

diabetes health

take control

Live well and
stay well by keeping
diabetes in check

a national strategic partner of



JOIN THE FIGHT TO STOP DIABETESSM

Rite Aid is proud to join the American Diabetes Association in the fight to Stop Diabetes by helping you take control of your health. As part of our national strategic partnership, we're pleased to offer you this free resource with information on lowering your risk for type 2 diabetes and tips to help you manage diabetes if you already have it. Use this guide, along with advice from your health care team, to stay healthier and stop diabetes from taking control of your life.

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The educational information in this booklet was provided by the American Diabetes Association. It is for informational purposes only and should not be construed as medical advice. You should always consult a health care professional for assessment and treatment of diabetes or its risk factors and before undertaking any diet or exercise program.

THE DETAILS ON DIABETES

Diabetes is a group of lifelong diseases in which blood glucose, or sugar, levels are too high because the body can't make or appropriately use insulin. Insulin is a hormone that helps the body use or store glucose.

Type 1 diabetes

Type 1, which can't be prevented, occurs when the body stops making insulin. To survive, people with this type need insulin therapy. Type 1 is most often diagnosed in children, teens, and young adults.

Type 2 diabetes

This type, which can be prevented, is the most common. People with this type do make insulin, but their bodies don't make enough or don't respond well to it. Type 2 is most often managed through lifestyle changes and oral medication. Insulin may be added after the pancreas gradually loses the ability to produce insulin.

Prediabetes

The 57 million Americans who have prediabetes have higher than normal blood glucose, but not high enough to be diagnosed with diabetes.

Within 10 years, many people with prediabetes will develop type 2 diabetes.

But there is good news: A healthy lifestyle can help the body better use glucose so it doesn't build up in the blood. Research shows that people with prediabetes can lower their risk for type 2 diabetes by more than half when they lose 5 to 10 percent of their body weight by exercising and eating right.

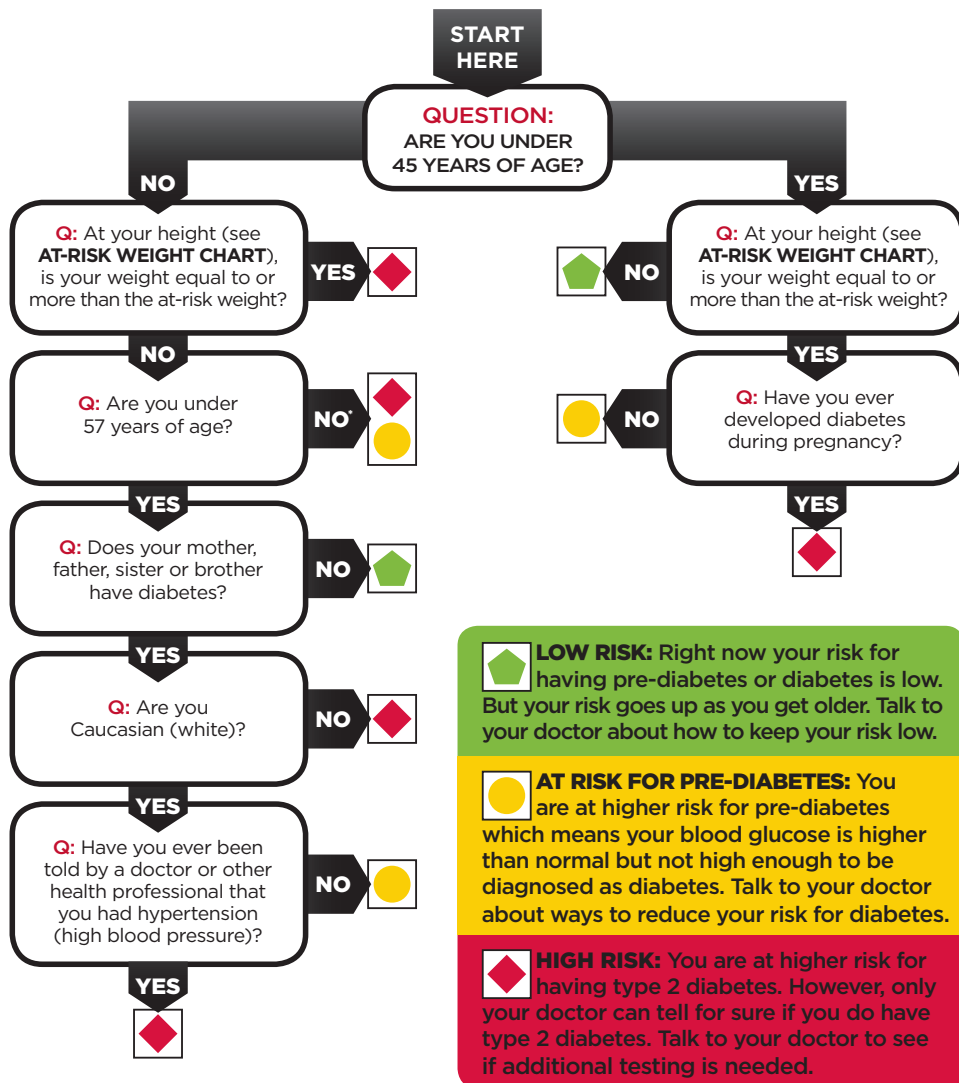
Check out the At-Risk Weight Chart at right — if you weigh the same as or more than the weight listed across from your height, you may be at risk for or already have prediabetes or diabetes.

