

PharmacistCARE

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• **Documentation and follow up:** All services should be well documented and follow-up visits scheduled as appropriate for the patient.

Additional office for PharmacistCARE

In addition to an expanded range of medication counseling services, **PharmacistCARE** is expanding its locations. An additional office is set to open this summer in the on-campus Kentucky Clinic, in addition to Kentucky Clinic South.

Reduced co-payment for test strips

For those of you who already participate in the Diabetes Education and Management Program, the change from REACH to **PharmacistCARE** is a name change only. There

ABC's

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Travel tips

Planning ahead is the key to handling your diabetes while traveling. Before a long trip, have a medical exam to make sure your diabetes is in good control. You should have more than enough insulin and syringes or pills to last through the trip. Having a prescription for your insulin or diabetes pills may help in case of emergency. Carrying a list of medications and allergies may be helpful. Have a pack handy at all times that includes your insulin, syringes and/or your oral medications, testing supplies (extra batteries), a diabetes identity card, and appropriate snacks such as crackers, peanut butter, fruit, a juice box and some form of sugar (hard candy or sugar tablets) to treat low blood sugar.

Check your blood sugar often. No matter what kind of diabetes you have, it's smart to watch what you eat and drink when traveling. Wear comfortable shoes and never go barefoot. Check your feet every day. If you take insulin shots and will be crossing time zones, talk to your doctor or diabetes educator before your trip to help plan the timing of your injections while you travel.

Use of insulin

There are many different types of insulin for many different situations and lifestyles. There are more than 20 types of insulin sold in the United States. These types differ in how they are made, how they work in the body, and in price. Insulin is made in labs to be identical to human insulin. With the help of your health care team, you can find an insulin routine that will keep your blood sugar near normal, help you feel good, and fit your lifestyle.

Vaccines

Having the flu or pneumonia can be dangerous for anyone, but it is extra risky for people with diabetes or other chronic health problems. In general, every person with diabetes needs a flu shot each year. The best time to get your flu shot is beginning in

are no changes in the services you currently receive. However, one important benefit has been added: reduced co-payments for test strips. University of Kentucky Health Plan members - while they remain ACTIVE in the diabetes program - can purchase the preferred (formulary) test strips at \$10 for a one-month supply (usual price is \$20 minimum). A one-month supply of non-formulary strips may be purchased for \$30 (usually a \$40 minimum).

Patient care is PharmacistCARE's priority

The **PharmacistCARE** team is excited to be able to provide a wide range of services to ensure your best health. Please contact **PharmacistCARE** at (859) 323-4742 with any questions you have about your diabetes medication regimen. We're here to help.

late September to early October. You can get a pneumonia shot anytime during the year. For most people, one pneumonia shot is enough protection for a lifetime, but people over 65 may need a second pneumonia shot. Talk with your doctor about having flu and pneumonia shots.

Weight loss

Nearly nine out of 10 people with newly diagnosed Type 2 diabetes are overweight. Losing excess weight and maintaining your target weight will help you better manage your diabetes. Controlling body weight can be accomplished with a combination of physical activity and wise food choices. Even though it may be hard to talk about weight loss, the first step is to talk with your health care provider.

Exercise

Exercise is also known as physical activity. Going to a gym, playing sports or using exercise equipment can provide physical activity, but you can still gain the benefits of being physically active by doing anything that gets you moving. Examples of great physical activities include walking, dancing, taking the stairs instead of the elevator, or working in the yard.

Physical activity can lower your blood sugar (glucose), blood pressure and cholesterol. It also reduces your risk for heart disease and stroke, relieves stress, and strengthens your heart, muscles and bones. In addition, regular activity helps insulin work better, improves your blood circulation, and keeps your joints flexible. Talk with your health care provider before starting a physical activity program. Remember - it's never too late to start exercising.

You are in control!!!

Zip your life into shape!!

LIVING HEALTHIER WITH DIABETES



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Welcome to PharmacistCARE!

Great changes are taking place in health care. The U.S. government has recognized a growing need for pharmacist counseling on medications to help all citizens - especially those with chronic illnesses - lead healthier, more productive lives. The Medicare Modernization Act, which goes into effect in January, specifically calls for pharmacists to offer Medication Therapy Management (MTM) services. As a result, the REACH program has expanded into a comprehensive Medication Therapy Management unit called **PharmacistCARE**.

Medication Therapy Management encompasses a variety of medication counseling. Originally designed as a service for Medicare recipients, it is being endorsed as a new model for all community pharmacies by national organizations such as the American Pharmacists Association (APhA) and the National Association of Chain Drug Stores (NACDS). Briefly, its components as defined by the APhA include:

- **Complete review of all prescriptions**, nonprescription medications, herbal products and dietary supplements to target potential problems with new medications to monitor ongoing therapy.

- **A personal medication record** for each patient that lists all of their medications, the prescribed strength, dosage directions and other important information. The patient should be encouraged to share the list with all of their health care providers.

