

Summer 2010



# Appleby News

## Diabetes

Welcome to the  
Appleby Pharmacy  
Newsletter.

At Appleby Pharmacy,  
we strive to provide  
quality service and  
care to you, our family  
of customers. The  
goal of our  
newsletters is to keep  
you informed and  
updated. If you have  
any suggestions for  
upcoming newsletters  
please contact us.

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### Our Services

- **mediCare Pack**
- **MedsCheck Review**
- **Counselling**
- **Home Delivery Service**
- **In-store Blood  
Pressure Machine**
- **Health Clinics**
- **Online Refills**
- **Professional Staff**
- **Open 7 Days a week**

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### What is Diabetes?

Diabetes means that your blood glucose (sugar) is too high. Your blood always has some glucose in it because the body needs glucose for energy to keep you going. Too much glucose in the blood is not good for your health. Diabetes develops when your body can't make or properly use a natural hormone called insulin. Insulin is made in your pancreas. It helps your body's cells take in sugar from your bloodstream. Diabetes is diagnosed when a sugar, called glucose, builds up in your blood. High blood sugar can harm your organs and raise your risk of heart disease.

### Could you have Diabetes?

Diabetes is a silent disease. You could have it for years and never know it. Your risk for diabetes increases as you get older, gain too much weight, or if you do not stay active.

### Type 1 Diabetes

Type 1 often affects children, but adults can develop it too. In this form of diabetes, the blood is unable to make insulin. Insulin is necessary for the body to be able to use sugar. Sugar is the basic fuel for the cells in the body, and insulin takes the sugar from the blood into the cells.

### Type 2 Diabetes

Type 2 is the most common form of diabetes. In type 2, your body probably still makes insulin, but your body's cells can't use it well. This is called insulin resistance. Over time, high levels of sugar build up in the bloodstream. Some of the most common symptoms are: urinating a lot, feeling thirsty often, losing weight without trying, feeling hungry a lot, having blurry vision. Other symptoms are: feel tingling or numbness in your hands or feet, feel tired, have very dry skin, have sores that heal slowly, have infections often. These symptoms are caused by high blood sugar. If you manage your blood sugar now, you may reduce your risk of complications from diabetes later.

### Complications

Good blood sugar control can reduce your risk of complications, like: heart disease and stroke, high blood pressure, blindness, kidney disease, nerve damage, infections, amputations, dental disease, problems in pregnancy.

### Treating Diabetes

To survive, people with type 1 diabetes must have insulin delivered by injections or a pump. Many people with type 2 diabetes can control their blood glucose by following a healthy diet and exercise program, losing weight and taking oral medications.

### Preventions of Diabetes Complications

Diabetes can affect many parts of the body and can lead to serious complications. Working together with your health care providers can reduce the occurrence of these by controlling the levels of blood glucose, blood pressure, blood lipids and by receiving other preventive care practices in a timely manner.

For more information please contact the Canadian Diabetes Association.

*"Providing you with the highest level of Pharmaceutical care."*