AT-RISK WEIGHT CHART

HEIGHT	WEIGHT
4'10"	148 LBS
4'11"	153 LBS
5'0"	158 LBS
5'1"	164 LBS
5'2"	169 LBS
5'3"	175 LBS
5'4"	180 LBS
5'5"	186 LBS
5'6"	192 LBS
5'7"	198 LBS
5'8"	203 LBS
5'9"	209 LBS
5'10"	216 LBS
5'11"	222 LBS
6'0"	228 LBS
6'1"	235 LBS
6'2"	241 LBS
6'3"	248 LBS
6'4"	254 LBS
6'5"	261 LBS

ARE YOU AT RISK?

This simple tool from the American Diabetes Association can help you determine your risk for prediabetes or diabetes. Using the flow chart, answer the questions until you reach a colored shape. Match that with a risk message shown below.



* Your risk for diabetes or prediabetes depends on additional risk factors including weight, physical activity, and blood pressure.

SIMPLE HABITS TO LOWER YOUR RISK

Small steps do add up! You don't need special foods or an Olympian-like regimen to make a difference. You can lower your risk for type 2 diabetes or delay its onset by making some sensible adjustments.

Eat better

Fine-tune your eating habits with these calorie- and fat-cutting strategies:

- Replace some of the meat in your diet with a variety of vegetables and whole grains.
- Replace desserts and snacks with fresh fruit.
- Compare food labels and choose alternatives that are lower in calories, fat, and sugar, such as nonfat milk instead of 2 percent.
- Use smaller plates to help shrink your portion sizes.
- Split large restaurant portions with a friend or take half home.



Get fit

Pump up your activity level with these tips:

- Walk every chance you get — to work or on errands, with co-workers during a break, and before or after dinner.
- Socialize with family and friends by being active together. Ride bikes, play soccer or basketball, or dance.
- Do housework and yard work with vigor.
- Break exercise into 10-minute segments to fit it into your schedule.
- If you've been inactive, begin by getting your doctor's advice about what and how much to do.



Choose one action you can take today to start reducing your risk. Setting daily, weekly, and monthly goals can help you move gradually toward a healthier lifestyle.

WHEN DIABETES DEVELOPS DURING PREGNANCY

Gestational diabetes is the form of diabetes that develops during pregnancy. It can cause many problems, from high blood pressure to delivery complications. The good news is that both mother and baby can often be healthy by mom following a special meal plan and being physically active.



Risky business

Without treatment, gestational diabetes carries some serious risks, including:

- High blood pressure and sudden high blood pressure (preeclampsia) in the mother
- The baby being so large that the mother must have a cesarean section
- Breathing and blood glucose problems in the baby after birth

Ensure a healthy pregnancy

Many women with gestational diabetes can keep their blood glucose under control by adopting healthy eating and exercise patterns. Some also need testing and insulin injections to control their blood glucose.

