

Your Guide 2009/10



Diabetes Products

Diabetes Medications

Designed
to make
busy lives
easier.

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& go test & go & go test & go



actual size

One less step.

Less wasted strips.
Less wasted time.
60-second blood re-application time.

Less painful.
Canada's smallest sample size.

Test anytime,
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**No Coding
Required!**


**FreeStyle
Lite**
Blood Glucose Monitoring System

 **Abbott**
Diabetes Care

New 2009/10 guide makes sense of diabetes products and medications

It is our pleasure to present your 2009/10 guide to diabetes products and diabetes medications.

It is a handy and convenient supplement to *Diabetes Dialogue* that provides a general overview of the products and medications currently available in Canada for people living with diabetes.

Keeping track of the many different products and medications out there can be difficult. Companies are always introducing new devices and updating older ones, and new medications are always being developed to replace familiar ones, so, trying to pick the one that's right for you can be overwhelming. How do you know which is the best insulin pump, the best blood glucose meter, the best insulin, or the best lancing device for you and your particular lifestyle?

Good diabetes management requires a personalized approach, and the diabetes products and medications you choose should compliment your unique management regime. We hope this guide will help make these choices easier.

It is important to remember, however, to include your diabetes healthcare team in any decisions you make regarding diabetes products and medications. Bring a copy of the guide to your next visit with your physician and discuss the ones best suited to you and your lifestyle.

For more information on diabetes, please visit the Canadian Diabetes Association website at diabetes.ca or call 1-800-BANTING (226-8464).



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Adaptive equipment

Visually impaired individuals with diabetes have several assistance options to help them in self-monitoring their blood glucose levels and administering insulin.

BLOOD GLUCOSE MONITORING AIDS

Digi-Voice Contour

The Digi-Voice Contour is designed for use with the Ascensia Contour meter by Bayer. Available in either French or English, it is suitable for both blind and visually impaired people with diabetes. One of its advantages is that it tells the user when there is a test error. Currently, it is available only through Danielle Desroches Pharmacy in Montreal: 450-447-9280.

Suggested retail price: \$495

Accu-Chek Voicemate Plus

Accu-Chek Voicemate Plus enables blind and visually impaired people to manage their diabetes more independently. This effective voice unit comes with the easy-to-use Accu-Chek Compact Plus blood glucose monitor and provides maximum convenience and safety by using spoken, detailed instructions to explain each step of blood glucose testing and announce results.

Suggested retail price: \$300

For more details, see listing for Blood Glucose Meters, page 7.

INJECTION AIDS

NeedleAid

This device is designed to guide the needle safely to the correct spot for injection. It can be used with an insulin pen or syringe and stabilizes the unit during the injection. For people with visual impairment, the device ensures that the needle enters the skin at the correct angle and to the correct depth while protecting fingers. NeedleAid hides the needle and gives added confidence to those starting on insulin. For a list of distributors, visit www.needleaid.com.

Suggested retail price: \$20

Novolin-Pen 4

Novolin-Pen 4, from Novo Nordisk Canada Inc., builds on the innovation, quality and reliability of Novolin-Pen 3 and offers new levels of user convenience and confidence. Novolin-Pen 4 is a reliable choice with many new features, such as dial-back capability and a locking mechanism that does not allow for an injection higher than the insulin remaining in the pen. Available in two colours, blue and silver, it is designed to be used with Levemir (insulin detemir), NovoMix 30 (biphasic insulin aspart), NovoRapid (insulin aspart) 3 mL Penfill, as well as the full line of Novolin ge (human biosynthetic insulin) 3 mL Penfill.

For more details, see Insulin Pens & Pen Needles, page 17.

HumaPen LUXURA

The HumaPen LUXURA, from Eli Lilly Canada Inc., is designed for use with Lilly 3 mL insulin cartridges and makes accurate dosing simple. It features an easy-to-read dose display and audibly clicks when dialing. With a dial-back capability and smooth injection force, delivering up to 60 units in a single dose, the HumaPen LUXURA will help ensure accurate dosing and ease of use. It comes in two colours, burgundy and champagne, with a convenient leather carrying case.

For more details, see Insulin Pens & Pen Needles, page 17.



Blood glucose meters

Monitoring and recording your blood glucose levels is an important part of diabetes management. A blood glucose meter is an essential tool in providing information to help you adjust your meal plan, physical activity levels and medications.

The *Canadian Diabetes Association 2008 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada* recommend that people with type 1 diabetes, using insulin, check their blood glucose levels at least three times per day and include both pre- and post-meal readings. People with type 2 diabetes, who take insulin in addition to diabetes pills, need to check their blood glucose levels at least once a day at variable times. For people treated with oral medications or lifestyle, alone, the frequency of blood glucose testing should be individualized; you should talk to your diabetes care provider about a routine that is right for you.

Be sure to discuss your treatment plan with your doctor or a member of your diabetes healthcare team. It is important to keep a record of your blood glucose levels and different variations (i.e., different types of foods and exercise) and discuss them with your healthcare provider. Your particular situation may require you to test your blood glucose levels more often in order to gather enough information to make any necessary changes to improve your blood glucose control.

It is important to test the accuracy of your blood glucose meter against a laboratory measurement at least once a year, as well as any time indicators of blood glucose control do not match your meter's readings. Here's how to do it: Immediately after you

have blood drawn at the lab, check your own level with your own meter. Write the number in your logbook and circle it so that you will remember it when you do receive the lab result.

When you compare the readings, the reading from your meter should be within 20 per cent of the lab's reading. For example, if the lab result is 8.0 mmol/L, your meter reading should be between 6.4 and 9.6 mmol/L.

Blood glucose meter technology is constantly advancing. To take advantage of improvements and to address your changing needs, consider buying a new meter every couple of years. There are many different kinds. Some have lots of "bells and whistles," while others have only the basic functions. Some meters even allow you to personalize the device by creating your own cover or skin designs.

Meter manufacturers want you to continue using their test strips, so most offer excellent warranties and services on their meters. If you have a problem with a meter, call the manufacturer or arrange to return it through the pharmacy where you bought it. When you get a new meter, register it by completing the warranty card, so the manufacturer can provide troubleshooting support or contact you in case of a product recall.