- **Medication Action Plan:** A list of information the patient can use to improve the at-home management of their medication therapy.

- **Intervention:** Pharmacists should intervene to address medication-related problems and refer patients to other health care providers as needed.

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Photo by Kristi Lopez

Award-winning diabetes program

The PharmacistCARE Diabetes Education and Management Program is winner of the 2005 Pinnacle Award from the American Pharmacists Association. Posing with the award are, from left: Donald Perrier, Ph.D., chair of the Department of Pharmacy Practice and Science; Holly Divine, Pharm.D., CPG, CDE, co-director of PharmacistCARE; Amy Nicholas, Pharm.D., CDE, co-director of PharmacistCARE; and Kenneth B. Roberts, Ph.D., dean of the University of Kentucky College of Pharmacy. The award was presented June 14, 2005, at the Kennedy Center in Washington, D.C.

ABC's of Diabetes

By David Perry, Pharm.D. candidate and Jennifer Macum, Pharm.D. candidate

A1C

An A1C test gives you a picture of your average blood sugar control for the past two to three months. The results give you a good idea of how well your diabetes treatment plan is working.

Ideally, your A1C should be < 7%. Your doctor should measure your A1C level at least twice a year. There are times when you need to have your A1C level tested about every three months.

Although the A1C test is an important tool, it can't replace daily self-testing of blood sugar. The results from your self-testing can give you information that day or over several days to react upon, compared with the fact that an A1C only gives you longer-term, retrospective information.

Blood Pressure

High blood pressure (hypertension) is a major risk factor for developing heart attacks, heart failure, kidney damage and strokes. High blood pressure is defined as >140/90mmHg. The goal for patients with diabetes is <130/80mmHg. Blood pressure should be measured every time you visit your physician and at home when possible.

Cholesterol

Diabetes leads to an increased risk of cholesterol-type problems that contribute to higher rates of heart disease. The goal is to lower LDL (bad) cholesterol to at least <100mg/dL, to raise HDL (good) cholesterol to at least >50mg/dL, to lower total cholesterol to <200mg/dL, and to lower triglycerides to <150mg/dL.

Cholesterol levels should be checked at least annually and more often if needed if these goals haven't already been achieved.

Dental exam

Diabetes increases the risk of gum disease and other mouth-related problems. To prevent this, it is important to brush your teeth at least twice a day, floss every day, and visit your dentist at least twice a year. See your dentist if your gums are red and swollen, if they bleed when brushing or flossed, if your gums pull away from your teeth, or if you notice any changes in your oral hygiene.

Eye exam

Uncontrolled diabetes can cause eye problems (retinopathy) and may lead to blindness. People with diabetes do have a higher risk of blindness than people without diabetes. Early detection and treatment of eye problems can save your sight. You should have a dilated eye exam every year to prevent the development and progression of these problems. Tell your physician if you notice any changes in your vision.

Foot exam

Foot problems most often occur when there is nerve damage (neuropathy) that results in loss of feeling in your feet. Poor blood

flow or changes in the shape of your feet or toes may also cause problems. Be aware of loss of feeling, tingling and coldness in your feet. Visually inspect your feet daily for changes in skin color, calluses or ulcers (open sores), and report these changes to your health care provider. A sensory foot exam should be performed by a health care provider at least once a year.

Glucose control

Keeping your blood sugar (glucose) levels as close to normal as possible can be a lifesaver. Tight control can prevent or slow the progress of many complications of diabetes, giving you extra years of healthy, active life. Ideally, this means pre-meal levels between 90 and 130 mg/dL, and less than 180mg/dL two hours after starting a meal.

Hypoglycemia

Hypoglycemia (low blood sugar reaction) happens from time to time to everyone who has diabetes and is on certain medications. Although there are times you can't prevent it from happening, hypoglycemia can be treated before it gets worse. Some symptoms include shakiness, dizziness, headache, hunger, sweating and pale skin color. Be sure to ask your pharmacist and health care provider if any of the medications you are on for diabetes can cause hypoglycemia.

Be sure to check your blood sugars. If blood sugars are \leq 70mg/dL you should eat something such as 3 glucose tablets (you can buy these at the drug store), 1/2 cup of orange juice (4 ounces), or 5-6 pieces of hard candy. Any of these should equal 15 grams of carbohydrate. Check blood sugar in 15 to 20 minutes, and if blood sugar is still <70mg/dL and you're not feeling better, repeat the treatment.

Infection

Being sick can make your blood sugar level go very high. It is very important to monitor your blood sugars more frequently during this time of stress. If your symptoms have not gotten better after a few days, contact your health care provider. Be ready to tell what medicines you've taken and how much, how long you've been sick, whether you can eat and keep food down, whether you've lost weight, and what your temperature and blood sugars are. To be prepared, keep written records of all these things as soon as you become sick. To minimize frequent highs or lows of blood sugar when you are sick, ask your health care provider about a "sick day" plan.