Work with your diabetes educator to design a plan to keep your blood glucose levels in the target range. Many plans recommend that you:

- Eat three small meals and one to three snacks a day.
- Count your carbohydrates. Your meal plan should tell you when and how many to have at meals and snacks.
- Limit sweets.
- Try to be active for 30 minutes or more, at least five days a week.

Walking and swimming are good activities for pregnant women.

Although gestational diabetes often disappears after delivery, those with the condition have an increased risk of developing it again in a future pregnancy and type 2 diabetes later in life. Getting to and maintaining a healthy weight, eating right, and being active 30 minutes a day on most days of the week are important preventive steps.

BATTLING CHILDHOOD OBESITY AND DIABETES

These days, lots of kids — many who are overweight and inactive — are developing type 2 diabetes, putting them at risk for complications like early heart disease.

5 ways to keep kids diabetes-free

These simple lifestyle changes can help prevent childhood obesity, staving off diabetes and many other health problems:

- **Lead by example.** Eat healthy and be active.
- **Dine together.** Regular family meals can foster healthy eating habits. And research shows that kids whose families eat together get more fruits and veggies, have improved self-esteem and better grades, and are less likely to smoke, drink, use drugs, or get into fights.
- **Encourage exercise.** Kids need at least one hour of physical activity every day.
- **Ask for help.** If you think your child is overweight, talk with his or her doctor.
- **Know the symptoms.** People with type 2 diabetes often don't have symptoms, but see the doctor right away if your child shows signs of frequent urination, unexplained weight loss, blurred vision, fatigue, nausea, excessive thirst, or cuts and bruises that are slow to heal.

Help them cope

Kids who've been diagnosed with diabetes may feel emotional, stressed, or left out. A little parental support can go a long way. Here's how you can help:

- Cook the same healthy foods for the whole family.
- Plan family walks to help kids get 60 minutes of exercise a day.
- Give teens some space once they've shown they can keep their glucose under control.



KEEP IT IN CHECK

If you have diabetes, you need to keep up with several tests during the year to find out how your glucose levels are affecting your overall health. Use the **American Diabetes Association's Checkup Checklist** below to keep track of all the tests you need and how often you need them.

CHECKUP CHECKLIST

The American Diabetes Association recommends the following for adults with diabetes:

A1C Test

(estimated average blood glucose)

☐ ☐ ☐ ☐ At least twice a year. If your treatment has changed or you're not achieving your blood glucose goals, up to four times a year.

Dentist Visit

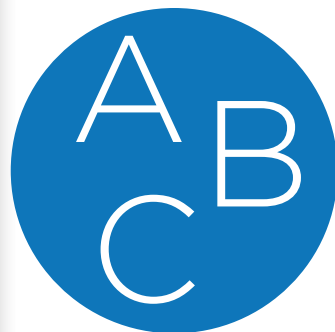
☐ ☐ Twice a year

Annual Tests, Shots, and Visits

- ☐ Flu vaccine
- ☐ Fasting lipid profile
(cholesterol and triglycerides)
- ☐ Urine albumin excretion
(kidney function)
- ☐ Serum creatinine
(kidney function)
- ☐ Dilated eye exam
- ☐ Foot exam including neuropathy testing with monofilament

Other Screenings and Vaccinations

- ☐ PAD (peripheral arterial disease) screening for those at risk
- ☐ PPV (pneumococcal polysaccharide vaccine). A one-time vaccine for most, but people over 65 will need to get it again.



KNOW YOUR DIABETES ABCs

Keep your ABCs on target to lower your heart disease risk.

A: A1C level — your average blood glucose for the past two to three months — should be less than 7.*

B: Blood pressure is best below 130/80.*

C: Cholesterol level — the bad type, LDL — should be no higher than 100.*

**Individual targets vary.*

IS YOUR GLUCOSE UNDER CONTROL?