Considerations for choosing a blood glucose meter

Work with a diabetes educator to choose the meter that best suits your abilities and needs. Here are some factors to consider:

Your vision

Choose a display that you can read easily. If you have difficulty seeing, select a meter with a large display screen. If you have very little vision, select a meter with a voice synthesizer. Also, look for meters that use touchable strips, since people with vision impairment may find it difficult to apply blood to a strip without touching the test area.

Night-time testing

If you need to test in the dark, make sure that the display can light up.

Where you want to test

Some meters allow you to get blood from the forearm or other parts of the body in addition to the fingertips.

Size of the meter

You want a meter that is big enough to handle easily, but not too bulky to carry around.

Blood sample size required

Smaller sample sizes mean you have a better chance of getting enough blood on the strip the first time, reducing the need for re-testing. Some meters allow more blood to be applied after the initial application; this feature also reduces the need for re-testing and avoids wasting strips.

Calibration/coding

Testing strips vary from batch to batch. In order to provide accurate results, some meters have to be calibrated (by manually changing the code) each time you start a new package of strips. If you find it difficult to remember to calibrate your meter, you may want to choose a meter that codes itself automatically.

Your manual dexterity

If you find strips too difficult to handle, try a meter that uses a cartridge system.

Size of test strips

The strips should be large enough that you can easily handle them.

Price of test strips

Different meters use different strips. Check the price of the test strips before choosing your meter, as they are an ongoing and, often, significant expense. *Note:* The price of test strips is not included in this guide because prices vary widely from pharmacy to pharmacy. To find the best price, be sure to compare.

Speed

How quickly can the meter give a reading? The fastest meters give a reading in about five seconds.

Memory

Decide how many readings you'll need to store and how you'll record those readings in your logbook. (Remember: The meter's memory does not replace your logbook. You must either record your blood glucose results – including date and time – in writing or download them to a compatible computer program.)

Special features

Some meters allow you to do things like download your blood glucose readings, insulin dosages and carbohydrate intake into a computer. Decide whether you need these special features, as they may make the meter more complicated to use.

Ketone testing

Your doctor may recommend that you choose a blood glucose meter that also tests for ketones, especially if you have type 1 diabetes and/or use an insulin pump.

TAKE A STYLISH
INSULIN PEN

MAKE IT ACCURATE AND
EASY-TO-USE

AND THIS IS WHAT YOU GET.



As easy to use as it is beautiful to look at, HumaPen LUXURA® is designed to make precision dosing simple. Just turn the dial to get the precise dose that you require. Not only can you clearly read the dose

display, but you will hear audible clicks as you dial and inject your dose. There's even a feature that allows you to conveniently dial back your dosage. HumaPen LUXURA® is simple and easy to master.

HumaPen
LUXURA®



Ask your doctor or pharmacist if the HumaPen LUXURA® is right for you.

Visit www.HumaPen.ca/Pen

or call 1-888-545-5972 for more information
(Mon-Fri 8am-5pm EST).

- Audible clicks
- Easy-to-read
- Dial back feature



Member
R&D

Lilly

Blood glucose meters

ABBOTT DIABETES CARE

Product: *FreeStyle Freedom Lite Blood Glucose Monitoring System (full kit)**

Price: \$39.99

Size and weight:

84 x 51 x 16 mm, 43 g (with battery)

Strips: FreeStyle Lite Blood Glucose Monitoring Test Strips

Blood sample size (microlitre): 0.3

Range (mmol/L): 1.1 to 27.8

Test time (seconds): 5 (average)

Battery: One CR2032 battery lasts about 1,000 tests

Warranty: Lifetime

Comments: All FreeStyle Lite systems offer unsurpassed accuracy with the simplicity of no coding required. The FreeStyle Freedom Lite monitor has the largest numerical display of any leading monitor, making it the easiest monitor to read. The unique FreeStyle technology allows for the smallest sample size of any monitor in Canada (only 0.3 microlitres); less blood may mean less pain when testing. You also have up to 60 seconds to re-apply more blood to the test strip if required, minimizing error messages and the cost of wasted test strips. Test results are available in an average of five seconds. FreeStyle technology provides the most flexibility for alternative testing sites – including the palm, forearm, upper arm, thigh and calf. All Abbott monitors are designed to minimize inaccurate results caused by interfering substances in the blood.

*Note: If you are on peritoneal dialysis, check with your dialysis or diabetes team before using a FreeStyle meter.

Product: *FreeStyle Lite Blood Glucose Monitoring System (full kit)**

Price: \$39.99

Size and weight:

74 x 40 x 17 mm, 39.7 g (with batteries)

Strips: FreeStyle Lite Blood Glucose Monitoring Test Strips

Blood sample size (microlitre): 0.3

Range (mmol/L): 1.1 to 27.8

Test time (seconds): 5 (average)

Battery: Two CR2032 batteries last about 500 tests

Warranty: Lifetime

Comments: All FreeStyle Lite systems offer unsurpassed accuracy with the simplicity of no coding required. The FreeStyle Lite is a small, discreet blood glucose monitor. The unique FreeStyle Lite technology allows for the smallest sample size of any monitor in Canada (only 0.3 microlitres); less blood means less pain when testing. You also have up to 60 seconds to re-apply more blood to the test strip if required, minimizing error messages and the cost of wasted test strips. FreeStyle technology provides the most flexibility for alternative testing sites, including the palm, forearm, upper arm, thigh and calf. Other features include four daily programmable reminder alarms, a backlit screen and a test-strip light for testing in any lighting condition. All Abbott monitors are designed to minimize inaccurate results caused by interfering substances in the blood.

*Note: If you are on peritoneal dialysis, check with your dialysis or diabetes team before using a FreeStyle meter.

