

December's Topic: Diabetes



HEALTHCARE CLINIC HOURS:

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

Phone: (334) 263-8470

Fax: (334) 263-8670

Email: hcc@alseib.org

PHARMACY HOURS:

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

Phone: (334) 263-8460

Fax: (334) 263-8660

Email: rx@alseib.org

What is diabetes?

- ❖ Diabetes is a condition where a person has high blood glucose (blood sugar) due to the inability of their body to produce insulin, or their body does not respond to insulin effectively.
 - ❖ There are two types of diabetes: type 1 and type 2. Type 1 diabetes is where a person does not produce insulin. Type 2 diabetes is where a person produces insulin, but their body cannot respond to it, or they no longer produce a sufficient amount.
 - ❖ It is estimated that 25.8 million people (8.3% of the population) in the U.S. have diabetes
 - ❖ People at greatest risk for diabetes include:
 - A family history of diabetes
 - A sedentary lifestyle and not exercising regularly
 - Being 45 years or older
 - Being overweight
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Signs and Symptoms

- ❖ Hyperglycemia (high blood sugar)
 - Feeling very hungry
 - Feeling very thirsty
 - Frequently going to the bathroom
 - Unexplained weight loss
 - ❖ Hypoglycemia (low blood sugar)
 - Feeling tired
 - Fast heartrate
 - Feeling agitated
 - Blurry vision
-

How to treat hypoglycemia (blood sugar < 70):

1. Consume 15-20 grams of glucose or simple carbohydrates (1/2 cup juice or non-diet soda, 4-6 hard candies, glucose tablets, 1 glass of non-fat or 1% milk).
2. Recheck blood sugar after 15 minutes.
3. If hypoglycemia continues, then repeat one more time, and if still low at that time then call 911.
4. Once blood sugar is normal, eat a small snack if your next meal is more than 1 hour away.

Questions or Concerns?

- American Diabetes Association:
(800) DIABETES

Myths vs. Facts

- ❖ Myth: If you are overweight, you will eventually develop diabetes.
 - False: Being overweight is a risk factor for developing diabetes, but it does not mean that you will develop diabetes.
- ❖ Eating too much sugar will cause you to develop diabetes.
 - False: Though a diet heavy in sugar does increase your risk for diabetes, it does not necessarily mean that you will develop diabetes. But, diabetics do have to carefully watch their sugar intake.
- ❖ Since fruit is a healthy food, a diabetic can eat as much as they want.
 - False: Though fruit is a very nutritious food, it also contains carbohydrates, which turn into sugar. Therefore, fruit intake has to be included in their meal plan.

Diagnosis

- ❖ Fasting plasma glucose ≥ 126 mg/dl
- ❖ Random plasma glucose ≥ 200 mg/dl with symptoms (frequent urination, excessive thirst, excessive hunger, unexplained weight loss)
- ❖ Oral glucose tolerance test ≥ 200 mg/dl 2 hours post 75 gram glucose challenge
- ❖ Hemoglobin A1C $\geq 6.5\%$
 - In the absence of hyperglycemia, confirm all by repeat testing.

Treatment Options

- ❖ Goals of therapy:
 - Slow the progression of microvascular complications (peripheral neuropathy, blindness, and kidney problems)
 - Appropriately manage other risk factors for cardiovascular disease such as cholesterol and blood pressure.
 - Properly address diet and exercise

- ❖ There are numerous medications which can be used in the treatment of diabetes. Some common medications are:
 - Metformin (Glucophage®)
 - Glipizide (Glucotrol®)
 - Glyburide (Micronase®)
 - Exenatide (Byetta®)
 - Insulin preparations (Novolog®, Humalog®, Apidra®, Lantus®, Levemir®)

- ❖ These drugs all work differently within the body to help reduce high blood sugar. By lowering blood sugar levels, the risk for developing major complications (heart attack, peripheral neuropathy, blindness, kidney problems, and stroke) is reduced.

- ❖ Non-Pharmacological Treatment
 - Maintaining a proper diet
 - Portion control, low carbohydrates, eating frequency
 - At least 150 minutes of moderate intensity exercise per week

References

- ❖ Inzucchi SE, Bergenstal RM, Buse JB, Diamant M, Ferrannini E, Nauck M, Peters AL, Tsapas A, Wender R, Matthews DR. Management of Hyperglycemia in Type 2 Diabetes: A Patient Centered Approach. American Diabetes Association and the European Association for the Study of Diabetes. 2012: 1-16. Available from <http://care.diabetesjournals.org/content/early/2012/04/19/dc12-0413.full.pdf>

- ❖ Diabetes Mellitus. In: DiPiro JT, Talbert RL, Yee GC, Matzke GR, Wells BG, Posey Lm, editors. Pharmacotherapy: A pathophysiologic approach. 8TH ed. New York: McGraw-Hill Medical; c2011

- ❖ American Diabetes Association. Standards of Medical Care in Diabetes 2012. American Diabetes Association. 2012 January; 35 (1): S11-S63. Available from http://care.diabetesjournals.org/content/35/Supplement_1/S11.full.pdf+html

The State Wellness Center Diabetes & You Program

We are offering a **NEW** program exclusively for state beneficiaries who meet all of the following criteria:

- If you have SEIB health insurance (state government employees and dependents with Group 13000)
- If you have a diagnosis of Type I or Type II diabetes
- If you take an oral or injectable medication daily to lower your blood sugar
- If you want to learn more about diabetes
- If you want to improve your blood sugar control and decrease your risk of long-term complications

The Diabetes and you Program offers:

- Education about both Type 1 and Type 2 Diabetes
- No co-pay for any “Diabetes and You”-related office visits
- Free access to diabetes classes, one-on-one instruction, and educational materials
- No co-pay on “Diabetes and You” finger stick lab tests that are performed at the SWC
- No co-pay for many generic medications that are used to lower blood glucose (see list below) for as long as you actively participate in the program and meet the program requirements as outlined by your “Diabetes and You” healthcare team

Free Medication List offered by the Diabetes & You Program

The following generic medications will have a \$0 co-pay for patients who enroll in the “Diabetes and You” program. This will not take effect until after the patient’s first appointment is completed at the SWC and the patient is approved by a SWC clinician for program participation. The co-pay waiver will continue as long as the patient completes all program requirements, but is subject to change. Glucose meters and testing supplies are NOT included in the waived co-pay program.

acarbose

glimepiride

glipizide

glipizide ext-release

glipizide/metformin

glyburide micronized

glyburide, generics of Micronase

glyburide/metformin

metformin

metformin ext-release

nateglinide

****Please call the State Wellness Center to Schedule your Diabetes & You Program visit today at 334-263-8470.**



www.alseib.org

**CALL FOR AN
APPOINTMENT
TODAY!**

(334) 263-8470

State Wellness Center

101 S. Union Street
Montgomery, AL 36104

All active employees covered under the State Employee's Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. HealthWatch Screenings are provided at the State Wellness Center. **Don't delay and wait until the end of November rush!** Schedule your screening appointment online or call the Wellness Center today for your free health screening.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the worksite within Montgomery city limits, as well as to residential locations within the **36109** zip code. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management