Journal keeping

Keeping a log plays an important role in controlling your diabetes. You should write down every blood sugar that you check, as well as any lifestyle changes that may have affected your readings. Some patients find it beneficial to write down their daily diet information. If you monitor your blood pressure at home, this would be a good place to keep track of it as well. Bring your log with you to your visits with your health care provider so they can see if any changes need to be made in your treatment.

Kidney protection

Diabetes can damage the kidneys, which not only can cause them to fail but also can make them lose their ability to filter out waste products. After many years of uncontrolled blood sugar your kidneys can start to leak, causing useful protein to be lost in the urine. Having small amounts of protein in the urine is called microalbuminuria. This can be prevented by controlling blood sugars and blood pressure, and certain medications can reverse the process if it's caught early. A urine microalbumin screen should be performed at least annually.

Lifestyle

This is one of the most important things that **you** can do to improve your diabetes control. Beneficial lifestyle changes include staying within your carbohydrate amounts and following more closely the food pyramid, increasing activity, losing weight, stopping smoking, and limiting alcohol. You should refer to your health care provider for more specific information to assist making these changes in your lifestyle.

Monitoring

Blood sugar monitoring is the main tool you have to check your diabetes control. This check tells your blood sugar level at any one time. Patients with diabetes may monitor their blood sugar at different times and with different frequency. Keeping a log of your results is vital. When you bring this record to your health care provider, it can give him or her a good picture of your body's response to your diabetes care plan.

Blood sugar meters are small computerized machines that "read" your blood sugar. In all types of meters, your blood sugar level shows up as a number on a screen. There are many kinds of meters, each with different features, costs and ease of use. Have your health care provider assist you in choosing a meter that is right for you and demonstrate the correct way to use your meter.

Neuropathy

One of the most common complications of uncontrolled diabetes is diabetic neuropathy. Neuropathy means damage to the nerves that run throughout the body. Neuropathy is more likely to affect people who have had diabetes for a long time or whose sugar control is poor. In addition to controlling blood sugar, avoiding alcohol and cigarettes will help prevent against neuropathy.

Diabetic neuropathy symptoms can include prickling, tingling, burning, an aching sensation, sharp jabs of needlelike pain, muscle weakness, numbness, fainting, vomiting, loss of bladder control, and sexual dysfunction. Be sure to tell your health care provider if you experience any of these symptoms.

Oral medications

There are two kinds of diabetes medicines: oral medications (pills) and insulin shots. Diabetes pills work in different ways to lower blood sugar levels. In general, these pills are safe and work well. But like any other drug, they must be used with care. Because all diabetes pills have a chance of interacting with other medications, you need to tell your doctor about all medicines you are taking, including over-the-counter items and/or herbal supplements.

It is important to take your diabetes pills as directed to help keep your blood sugar levels in range. Keeping your blood sugar levels in your target range will help to reduce your risks for the long-term complications in the future and help you feel your best today.

Psychological factors

Patients with diabetes may experience anger, depression or denial at some point. Anger can start at diagnosis with the question, "Why me?" You may dwell on how unfair diabetes may seem. Diabetes may make you feel threatened.

At any given time, most people with diabetes do not have depression. But studies show that people with diabetes have a greater risk of depression than people without diabetes. The stress of daily diabetes management can build. You may feel alone or set apart from your friends and family because of all this extra work. It is also important to remember that diabetes that is in poor control can cause symptoms that look like depression.

Denying that your diabetes is serious lets you avoid self-care. It shields you from the fact that diabetes is a lifelong, chronic illness which if left untreated can result in complications. If you find you are experiencing anger, depression or denial, talk to your health care provider.

Questions

You need to be involved in devising your diabetes care plan. Otherwise, it's unlikely that the plan will fit into your life or that you will understand what you need to do. A big part of self-care involves asking questions. Do not be afraid to ask any of your health care providers for guidance and information that will assist you in managing your diabetes.

Recipes

People with diabetes have the same nutritional needs as anyone else. Along with exercise and medications, nutrition is important for good diabetes control. By eating well-balanced meals in the correct amounts, you can keep your blood sugar level as close to normal (non-diabetes level) as possible.

Along with meeting with a dietitian, diabetic recipes can be found on the American Diabetes Association web site (www.diabetes.org). Another web site providing a lot of diabetic recipes is www.diabetic-recipes.com. These web sites provide a number of recipes that will allow you to enjoy delicious food while helping you to control your diabetes.

Skin care

Diabetes can affect every part of the body, including the skin. As many as one third of people with diabetes will have a skin disorder that is caused by or is affected by diabetes at some time in their lives. Luckily, most skin conditions can be prevented or easily treated if caught early.

Some of these problems are skin conditions anyone can have but people with diabetes get more easily. These include bacterial infections, fungal infections and itching. Other skin problems happen mostly or only to people with diabetes. Good skin care is an important part of living with diabetes.

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