary if you want to have a low A1C. An RD/CDE is a great place to start. A registered dietitian (RD) has met academic and professional experience requirements established by a commission of the Academy of Nutrition and Dietetics. CDEs, unlike RDs, are specifically trained in the area of diabetes education.
- **Tip #4:** Exercise can benefit a person with diabetes who is trying to lower their A1C in a number of ways. Aerobic exercise, such as running or walking, can lower your blood glucose levels when you expend energy. Anaerobic exercise, such as weight training or power sports like baseball, may have the opposite effect, temporarily raising blood glucose levels due to a delayed release of glucose.



- **Tip #5:** As you work to bring your A1C levels down, don't forget to check in regularly with your doctor to monitor your progress. Regular visits will help you keep tabs on your blood glucose trends, blood pressure, cholesterol, and potential complications like nerve damage.

## TAKE CONTROL TIP

### What is A1C?

An A1C is a laboratory test that measures average blood glucose control over a period of approximately two to three months. Red blood cells are made of a molecule – hemoglobin. Glucose sticks to the hemoglobin to make a glycosylated hemoglobin molecule, called hemoglobin A1C. The A1C test measures how much glucose is “sticking” to the red blood cells.

The American Diabetes Association A1C goal is less than 7%. The American Association of Clinical Endocrinologists (AACE) suggests 6.5% or less. Your individual goal should be assessed by you and your healthcare provider according to your particular health conditions.

From the dLife® Kitchen

## Low Carb Chili

Makes 9 servings



### INGREDIENTS

- 2 lb lean ground beef (10% fat)
- 4 cups cold water
- 1 tsp cinnamon, ground
- 1 tsp ground cumin
- 1 medium onion, diced
- 1 tsp Worcestershire sauce
- 2 medium garlic cloves, peeled and whole
- 3/4 tsp salt (if desired)
- 2 tbsp chili powder
- 1 tsp black pepper
- 1/2 tsp hot red pepper flakes
- 1/2 tsp ground allspice
- 6 oz tomato paste
- 3 bay leaves
- 4 oz canned mushroom slices, drained and rinsed
- 3/4 chopped green bell pepper

### DIRECTIONS

1. In large stockpot, brown meat, drain fat.
2. Add water, cinnamon, cumin, onions, Worcestershire sauce, garlic cloves (peeled, whole), salt (if desired), chili powder, black and red pepper, allspice, tomato paste, bay leaves, mushrooms, and green peppers. Bring to a boil.
3. Reduce to simmer. Cover and cook 3 hours, stirring occasionally. Remove bay leaves before serving.

### NUTRITIONAL INFORMATION

Per serving —  
Calories: 158  
Total Carbs: 9g  
Dietary Fiber: 2g  
Sugars: 3g  
Total Fat: 4g  
Saturated Fat: 1g  
Unsaturated Fat: 2g  
Potassium: 59mg  
Protein: 21g  
Sodium: 329mg

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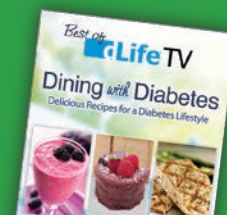


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# Type 2 Medications

Sometimes eating right and exercising alone aren't enough to fully keep your blood glucose in a safe range. Some people with type 2 might require regular insulin injections or other medications. Here's a broad rundown on a few of the most used type 2 medications.

## Metformin

The recommended first line of medication defense, metformin, is typically used in conjunction with diet and exercise and can be used alone or with other medications, including insulin. It does not cause hypoglycemia when it is the only diabetes medicine you take. The brand names for this generic are Glucophage, Glucophage XR, Fortamet, Glumetza, and Riomet. It can also be found in combination medications.

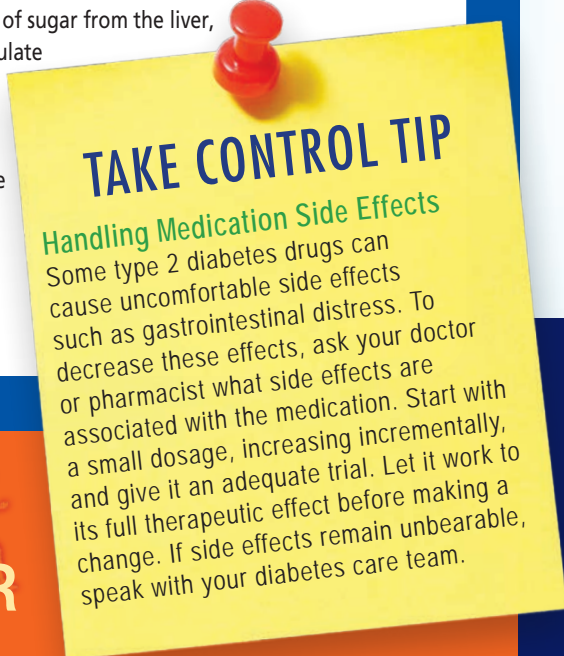
## DPP-IV Inhibitors

This class of medication gives the incretin hormones that are located in the gut time to do their work, which is initiated when you eat a meal. The medications then prompt your pancreas to release insulin to help control the rise in blood glucose. These inhibitors also slow down the release of sugar from the liver and are unlikely to make you gain weight. This class includes Onglyza, Januvia, Tradjenta, and Nesina, as well as combination medications.

## GLP-1 Agonists

GLP-1 Receptor Agonists, also known as incretin mimetics, mimic the action of the GLP-1 that is made by your body. These medicines stimulate insulin secretion by the pancreas, slow the output of sugar from the liver, slow the stomach emptying time, and stimulate the "satiety center" in the brain. Together that means better blood glucose control and weight loss in most people. This class includes Victoza, Byetta, Bydureon, and the latest medication, Trulicity.

For more information on these and other type 2 medications, talk to your doctor or pharmacist.



**TAKE CONTROL TIP**  
**Handling Medication Side Effects**  
Some type 2 diabetes drugs can cause uncomfortable side effects such as gastrointestinal distress. To decrease these effects, ask your doctor or pharmacist what side effects are associated with the medication. Start with a small dosage, increasing incrementally, and give it an adequate trial. Let it work to its full therapeutic effect before making a change. If side effects remain unbearable, speak with your diabetes care team.

## the FITNESS CORNER

### Exercise and Type 2

Some types of exercise can make certain diabetic complications worse, such as exercises that put pressure on joints or the feet. In addition, people with type 2 diabetes must take precautions before, during, and after a workout to avoid hypoglycemia (or blood glucose lows). Remember to test at each of these times to ensure you are at a safe glucose level.

Exercise decreases insulin resistance and lowers blood glucose levels. It also benefits heart health by lowering blood pressure, improving cholesterol levels, and decreasing the risk of cardiovascular disease. And for those who are overweight or obese, a regular fitness routine can help you reach your weight goals faster than just diet alone. Finally, a good workout is great for reducing stress and improving your overall sense of well-being. Always consult with your diabetes care team before embarking on a new fitness program.

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 **Talk with your Health Mart Pharmacist to make sure you know how exercise can affect your diabetes medication.**