



# DIABETES

Diabetes is a disease in which the body either cannot produce insulin or cannot properly use the insulin it produces. This leads to high levels of glucose in the blood, which can damage organs, blood vessels and nerves.

Diabetes is a growing health concern, with more than 9 million Canadians living with diabetes or pre-diabetes. Untreated Diabetes can significantly impair life function. Having Diabetes also greatly increases your risk for heart disease and stroke. Patients who devote themselves to managing Diabetes can live long and healthy lives. Your Remedy'sRx Pharmacist is here to help you understand the facts about Diabetes so you can improve the quality of your health and life.

## Are you at risk for Diabetes?

Certain risk factors are associated with developing Type 2 Diabetes.

- Are you 40 years of age or older?
- Are you a member of a high-risk group (Aboriginal, Hispanic, Asian, South Asian or African descent)?
- Do you have a close relative (parent or sibling) who has Type 2 Diabetes?
- Do you have a history of gestational diabetes or pre-diabetes or some evidence of the complications of diabetes (such as eye, nerve or kidney problems)?
- Do you have heart disease, high blood pressure, or high cholesterol?
- Are you overweight (especially around your abdomen)?
- Did you give birth to a baby that weighed over 4kg (9lbs) at birth?

If you answered “yes” to any of these questions, you should contact your healthcare provider and get checked for Diabetes. It is important to be tested for Diabetes if you are at risk. The sooner a person is aware of having Diabetes, the sooner actions can be taken to stay well.

## Your Remedy'sRx Pharmacist

Remedy'sRx is your local source for all of your Diabetes care needs—from creams to keep your skin in its best condition, to the latest meters and strips. We offer supplies and consultation for your routine Diabetes management, as well as for travel and emergencies.

If you would like to know more about Diabetes medications or would like a comprehensive Q & A session about your medications, speak with your Remedy'sRx Pharmacist.

## Latest and Greatest

The most recent developments, news, upcoming fundraisers, “Ask an expert”, and local supports related to Diabetes can be found at the Canadian Diabetes Association: [www.diabetes.ca](http://www.diabetes.ca)

[Contact your Remedy'sRx Pharmacist for more information or to schedule a personalized Medication Review consultation.](#)

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.