For people with diabetes, food, activity, and stress can cause glucose levels to change throughout the day. Watching your glucose level closely can help you avoid hypoglycemia (low blood glucose) and hyperglycemia (high blood glucose).

When your glucose level is too high too often, it can lead to problems with your kidneys, heart, eyes, and nerves. Frequent checks can help prevent damage to these parts of the body.

When should you check?

Many people do daily glucose checks before and after meals and at bedtime. Your doctor will help you find the best routine for you.

Ask for help

Share your routine with a friend or family member — a loved one who knows the ropes can help to your schedule. Sometimes you may need unscheduled checks. Being sick, for example, can cause glucose to rise, which calls for more testing. Someone may need to remind you to test for you. You or a member of your care team can show family members how to use the test kit.

There are many blood glucose monitoring devices to choose from. Talk with your Rite Aid pharmacist to find one that's right for you.

Many Rite Aid pharmacists are diabetes care specialists who provide diabetes self-management education (DSME) — a series of educational programs to help you stay in charge of your health.



Blood Glucose Journal

Month/Year

AMERICAN DIABETES
ASSOCIATION
BLOOD GLUCOSE TARGETS

Before meals:

70 to 130 mg/dL

Two hours after meals:

below 180 mg/dL

MY TARGETS

Before meals:

Two hours after meals:

MY DOCTOR

Name:

Phone:

Track it!

FREE

Keeping a log of your daily glucose levels helps you see how well your diabetes care

plan is working. It's easy to keep track with the **American Diabetes Association's Blood Glucose Journal**. Download additional pages for your journal at www.riteaid.com/diabetes.

DAY	BREAKFAST		LUNCH	
	Before	After	Before	After
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
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[illegible]

MAKE BETTER SENSE OF YOUR A1C TEST WITH eAG

If you have diabetes, you need an A1C test at least twice a year to give you a picture of your average blood glucose control for the past two to three months. This helps you see how well your treatment plan is working.

Use the chart at right to see how your A1C compares with your estimated average glucose (eAG), a new format for giving A1C results in milligrams per deciliter (mg/dL). This is the same format you see when you check your glucose level with a meter.

A1C%	eAG _{mg/dL}
5	97
5.5	111
6	126
6.5	140
7	154
7.5	169
8	183
8.5	197
9	212
9.5	226
10	240
10.5	255
11	269
11.5	283
12	298

Need help understanding your test results?
Ask your doctor or Rite Aid pharmacist to help explain them.

BEYOND GLUCOSE: GOOD DIABETES CARE

Here are some helpful tips for taking good care of yourself, from head to toe:

- Floss and brush your teeth and gums after each meal and snack to help prevent gum disease.
- Defend against dry skin by keeping your skin clean and moist and applying lotion regularly.
- Wash your feet in warm water every day, but don't soak them. Check daily for sores or other problems. Use moisturizing lotion, but not in between toes.

Talk with your Rite Aid pharmacist about the oral and skin care products that may work best for you.

My Meds at a Glance

Here's a way to make sure you're on top of your current medication regimen. Carry this list in your wallet, and you'll always have it handy to share with health care providers.

	MEDICATION NAME	DOSAGE	WHEN TO TAKE	PRESCRIBED BY
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				

RITE AID PHARMACY PHONE NUMBER:



It's a good idea to keep a list of all the medications you take. The **American Diabetes Association's My Meds at a Glance** chart makes it easy. Ask your Rite Aid pharmacist for a printout of your medications to help you fill out this chart. Be sure to keep it updated. You can download additional copies at www.riteaid.com/diabetes.

MANAGING DIABETES AND BLOOD PRESSURE

People with diabetes need to be vigilant about their blood pressure. Nearly two out of three people with diabetes have high blood pressure. This doubles cardiovascular disease risk, which can lead to heart attack and stroke. People with both diseases are also more likely to develop nerve, kidney, and eye damage.