Blood glucose meters

ABBOTT DIABETES CARE	AUTO CONTROL MEDICAL INC.
<p>Product: <i>Precision Xtra Blood Glucose and Ketone Monitoring System (full kit)</i></p> <p>Price: \$39.99</p> <p>Size and weight: 74.7 x 16.3 x 3.2 mm, 42 g (with battery)</p> <p>Strips: Precision Xtra Blood β Ketone Test Strips</p> <p>Blood sample size (microlitre): 1.5</p> <p>Range (mmol/L): 0 to 8.0</p> <p>Test time (seconds): 10</p> <p>Battery: One CR2032 battery lasts about 1,000 tests</p> <p>Warranty: Lifetime</p> <p>Calibration: Automatically calibrates, monitors and locks out expired strips when calibration bar is inserted with each new box of test strips</p> <p>Comments: Precision Xtra is an easy-to-use monitor that requires a small sample (0.6 for blood glucose and 1.5 microlitres for blood ketone testing) and has a fast test time of just five seconds for blood glucose and 10 seconds for blood ketone. It is the only monitor to perform both a blood glucose and blood ketone test, using separate test strips. Blood ketone testing eliminates the need for urine ketone testing – providing an easy-to-interpret numerical result – and may reduce the likelihood of hospitalization due to diabetic ketoacidosis.¹ Ask your healthcare professional for more details. All Abbott monitors are designed to minimize inaccurate results caused by interfering substances in the blood.</p> <p><small>1. Laffel LM, Wentzell K, Loughlin C, et al. Sick day management using blood 3-hydroxybutyrate (3-OHB) compared with urine ketone monitoring reduces hospital visits in young people with T1DM: A randomized clinical trial. <i>Diabetic Medicine</i>. 2006; 23:278-284.</small></p>	<p>Product: <i>iTest Blood Glucose Monitoring System (full kit)</i></p> <p>Price: \$39.99</p> <p>Size and weight: 77 x 44 x 16 mm, 44.1 g (with batteries)</p> <p>Strips: iTest Blood Glucose Test Strips</p> <p>Blood sample size (microlitre): 0.5</p> <p>Range (mmol/L): 1.1 to 33.3</p> <p>Test time (seconds): 4</p> <p>Battery: Two 3-volt lithium (CR2032) batteries last about 1,000 tests</p> <p>Warranty: 4 years</p> <p>Calibration: Factory-calibrated with code buttons</p> <p>Comments: The iTest is a thin, compact, ultra-modern blood glucose monitor that comes in clamshell packaging. The iTest meter uses WaveSense, a new technology that personalizes each test to provide accuracy. It detects and corrects for errors caused by different environmental conditions and blood samples. The iTest meter is easy to use and requires only 0.5 microlitres of blood, which means less painful testing. Other important features of the iTest meter include a large and clear backlit display for easy viewing; instant onscreen graphing; 300 memory locations with mealtime and 14-, 30- and 90-day averages; six user-settable alarms; visual fill-window on the test strip; alternate site testing; and non-slip rubber grips and feet. Test results are available in as little as four seconds. The iTest kit includes the meter, 100 ultra-thin iTest 33G lancets, an adjustable-depth lancing device, a carrying case and a logbook. Zero-Click Blood Glucose Data Management software enables the user to download data from the meter onto a PC. Software available separately.</p>

Product: *Bayer's Breeze 2***Price:** \$39.99**Size and weight:**

103 x 65 x 25 mm, 100 g (with battery)

Strips: Bayer's Breeze 2 Blood Glucose Test Strips**Blood sample size (microlitre):** 1.0**Range (mmol/L):** 0.6 to 33.3**Test time (seconds):** 5-second countdown**Battery:** One 3-volt lithium battery lasts about 1,000 tests**Warranty:** Lifetime**Calibration:** The meter is automatically calibrated as soon as you insert a new 10-test disc

Comments: This meter uses a convenient 10-test disc, so you don't have to handle individual test strips. With a fast, five-second countdown, 420-test memory, large display and Bayer's No Coding technology that codes the meter with every new disc, Bayer's Breeze 2 offers fast, simplified testing. The Arthritis Society of Canada also recognizes Bayer's Breeze 2 as "arthritis friendly." Software and a cable, which are sold as a kit for \$24.99, allow you to download the data to your computer. The meter package includes the meter, a Microlet2 adjustable lancing device, lancets, a carrying case and a logbook.

Product: *Bayer's Contour***Price:** \$44.99**Size and weight:**

77 x 57 x 19 mm, 47.5 g (with batteries)

Strips: Bayer's Contour Blood Glucose Test Strips**Blood sample size (microlitre):** 0.6**Range (mmol/L):** 0.6 to 33.3**Test time (seconds):** 5**Battery:** Two 3-volt lithium batteries last about 1,000 tests**Warranty:** Lifetime**Calibration:** The meter automatically calibrates as soon as you insert a new test strip

Comments: Bayer's Contour has Bayer's No Coding technology. This meter is coded the second you insert the test strip — it's that easy. The test strip automatically draws in a drop of blood, and the result is available in five seconds. The meter also features two levels of personalization: L1 (Level 1) and L2 (Level 2). L1 allows a person with diabetes to keep testing simple and easy. L2 offers all the simplicity of Level 1 with advanced features for anyone looking for additional functionality, such as pre-/post-meal markers, flexible alarms, 7-, 14- and 30-day blood glucose averages and much more. The Contour features a large 480-test memory that includes the date and time as well as the capacity to download your blood glucose results to a computer using Bayer's WinGLUCOFACTS software program (visit www.bayerdiabetes.ca for more downloading details). As a Bayer Contour user, you can visit www.bayerdiabetes.ca to personalize your blood glucose meter with a new coloured wallet or to design your own skin. The meter package includes lancets, the Microlet2 adjustable lancing device, a carrying case and logbook.

Blood glucose meters

LIFESCAN CANADA LTD.

Product: *OneTouch Ultra2 Meter*

Price: \$39.99 (full kit)

Size and weight:

79 x 57 x 23 mm, 43 g (with batteries)

Strips: OneTouch Ultra test strips with advanced DoubleSure technology

Blood sample size (microlitre): 1.0

Range (mmol/L): 1.1 to 33.3

Test time (seconds): 5

Battery: Two 3-volt (#2032 or equivalent) lithium batteries

Warranty: 3 years

Calibration: Easy manual calibration with code button

Comments: The OneTouch Ultra2 Meter is easy to use and gives you accurate readings in just five seconds. Its features include a large, easy-to-read screen, backlight and 500-test memory with the date and time of each test. The meter also has the option to easily flag a reading as “before meal” or “after meal.” Seeing the difference between your readings can help you discover what food choices are working to keep your blood glucose in balance. The *SimpleSteps Diabetes + Food* DVD and booklet is available with every kit and includes basic diabetes information and simple tips to help you link your food choices to your blood glucose results. The system is compatible with OneTouch Diabetes Management software to provide you with a personal overview of how food, exercise, medication and your daily activities affect your blood glucose levels. The meter uses OneTouch Ultra test strips with DoubleSure technology, which automatically checks and confirms each result for accuracy.

