

Diabetes Awareness



November was Diabetes Awareness Month and this year the focus was on managing diabetes by building your healthcare team!

Did you know that there are about 37 million Americans that are affected by diabetes?

Diabetes is a disease that occurs when your blood glucose (sugar) is too high. It can cause damage to your eyes, heart, kidneys, and nerves. There is no cure, but it can be managed. There are two types of diabetes: Type 1 and Type 2. You may have also heard of prediabetes and gestational diabetes. Type 2 diabetes is the most common type and it means that your body is not using insulin properly. With Type 1 diabetes, the body does not make insulin. With both types, healthy eating, exercise, and medications can help manage the disease. As you are probably thinking, it takes a team of healthcare providers to make sure patients with diabetes stay healthy and happy! That is why this year's focus is so impactful. The goal is to take care of YOU, as you are the most important member of the team!

Have you been experiencing frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased tiredness, irritability, or blurred vision? If so, we can help at Bremo! We provide diabetes screening!



The pharmacists at Bremo are always happy to answer any questions you may have! Call us at 804-288-8361 to schedule a diabetes screening appointment with one of our pharmacists!



So how can you actually manage diabetes?

- Manage A1c, blood pressure and cholesterol levels
- Make appointments with your doctors!
 - Yearly diabetic eye exams
 - The doctor will dilate your eyes and take a fundus photo (picture of the back of the eye)
- Take care of your feet!
 - Check and wash your feet daily
 - Wear shoes and socks
 - Keep toenails trimmed
- Make physical activity part of your routine
 - 150 minutes per week
 - Park in the back of the parking lot
 - Take a walk on your lunch break
- Follow a healthy meal plan
 - Moderation is key
 - Eat colorful fruits and veggies
 - Avoid excessive sugars
- Stay on top of your vaccines!
 - Hepatitis B
 - Human Papillomavirus (HPV)
 - Annual Flu
 - Pneumococcal (commonly referred to as pneumonia)
 - Tetanus, diphtheria, pertussis (Tdap)
 - Zoster (Shingrix)

References:
<https://diabetes.org/get-involved/community/american-diabetes-month>

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month#:~:text=November%20is%20National%20Diabetes%20Month,building%20your%20health%20care%20team>