



MyHealth[™] Newsletter

DIABETES

November is Diabetes Awareness Month and World Diabetes Day is on November 14 – the birthdate of the famous Canadian insulin pioneer, Dr. Frederick Banting.

More than 9 million Canadians are living with diabetes or pre-diabetes. If left untreated or poorly managed, diabetes can lead to complications such as heart disease, kidney disease, impotence, and nerve damage. While medications can help manage diabetes and avoid complications, there is no cure. Early detection and management is invaluable for a person's long-term health.

Risk factors associated with developing type 2 diabetes:

- Being 40 years of age or older
- Being in a high-risk group (Aboriginal, Hispanic, Asian, South Asian or African descent)
- Having a close relative (parent or sibling) with type 2 diabetes
- A history of gestational diabetes, pre-diabetes or evidence of complications due to diabetes (such as eye, nerve or kidney problems)
- Heart disease, high blood pressure, or high cholesterol
- Being overweight (especially around the abdomen)
- Having given birth to a baby that weighed over 4kg (9lbs) at birth

If you have any of these risk factors, contact your healthcare provider and get checked for diabetes.

CANRISK

The sooner you are aware of having diabetes, the sooner you can manage it and improve your health.

Are you at risk for diabetes?

The Public Health Agency of Canada's CANRISK questionnaire identifies your risk of having type 2 diabetes. Your Remedy'sRx Pharmacist can help with the quick, simple test, and explain the results.

Diabetes care at Remedy'sRx

Your Remedy'sRx Pharmacist is your local source for diabetes care needs:

- Creams to keep your skin in its best condition
- Blood glucose testing meters, strips, lancets and log books
- Diabetes management assessments
- Recommendations for special circumstances, such as travel or when you are feeling ill
- Insulin pump supplies

Speak with your Remedy'sRx Pharmacist for more information about diabetes or if you have any questions about your prescription and non-prescription medications.

The contents herein are for informational purposes only. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.