Product: *OneTouch UltraMini Meter*

Price: \$34.99 (full kit)

Size and weight:

108 x 32 x 17 mm, 35 g (with battery)

Strips: OneTouch Ultra test strips with advanced DoubleSure technology

Blood sample size (microlitre): 1.0

Range (mmol/L): 1.1 to 33.3

Test time (seconds): 5

Battery: One 3-volt (#2032 or equivalent) lithium battery

Warranty: 3 years

Calibration: Easy manual calibration with code button

Comments: The OneTouch UltraMini Meter is convenient for testing on the go. It is small, shaped to fit in a pocket or purse and gives you accurate results in just five seconds. Features include a large screen for easy-to-read results and 500-test memory with the date and time of each test. The *SimpleSteps Managing Diabetes On-the-Go* booklet is available with every kit. The system is compatible with OneTouch Diabetes Management software to provide you with a personal overview of how food, exercise, medication and your daily activities affect your blood glucose levels. The meter uses OneTouch Ultra test strips with DoubleSure technology, which automatically checks and confirms each result for accuracy.



ACCU-CHEK[®] Spirit INSULIN PUMP SYSTEM

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Tired of juggling snacks and insulin?

The ACCU-CHEK[®] Spirit insulin pump system delivers insulin every three minutes, 24 hours a day. Which means you can plan your day instead of your rigid insulin/snack schedule.

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ACCU-CHEK[®]

Live life. The way you want.

Blood glucose meters

LIFESCAN CANADA LTD.

Product: *OneTouch UltraSmart Meter*

Price: \$59.99 (full kit)

Size and weight: 94 x 58 x 21 mm, 75 g (with batteries)

Strips: OneTouch Ultra test strips with advanced DoubleSure technology

Blood sample size (microlitre): 1.0

Range (mmol/L): 1.1 to 33.3

Test time (seconds): 5

Battery: Two AAA alkaline batteries last about 450 tests

Warranty: 3 years

Calibration: Easy manual calibration with code button

Comments: The OneTouch UltraSmart is an easy-to-use meter that automatically organizes your results in on-screen charts and graphs so you can see trouble spots, hypoglycemic trends and the impact of meals. This system provides accurate results in just five seconds and requires only a tiny blood sample. It includes a 500-test memory with the date and time of each test for added convenience. The *InControl Insulin Management Guide* is available with every kit to help you adjust your insulin, meal plan and exercise regimen. The system is compatible with OneTouch Diabetes Management software to provide you with a personal overview of how food, exercise, medication and your daily activities affect your blood glucose levels. The meter uses OneTouch Ultra test strips with DoubleSure technology, which automatically checks and confirms each result for accuracy.

MEDTRONIC DIABETES OF CANADA LTD.

Product: *Guardian REAL-Time Continuous Glucose Monitoring System*

Price: \$2,000

Size and weight: 9 x 9 x 2 cm, 114 g

Strips: N/A

Blood sample size (microlitre): N/A

Range (mmol/L): N/A

Test time (seconds): N/A

Battery: One AAA alkaline battery lasts about one month

Warranty: 1 year

Calibration: When you start a glucose sensor, you need to enter a blood glucose meter reading to give the system a starting point. It is recommended to calibrate the Guardian REAL-Time System twice a day – once every 12 hours. This ensures that the readings from the glucose sensor are as accurate and reliable as possible.

Comments: The Guardian REAL-Time System offers the convenience of 24-hour continuous glucose monitoring, day and night, which allows you to see patterns and problems that fingerstick testing may miss. With REAL-Time continuous glucose monitoring, you can see valuable trend information that will help you understand the impact of food, exercise and medication on your glucose level.

Always knowing your blood glucose level is simple with the Guardian REAL-Time System. It starts by easily inserting a very small sensor comfortably under your skin where it continuously measures your glucose levels in the interstitial fluids of your cells. Attached to the sensor is the MiniLink REAL-Time Transmitter.



MEDTRONIC DIABETES OF CANADA LTD.

Guardian REAL-Time Continuous Glucose Monitoring System (continued)

This ultra small and discreet transmitter wirelessly transmits your glucose levels to the Guardian REAL-Time monitor, 288 times per day. The REAL-Time System will display an updated reading every five minutes to guide therapy adjustments and to identify and show patterns and problems that fingerstick and A1C testing, alone, may miss. The REAL-Time Trend Graph will show how quickly your glucose level has changed. If the readings are higher or lower than your pre-set glucose thresholds, an alarm will sound to alert you.

The Guardian System allows you to protect yourself from oncoming highs and lows through using predictive alerts, rate-of-change alerts and low and high alerts. To help you see the complete picture, the Guardian REAL-Time System also comes with CareLink Therapy Management software, which helps you chart your blood glucose fluctuations. This way, you and your healthcare professional can track trends and look for other information that can help lead to greater control of your diabetes.

ROCHE DIAGNOSTICS

Product: Accu-Chek Aviva Nano

Price: \$34.99 (free with purchase of 100 strips)

Size and weight: 69 x 43 x 20 mm, 40 g

Blood sample size (microlitre): 0.6

Range (mmol/L): 0.6 to 33.3

Test time (seconds): 5

Battery: Two 3-volt (CR2032) lithium batteries last up to 1,000 tests

Warranty: 5 years

Calibration: Automatic calibration by inserting the code key supplied with each test strip box

Comments: The Accu-Chek Aviva Nano is a reliable small meter. It fits comfortably in the palm of your hand with its rubber-sided grips. The large easy to read backlit display makes it easy to test in low light conditions. Needing only a tiny drop of blood – just 0.6 microlitres, applying blood is easy with the large fast-fill strip. It takes just 5 seconds for the result to appear. Accu-Chek Aviva Nano has a memory capacity for 500 readings and can transfer data to a computer via an infrared interface. So that important measurements are not forgotten, Accu-Chek Aviva Nano can remind you to test after meals. It is also possible to highlight pre- and post-meal tests and to calculate pre- and post-meal averages up to 90 days for insight into longer term control. For gentle testing, the Accu-Chek Multiclix lancing device is included.



DIABETES services

Your Shoppers Drug Mart Pharmacist can help you manage your diabetes by providing you with the following tools and resources:

- **Blood Glucose Log Book:**
To record your daily blood glucose results.
- **Diabetes Monitoring Record:**
To keep track of the recommended monitoring tests.
- **Sharps Disposal Program:**
For proper disposal of lancets, syringes, pen needles, test strips and insulin pump infusion supplies.
- **Diabetes Medication information:**
Learn how to use your diabetes medications effectively.
- **Blood Glucose Monitoring information:**
Includes selection of a blood glucose monitor, how and when to test, interpreting your results.
- **Certified Diabetes Educators on staff:**
More than 100 professionals who are specially trained as Diabetes Educators are available to help you achieve better diabetes control. To locate a store with a Certified Diabetes Educator, visit us online at shoppersdrugmart.ca or call 1-800-SHOPPERS.