Stay in control

Having blood pressure tested each time you see the doctor and taking steps to keep it in check can help prevent such health problems. If you have diabetes, doctors recommend keeping your blood pressure below 130/80. Healthy lifestyle changes to lower blood pressure include:

- Controlling weight
- Exercising regularly
- Eating a healthy, low-salt diet
- Avoiding smoking
- Limiting alcoholic drinks to one daily

When you need medication

If these steps don't help, your doctor may also prescribe medication. Some blood pressure medications can affect how you manage your diabetes. Beta-blockers, for example, may hide a heart rate increase in response to low blood glucose, while ACE inhibitors and ARBs are recommended for their benefits. Be sure your doctor knows you have diabetes before prescribing you medication.

Talk with your doctor and Rite Aid pharmacist about the benefits and side effects of specific medications.



BEAT KIDNEY DISEASE WITH REGULAR CHECKUPS

They don't have glamorous jobs, but your kidneys deserve recognition. These fist-sized organs keep your blood clean by tossing out waste and extra water. But over time, diabetes can damage small blood vessels inside the kidneys, lessening their ability to filter toxins from your blood. Left untreated, your kidneys could fail.

Nip it in the bud

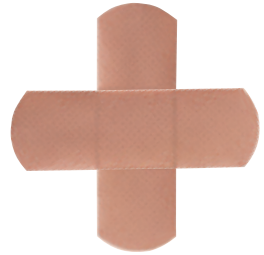
If you have diabetes and start to develop kidney problems, you may not even know it. A yearly urine test can check for small increases of a protein called albumin — one of the early signs of kidney disease.

If your kidneys aren't working up to speed, your doctor can prescribe medicines to slow down kidney disease.

5 steps to healthy kidneys

Many of the things you do to keep your diabetes in check are also good for your kidneys:

- 1 Stick to a healthy eating plan.
- 2 Take your diabetes medicine as directed.
- 3 Be active for a half hour or more, at least five days a week.
- 4 Keep your blood glucose in your target range.
- 5 Get your blood pressure checked each time you see the doctor.



A SHOT AT GOOD HEALTH

Catching the flu is never fun. But people with diabetes have a higher risk for serious complications, such as pneumonia and even death.

Help protect yourself by getting a yearly flu shot. And get a pneumonia shot if you haven't already — one shot usually protects you for life.

So roll up your sleeve — it could save your life!

Rite Aid immunizing pharmacists provide flu and pneumonia shots at select Rite Aid stores. Visit www.riteaid.com to find a store near you.

6 TIPS FOR SAFE TRAVEL

If you have diabetes, you'll need to plan more than your itinerary when you travel across the country or abroad. These tips can help you prepare for safe travel:

- 1 Meet with your doctor before you leave to get extra prescriptions, medications, any needed vaccinations or documentation, and advice on managing diabetes while away from home.
- 2 Pack plenty of extra medicine and blood testing supplies — at least twice as much as you think you need.
- 3 Check your blood glucose frequently while traveling, including before and two to three hours after meals.
- 4 Arrange ahead of time for a meal that fits your meal plan if you're traveling by plane, train, or ship.
- 5 Carry appropriate snacks with you in case meals are late.
- 6 Wash your hands often to avoid germs. Pack an alcohol-based hand sanitizer for times when soap and water aren't available.



PREPARE FOR EMERGENCIES

Everyone should have a plan in place in case of an emergency. For someone with diabetes, there are some extra things to consider.

Store at least three days' worth of diabetes supplies, such as oral medication, insulin, extra batteries for your meter, a quick-acting source of glucose, and an emergency contacts list. Make sure your supply kit is easy to identify and find during an emergency.



LOSE WEIGHT THE SIMPLE WAY

Small lifestyle changes can help you shed pounds and lower your risk for diabetes. And even a modest weight loss can improve your blood glucose levels, which is good news if you already have diabetes.

Losing weight doesn't require radical changes. These simple strategies can help you lose weight and keep it off:

- **Add soup to the menu.** Having a broth-based or non-cream-based soup for a first course may help you eat fewer calories, while still feeling satisfied at the end of a meal. So slurp away!
- **Choose healthy drinks.** Avoid sugar-sweetened drinks and opt for water or sugar-free tea, which help to cut calories and avoid added sugar.
And consider this: A 12-ounce can of soda contains 143 calories and the equivalent of 10 teaspoons of sugar. By drinking one less can a day for a year, you could consume 52,195 fewer calories. That translates into a weight loss of nearly 15 pounds!
- **Get active.** Getting moderate exercise at least 30 minutes a day can help you control your weight and blood glucose.

Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	0%
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	85g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300g	300g
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	25g	30g

COUNTING CARBS

Foods with carbohydrates raise your blood glucose. By tracking the amount you eat and when you eat them, you can help keep your levels in the target range.

Check food labels for the **serving size** and **total carbohydrate** amount to determine how many carbs are in that serving size. Know the amount of carbs you can eat and adjust your portion size to match.

Work with your diabetes educator to decide what amount is best for you.



HOW TO PORTION YOUR PLATE

Healthy eating can help you manage your diabetes and lose weight, but knowing which foods to eat can seem daunting. Luckily, the solution is simple. Properly portioning your plate helps you eat more healthy foods and limit those high in fat and calories.

Here's how it works:

- Take a dinner plate and draw an imaginary line down the middle.
- Split one side in half again so you have three sections.
- Fill each section with these foods:

Veggies

Fill half of your plate with non-starchy veggies like broccoli, carrots, green beans, lettuce, peppers, and tomatoes.

Carbs

This small section can contain starchy foods. Whole-grain products are rich in vitamins, minerals, and fiber. Try brown rice and whole wheat bread, pasta, and crackers. Starchy vegetables like potatoes, squash, peas, and corn are also options.

Sides

Add an 8 oz. glass of nonfat milk and a piece of fruit for a healthy, well-balanced meal.



Meats and meat substitutes

Leaner cuts of meat have less saturated fat and calories. Try salmon, cod, and tuna, and seafood like shrimp and clams. Other good choices are skinless chicken and turkey and lean cuts of beef and pork. Don't eat meat? Try eggs, tofu, and low-fat cheese.

Week of:

What I Ate This Week

Track it!

FREE

Tracking what you eat can help you pinpoint opportunities for improvement. For example, if you spot an afternoon snacking habit, replace chips with some baby carrots. The **American Diabetes Association's What I Ate This Week** chart can help. Visit www.riteaid.com/diabetes to get additional copies.

	BREAKFAST	LUNCH	DINNER	SNACK/OTHER	NOTES
SUNDAY					
	Calories:	Calories:	Calories:	Calories:	Total calories:
MONDAY					
	Calories:	Calories:	Calories:	Calories:	Total calories:
TUESDAY					
	Calories:	Calories:	Calories:	Calories:	Total calories:
WEDNESDAY					
	Calories:	Calories:	Calories:	Calories:	Total calories:
THURSDAY					
	Calories:	Calories:	Calories:	Calories:	Total calories:
FRIDAY					
	Calories:	Calories:	Calories:	Calories:	Total calories:
SATURDAY					
	Calories:	Calories:	Calories:	Calories:	Total calories:



Help Rite Aid Stop Diabetes

In the next 24 hours, 4,320 new cases of diabetes will be diagnosed. The time to Stop Diabetes is now. Join the American Diabetes Association and Rite Aid as we work to find a cure and reduce the burden of diabetes so all people affected by diabetes can live happier, healthier lives.

- **SHARE:** Share your stories, experiences, and hope for a cure. Your personal story may help inspire others to join the movement and make a difference in the fight to Stop Diabetes.
- **ACT:** Find ways to volunteer locally and participate in fundraising events and grassroots advocacy activities. Your actions can help advance the fight.
- **LEARN:** Take the risk test and learn your risk of developing diabetes. If you have diabetes, learn how to manage your condition. Talk with your Rite Aid pharmacist and visit www.riteaid.com/diabetes.
- **GIVE:** Your time and passion can make a big difference in your community in the fight to Stop Diabetes. Financial contributions can also help fund education, outreach, advocacy, and critical research for a cure.

Visit www.riteaid.com/diabetes to learn more about how you can join the fight to Stop Diabetes.



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