

April 2012 is Diabetes Awareness Month



At the State Employees' Insurance Board (SEIB)
Wellness Center and Pharmacy

Tips for Fighting Your Diabetes

- Eating right and exercising are key
- Making the choice to eat healthy meals makes a huge difference
 - If you are overweight, losing 5 – 10% of your body weight can help to reduce your blood sugar
 - Increase consumption of vegetables
 - Avoid fried foods, carbohydrates and high sugar foods because they can increase your blood sugar.
- Exercise regularly to help prevent/improve diabetes
 - 30 minutes of exercise almost every day
 - Walking, dancing, and aerobic exercises are very helpful
- Give extra care to your feet. Check regularly for cuts and blisters and have a yearly visit with a podiatrist
- It is important to have a yearly physical and eye examination
- Stay up to date on vaccinations such as flu and pneumococcal

Wellness Center Hours:

Monday-Wednesday, Friday
8:00 am to 5:00 pm
Thursday
9:00 am to 5:00 pm

(334) 263-8470



Pharmacy Hours:

Monday-Wednesday, Friday
7:30 am to 5:30 pm
Thursday
9:00 am to 5:30 pm

(334) 263-8460

We can help you become more involved in your treatment and a more knowledgeable patient. Let us educate you on your medications and help you monitor your health conditions more closely. Call today to set up your FREE visit with a pharmacist here at the State Wellness Center.

Employees and dependents insured by the SEIB (BCBS Group 13000, 60913, 61013, 72013 and Southland Group 2000) can purchase various products at discounted prices at the SEIB Pharmacy.

NOTE: Only Group 13000 members may purchase **prescription** drugs.

*The SEIB Pharmacy offers **FREE NEXT DAY*** delivery for your prescriptions! *Requests must be received by **3 pm**.*

*Your **insurance card** and a **photo ID** must be presented when purchasing all products and services.*

Purchases of over-the-counter items are limited to: 1 box/1 bottle/30-day supply.

Visit the SEIB State Wellness Center & Pharmacy at 101 South Union Street, Montgomery, Alabama.

334-263-8460

rx@alseib.org

www.alseib.org

What is Diabetes?

Diabetes is a disease in which a person has high levels of sugar in their blood. While blood sugar or glucose is important in providing energy to our bodies, having too can be harmful. Blood sugar levels get too high as a result of the body not making enough or any insulin (a hormone needed to regulate blood sugar). Another reason for high blood glucose is that the cells might not respond properly to the presence of insulin. There are two types of diabetes – Type I diabetes and Type II diabetes. In Type I diabetes, no insulin is produced, whereas in type II diabetes, insulin is not properly released or it is not providing adequate glucose control.

What puts you at Risk for Diabetes?

Some risk factors for diabetes include a family history (immediate family members with diabetes), obesity, routine physical inactivity, ethnicity, high blood pressure, and high cholesterol levels. If not treated properly diabetes can lead to several complications.

What are the Complications Associated with Diabetes?

Patients that have diabetes are at increased risk for multiple long-term complications that typically present 10-20 years after diabetes develops. Most of these complications are related to damage of the blood vessels. Damage to the larger blood vessels can lead to problems such as severe chest pain, stroke, heart attack, and peripheral vascular disease. Damage to the smaller blood vessels of the body can lead to reduced vision/blindness, chronic kidney disease, and peripheral nerve problems. Symptoms associated with nerve damage are numbness, tingling, and shooting pain in the lower extremities. When patients develop nerve complications in their legs, combined with the vascular problems, this can lead to diabetic foot ulcers that can be difficult to treat resulting in below the knee amputation.

What are the Signs and Symptoms Associated with Diabetes?

Symptoms can vary based on how high the blood sugar is elevated. Initially, symptoms may not be present for individuals with type 2 diabetes. However, for patients with type 1 diabetes, symptoms usually begin more quickly and tend to be more severe. Here are some of the signs and symptoms associated with both type 1 & 2 diabetes:

- Increased thirst
- Increased urination
- Extreme hunger
- Unexplained weight loss
- Fatigue
- Blurred vision
- Slow healing sores
- Frequent infection

Schedule a Medication Therapy Management Visit Today!

Contact the State Wellness Center and talk to one of our friendly pharmacists to set up a visit. We are here to discuss your diabetes or other disease state management with you free of charge. Your wellness is our number one focus!

(334) 263-8470 or (877) 311-1375