Blood glucose meters

ROCHE DIAGNOSTICS

Product: *Accu-Chek Aviva*

Price: \$34.99 (free with purchase of 100 strips)

Size and weight: 94 x 53 x 21 mm, 60 g (with battery)

Strips: Accu-Chek Aviva

Blood sample size (microlitre): 0.6

Range (mmol/L): 0.6 to 33.3

Test time (seconds): 5

Battery: One 3-volt (CR2032) lithium battery lasts up to 2,000 tests

Warranty: 5 years

Calibration: Automatic calibration by inserting the code key supplied with each test strip box

Comments: Accu-Chek Aviva safety checks will alert you if strips are expired or compromised due to excess humidity, temperature or physical damage. The large, fast-fill test strip requires only 0.6 microlitres of blood and provides accurate results in just five seconds. It is easy to set up – the battery is included, and the time and date are already set. Other features include four daily test reminders, a 500-value memory with 7-, 14- and 30-day averaging, an adaptable hypo alarm, a general flag option to mark specific results (e.g. pre- and post-meal) and data management via infrared technology (compatible with Accu-Chek software). The Accu-Chek Multiclix is included in the Accu-Chek Aviva system.

Product: *Accu-Chek Compact Plus†*

Price: \$34.99 (free with purchase of 102 strips)

Size and weight: 125 x 64 x 32 mm, 147 g (meter, lancing device, 17-strip drum and batteries – all in one)

Strips: Accu-Chek Compact

Blood sample size (microlitre): 1.5

Range (mmol/L): 0.6 to 33.3

Test time (seconds): 5

Battery: Two AAA alkaline batteries last about 1,000 tests

Warranty: 5 years

Calibration: No coding

Comments: The Accu-Chek Compact Plus is the only system with meter, test strips and lancing device all in one. It offers the convenience of no-strip handling with its unique test strip drum of 17 strips. You don't need to code the meter and results are provided in five seconds. The Accu-Chek Compact Plus has a detachable lancing device that was proven least painful (when lancing device technology was compared to other leading lancing devices; Roche data on file). It has a sleek look, ergonomic design and bright display. As always, it features built-in quality checks with an expired strip warning so users can avoid false readings. It is easy to set up — the battery is included, and the time and date are pre-set. Other features include: three daily test reminders, a 500-value memory with 7-, 14- and 30-day averaging, an adaptable hypo alarm, a general flag option to mark specific results (e.g. pre- and post-meal) and data management via infrared technology (compatible with Accu-Chek software).

Blood glucose meters

ROCHE DIAGNOSTICS

Product: *Accu-Chek Advantage†*

Meter is no longer available; strips still sold

Strips: Accu-Chek Advantage

Blood sample size (microlitre): 4.0

Range (mmol/L): 0.6 to 33.3

Test time (seconds): 26

Calibration: Automatic calibration by inserting the code key supplied with each test strip box

Product: *Accu-Chek Voicemate Plus (blood glucose monitor for the blind and visually impaired)*

Price: \$300 (only available through Accu-Chek Customer Care at 1-800-363-7949)

Size and weight: meter 115 X 56 X 30 mm, voice unit 113 X 49 X 30 mm (130 g each)

Strips: Accu-Chek Compact

Blood sample size (microlitre): 1.5

Test time (seconds): 5

Battery: Both meter and voice unit have two AAA alkaline batteries

Warranty: 5 years

Calibration: No coding

Comments: Accu-Chek Voicemate Plus enables blind and visually impaired people to manage their diabetes more independently. It is an effective voice unit that comes with the easy-to-use Accu-Chek Compact Plus blood glucose monitor. It provides maximum convenience and safety by using spoken, detailed instructions to explain each step of the blood glucose testing process and then announce results. It can store up to 5,000 results in an electronic diary to allow users and their healthcare professionals to access blood glucose results. Results can be transferred to a computer via a USB port and cable (included).

Injection aids / Insulin pens & pen needles

Insulin delivery options include syringes, pens and pumps. Developments in injection aids (syringes, needles, insulin pens and pumps) have helped simplify the process and minimize discomfort. In Canada, about three-quarters of people with diabetes requiring insulin therapy now use an insulin pen, but it is important to discuss what works best for you with your healthcare team.

Insulin pens are more convenient and may be less painful to use than syringes because smaller-gauge needles are used. As well, the needle doesn't need to be pushed through a rubber stopper in an insulin vial, so the thin coating that helps needle entry into the skin remains fully intact. (Note that the pen needle should be removed immediately after each injection. If left in place, there is a chance that air will get in or insulin will leak out, possibly affecting the accuracy of your dose.)

Be sure to carry your insulin with you. Do not leave it in a car, as it may freeze or overheat. Store any cartridges that you're not using in the fridge.

Your doctor or diabetes educator can help you choose a pen that's suitable for the insulin you have been prescribed. Some people carry two or more pens if they use more than one kind of insulin. If you need to use two types of insulin at the same time, you will need two separate pens and to give yourself two injections.

Most pens use a very fine needle to minimize the discomfort of injections. You have a choice of needle, as all pen needles are interchangeable with the various types of pens available. Manufacturers recommend that you replace the needle after every use.

With reusable pens, you replace the insulin cartridge yourself. With disposable pens, you discard the pen once the insulin cartridge is empty. For people who are sight-impaired, it's reassuring to hear and feel the pen click with every increment dialed. Some models come with a magnifier that enlarges the dialed dosage numbers in the window of the pen.

Pens are durable and will likely last for years, but you might want to talk about pens with your diabetes care team once a year in case there have been improvements.

Most pens hold 300 units of insulin. Novo Nordisk designs a junior edition of their pens that can be dialed in half-unit increments. Also, Eli Lilly's HumaPen LUXURA HD doses in half-unit increments from 1 to 30 units, for anyone who needs precise dosing, including children with diabetes.

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Live life. The way you want.

Injection aids / Insulin pens & pen needles

AUTO CONTROL MEDICAL INC.	BD MEDICAL DIABETES CARE
<p>Product: <i>Penfine Universal Click Pen Needles (29G, 10 mm)</i></p> <p>Price: \$26.99 to \$32.99/100 pack</p>	<p>Product: <i>BD Ultra-Fine Pen Needles</i></p> <p>BD Ultra-Fine III Mini (31G, 5 mm)</p> <p>BD Ultra-Fine III Short (31G, 8 mm)</p> <p>BD Ultra-Fine (29G, 12.7 mm)</p> <p>Price: \$27.99 to \$35.99/100 pack</p> <p>Comments: BD Ultra-Fine pen needles are compatible with all of the insulin pens currently available in Canada. The shortest pen needle on the market — eliminating “pinch up” when using the BD Ultra-Fine III Mini — these needles offer comfort when injecting, thanks to BD Medical’s innovation.</p>
<p>Product: <i>Penfine Universal Click Pen Needles (31G, 6 mm)</i></p> <p>Price: \$26.99 to \$32.99/100 pack</p> <p>Comments: Penfine Universal Click pen needles are Swiss made and fit all current insulin pens used in Canada. They are the only pens that click (not screw) into place for quick and easy handling. Available in 10 mm length (shorter than the current 12 mm).</p>	
<p>Product: <i>Penfine Universal Click Pentips (31G, 8 mm)</i></p> <p>Price: \$26.99 to \$32.99/100 pack</p>	
<p>Product: <i>Unifine Pentips (29G, 12 mm)</i></p> <p>Price: \$19.99 to \$23.99/100 pack</p>	
<p>Product: <i>Unifine Pentips (31G, 8 mm)</i></p> <p>Price: \$21.99 to \$25.99/100 pack</p>	
<p>Product: <i>Unifine Pentips (31G, 6 mm)</i></p> <p>Price: \$21.99 to \$25.99/100 pack</p> <p>Comments: Owen Mumford Unifine Pentips are compatible with all of the insulin pens currently available in Canada.</p>	
<p>Product: <i>Insuflon</i></p> <p>Price: \$147.95/10 pack</p> <p>Comments: Insuflon is a small plastic tube with a built-in injection port. The tube is inserted under the skin, and insulin injections are made into the injection port instead of through direct subcutaneous injection. Less sensation is experienced than with injections. One Insuflon may be used for 72 hours.</p>	

Injection aids / Insulin pens & pen needles

ELI LILLY CANADA INC.	NOVO NORDISK CANADA INC.
<p>Product: <i>HumaPen LUXURA (to be used with 3 mL Lilly insulin [Humulin, Humalog, Humalog Mix25, Humalog Mix50] cartridges and BD Pen Tip Needles)</i></p> <p>Price: Available at no charge from diabetes education centres and pharmacies</p> <p>Comments: The HumaPen LUXURA makes accurate dosing simple. It features an easy-to-read dose display and audibly clicks when dialing. With a dial-back capability and smooth injection force, delivering up to 60 units in a single dose, the HumaPen LUXURA will help ensure accurate dosing and ease of use. It comes in two colours, burgundy and champagne, with a convenient leather carrying case.</p>	<p>Product: <i>NovoFine Pen Needles</i></p> <p>NovoFine 32G Tip etw 6 mm NovoFine 30G, 6 mm, 8 mm NovoFine 28G, 12 mm</p> <p>Price: \$29.99 to \$39.99/100 pack</p> <p>Comments: NovoFine 32G Tip extra-thin wall (etw) is the thinnest insulin needle available in Canada. Novo Nordisk’s patented “extra thin wall technology” translates to an improved insulin flow over other 32G needles. It delivers a comfortable injection with less force. Novo Nordisk manufactures a complete system for insulin delivery comprised of insulin, delivery devices and needles. Also available: The NovoFine Needle Remover is free through diabetes education centres and from Novo Nordisk. It is made specifically for use with NovoFine needles and is designed to easily and safely remove NovoFine needles from Novo Nordisk insulin delivery devices for safe disposal.</p>
<p>Product: <i>HumaPen LUXURA HD: Half-unit dosing increments from 1 to 30 units</i></p> <p>Price: \$89.99 (available at no charge from diabetes education centres)</p> <p>Comments: The HumaPen LUXURA HD is a reusable insulin pen that doses in half-unit increments from 1 to 30 units, for those who need precise dosing, including children with diabetes. This attractive green pen offers the same great features as the HumaPen LUXURA, including an easy-to-read dose display, audible clicks when dialing and injecting and a dial-back capability.</p>	<p>Product: <i>Insulin Delivery Device</i></p> <p><i>Novolin-Pen 4:</i> For use with Levemir, NovoRapid. It can be used with any Novo Nordisk insulin, along with NovoFine needles</p> <p>Price: Available at no charge from pharmacies and diabetes education centres</p> <p>Comments: Novolin-Pen 4 builds on the innovation, quality and reliability of Novolin-Pen 3, offering new levels of user convenience and confidence. It is a reliable choice with features such as dial-back capability and a locking mechanism that does not allow for an injection higher than the insulin remaining in the pen. It is available in two colours, blue and silver. It is designed to be used with Levemir (insulin detemir), NovoMix 30 (biphasic insulin aspart) and NovoRapid (insulin aspart) 3 mL Penfill, as well as the full line of Novolin ge (human biosynthetic insulin) 3 mL Penfill.</p>

NOVO NORDISK CANADA INC.

Product: *Insulin Delivery Device*

Novolin-Pen Junior: For use with any Novo Nordisk insulin and NovoFine needle

Price: Available at no charge from diabetes education centres

Comments: This pen can fine-tune the insulin dose in half-unit increments and has up to a 35-unit capacity per injection. The slim design is perfect for small hands, while the metal casing provides durability. The two brightly coloured pens (yellow and green) allow for easy differentiation of insulin types. It is designed to be used with Levemir (insulin detemir), NovoMix 30 (biphasic insulin aspart) and Novo-Rapid (insulin aspart) 3 mL Penfill, as well as the full line of Novolin ge (human biosynthetic insulin) 3 mL Penfill.

SANOFI-AVENTIS

Product: *SoloSTAR Pen*

Lantus SoloSTAR and Apidra SoloSTAR: These pre-filled, ready-to-use insulin pens are easy to use and provide added convenience. The pens dial up to 80 units in one single injection and include a dial-back feature, making it easy to correct a wrong dose. They operate with a low-injection force, allowing for a gentle injection, often important for individuals who are elderly or who have arthritis. SoloSTAR is designed to be easy to teach and easy to use.

Price: Free with Lantus or Apidra insulin

Comments: SoloSTAR received a Good Design award in 2008 from the Chicago Museum of Architecture and Design. The award praised the device's combination of user-friendly features and advanced, sophisticated technology, including simple, easy-to-read display features and large, clear numbering, which lessens the possibility of injection error.

Product: *Insulin Delivery Device*

Autopen 24: For use with Lantus insulin. It is available in two versions, and dials up to 21 units in one-unit steps and up to a maximum of 42 units in two-unit steps.

Price: Free with Lantus insulin

Comments: The Autopen 24 is an easy-to-use insulin injection pen designed for use with 3 mL Sanofi-Aventis cartridges. For many people, the Autopen 24 is a convenient alternative to using a vial and syringe.



Insulin pumps

According to the *Canadian Diabetes Association 2008 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada*, the insulin pump is a safe and effective method of intensive insulin therapy for some individuals and may provide some advantages over other methods, especially for people with high A1C levels.

An insulin pump is programmed to release a steady background level of insulin into the body, which may offer more flexibility. You can sleep in if you want, for example, and be more spontaneous in your activities. Studies show that because of this added flexibility, there may be better management of blood glucose levels.

The device consists of a small catheter inserted under the skin and a pump, about the size of a pager, which is worn outside the body. The pump has an insulin reservoir and can be programmed to deliver small amounts of insulin on a schedule that you determine. To deliver extra doses of insulin (at mealtime, for example), you press a button. It is important that you receive counselling to learn how to use an insulin pump.

Pumps have been designed with ease of operation in mind. Some have menus, which prompt the user, so you don't have to memorize programming instructions. Most allow you to fine-tune your insulin doses by tiny increments. They have a variety of alarms to alert you to check your blood glucose levels or to give yourself a dose of insulin at mealtime. Some systems use wireless technology to automatically send blood glucose results directly from a blood glucose meter to the pump, saving you the task of keying them in. Other features include an indicator that gives the level of insulin and reminds you to change your reservoir. All have a lockout feature that guards against accidental keypad presses.

People with type 1 diabetes who use intensive therapy are often attracted to insulin pumps, which do require careful monitoring of your blood glucose levels. The main advantage is that the pump provides a more predictable amount of basal insulin, which

may result in more stable blood glucose levels. Users also report that the pump gives them more freedom and flexibility to match the insulin dose to their meals and their activity levels. Also, some people find the catheter less painful than frequent injections, and many find it liberating to have a programmable device. Younger children using pumps will require assistance for delivering meal- and snack-time insulin.

One major drawback is the price. A pump is expensive and not always covered by drug plans. Insulin pumps and supplies are covered, for the most part, by all three northern governments (Nunavut, Northwest Territories and Yukon), and the Ontario government pays for insulin pumps and supplies for children and adults with type 1 diabetes who meet the clinical criteria for funding under the Assistive Devices Program. British Columbia's PharmaCare covers insulin pumps for children with type 1 diabetes or other forms of diabetes requiring insulin. Supplies for insulin pumps are covered for both children and adults. The Newfoundland and Labrador Pump Program covers children who have not yet turned 18 years of age. Those who are prescribed an insulin pump by their physician, have no private pump coverage and comply with guidelines provided by their diabetes care team, are eligible to receive their insulin pump, infusion sets and cartridges. The Saskatchewan Children's Insulin Pump Program provides insulin pumps and supplies to children age 17 and younger. The remaining provinces are still examining the issue. Contact your local member of provincial parliament for up-to-date information about coverage in your area. Private insurance may cover some or all of the cost. Be sure to check your plan.

ANIMAS CANADA**Product:** *Animas 2020 Insulin Pump***Size:** 7.6 x 5.1 x 2.1 cm**Weight:** 88 g (with battery and full cartridge)**Price:** \$6,895**Warranty:** 4 years

Comments: The Animas 2020 Insulin Pump was designed with special features to make your life – and your control – easier in a way that’s precisely tailored to you. It takes your body’s needs into account like no other pump. It has the smallest basal dose available (0.025 U/hr) for children and those who are insulin sensitive. It looks like no other pump, with the first and only flat panel colour screen – valuable for those with vision challenges. It is smart about your carbohydrates, allowing you to store the nutritional values of up to 500 of your favourite foods for easier carbohydrate counting. The Insulin-on-Board feature keeps track of unused bolus insulin, which can help reduce your risk of hypoglycemia. The Animas 2020 is rugged, durable and waterproof.

DISETRONIC MEDICAL SYSTEMS INC.**Product:** *ACCU-CHEK Spirit Insulin Pump***Size:** 8.1 x 5.5 x 2.0 cm**Weight:** Approx. 110 g (with battery)**Price:** \$6,395**Warranty:** Limited 4-year warranty on system and full cartridge

Comments: With the ACCU-CHEK Spirit insulin pump system, you can finally experience insulin pump therapy that revolves around you. It automatically delivers 480 precise doses of background insulin throughout the day and lets you adjust your insulin up or down for meals or extra activity. The ACCU-CHEK Spirit insulin pump system is also easy to use as well as navigate, with only four buttons that allow you to perform all functions in just a few steps. The system can be customized to adapt to your needs. With three levels of operating menus, you can customize your ACCU-CHEK Spirit insulin pump to be as simple or as full-featured as you like. Side-mounted tactile buttons allow you to program a bolus directly through your clothing without ever having to remove your pump. The optional ACCU-CHEK Spirit insulin pump configuration software also lets you customize pump settings to your preferences and the changes are transferred directly to your pump. Use the included Palm device to quickly, easily and discreetly perform bolus calculations using the ACCU-CHEK Pocket Compass software with bolus calculator. The related charts and graphs allow you to visualize glucose and insulin trends that you can share with your doctor. Also, you can be assured that the ACCU-CHEK Spirit insulin pump system will be with you should the unexpected occur, thanks to the included backup pump.

Insulin pumps

MEDTRONIC DIABETES OF CANADA LTD.

Product: *MiniMed Paradigm REAL-Time Insulin Pump and Continuous Glucose Monitoring System Model 522/722*

Size: 9 x 5 x 1.8 cm

Weight: 108 g

Price: Insulin Pump: \$6,800; Insulin Pump and Continuous Glucose Monitoring System: \$7,500

Warranty: Comprehensive 4-year warranty

Comments: The MiniMed Paradigm REAL-Time System is the world's first system to combine insulin pump technology with continuous glucose monitoring. The system can closely mimic the insulin delivery of a real pancreas. The system displays updated readings every five minutes to guide therapy adjustments and to identify patterns and problems that fingerstick and A1C testing, alone, may miss. In fact, 60 per cent of lows may not be revealed by fingerstick testing at all.¹ Fingerstick testing can only tell you what your glucose level is at the time you perform the test, making highs and lows between tests easier to miss.^{1,2}

The REAL-Time trend arrows tell you what direction and how fast your glucose levels are rising or falling, and continuous glucose monitoring can help you see how meals, exercise and medication affect your glucose levels.

The Paradigm pump systems are the only insulin pump systems in Canada that communicate wirelessly using radio frequency (RF) technology with a glucose meter (the Contour Link meter).^{*} This enables blood glucose results to automatically beam to the pump, so you can save the time and effort required to accurately enter your blood glucose results into the pump. The pump's patented Bolus Wizard calculator makes insulin dosing easier and more precise by suggesting an insulin dose based on your blood glucose level, your individual pump settings, your carbohydrate intake and the amount of active insulin still in your body. The insulin pump shows blood glucose statistics, insulin delivered and bolus details, which can be viewed for an individual day or as an average of up to 31 days.

The Paradigm 522 and 722 insulin pumps share the same features, but offer two different reservoir sizes. The 522 comes with a 176-unit reservoir, while the 722 can hold either a 300-unit reservoir or the 176-unit reservoir and is a good choice if you require more than 50 units of insulin a day or if you expect your daily insulin needs to change in the future.

Like the other Paradigm models, the 522/722 is about the size of a pager. They are lightweight and come in two sizes. You can choose from five different pump colours (clear, blue, smoke, purple or pink) and over 35 pump skins.

* Wireless transmission is available with the Medtronic Guardian REAL-Time System and all MiniMed Paradigm insulin pump system models except for the MiniMed Paradigm 511.

1. Kaufman FR, et al. *Diabetes Care*. 2001; 24:2030-2034.

2. Pitzer KR, et al. *Diabetes Care*. 2001; 24:881-885.

Product: *Medtronic CareLink Therapy Management System for Diabetes*

Comments: This web-based management system transforms data from your Paradigm insulin pump, glucose sensor, Paradigm Link Blood Glucose meter, and logbook into helpful charts and graphs that you and your healthcare professional can use to better manage your diabetes treatment. CareLink is available with the Paradigm 515/715 and 522/722 insulin pumps, as well as the Guardian REAL-Time System.

To upload data to CareLink Personal software from your MiniMed Paradigm insulin pump, Guardian REAL-Time Continuous Glucose Monitoring System, or blood glucose monitor, you need a connectivity device with an appropriate cable.

Product: *MiniLink REAL-Time Transmitter*

Size: 2.54 cm x 3.56 cm x 0.89 cm

Weight: 4.6 g

Price: \$700

Warranty: 6 months

Comments: Designed to work seamlessly with the MiniMed Paradigm REAL-Time system, the MiniLink continuously monitors your glucose 24 hours per day. The transmitter wirelessly beams your glucose values to the MiniMed Paradigm REAL-Time system 288 times per day. In addition, because the MiniLink REAL-Time Transmitter connects directly to the glucose sensor, the transmitter takes up little skin space, making it more comfortable and easy to wear.

The MiniLink and the Guardian REAL-Time monitor can be up to 6-feet apart and still maintain a wireless connection. If the transmitter is out of range for more than 40 minutes, you will receive a lost sensor alert from the monitor. Data can be stored on the transmitter for a maximum of 40 minutes, even when out of range of the monitor.

When connected to the sensor, the MiniLink REAL-Time Transmitter is waterproof up to 8 feet or 2.4 meters for 30 minutes. However, your Paradigm insulin pump or Guardian monitor are water resistant and are not designed to be worn underwater and can be easily removed if you plan to enter the water.

Insulin pump supplies / Infusion sets

ANIMAS CANADA	AUTO CONTROL MEDICAL INC.
<p>Product: <i>Inset II Infusion Set</i></p> <p>Features: An integrated serter and infusion set in a single sterile unit, this all-in-one device features a 90-degree insertion angle and unique advantages such as:</p> <ul style="list-style-type: none"> • Automatic and virtually painless insertion • No need for carrying or using a separate serter • Convenient needle protection after use • Safe to carry in your bag or pocket without compromising sterility • One-handed insertion • Available in multiple colours: blue, pink and grey • Available in two cannula lengths (6 mm and 9 mm) and two tubing lengths (60 cm and 110 cm) • Simple and reliable <p>Price: \$195/box (10 cannulas and 10 tubings per box)</p>	<p>Product: <i>Contact Detach</i></p> <p>Features: This discreet, functional and extremely safe infusion set meets all of the basic requirements of insulin pump treatment. The infusion set allows for quick, easy vertical insertion and can be combined with needles of various lengths. It is also available with a disconnect option. The uncomplicated one-hand option allows you the same freedom as other advanced infusion sets. It can be used by almost everyone, including people with very little body fat. Available in two needle lengths (6 mm and 8 mm). The tubing is 60 cm long.</p> <p>Price: \$155/box (10 needles and 10 tubings)</p>
<p>Product: <i>Inset 30 Infusion Set</i></p> <p>Features: The world's first all-in-one 30-degree angled infusion set with an integrated insertion device. Unique, user-friendly features include:</p> <ul style="list-style-type: none"> • Introducer needle hidden during injection • Same consistent injection depth every time • Convenient needle protection after use • Quiet release of the insertion device • One-handed insertion • Transparent window to view the site • Available in multiple colours: blue, pink and grey • Soft and flexible 13 mm cannula and two tubing lengths (60 cm and 110 cm). Inset 30 is suitable for everyone who prefers automatic insertion, but especially for children, people with an active lifestyle, and people with a thin layer of fatty tissue. <p>Price: \$195/box (10 cannulas and 10 tubings per box)</p>	<p>Product: <i>Comfort</i></p> <p>Features: Comfort allows users to adjust the angle of insertion and depth of cannula. The tubing can be disconnected at the infusion site. This set is particularly suited for people with an active lifestyle, pregnant women and those with a thin layer of fatty tissue. It is popular because of its low profile, user-friendliness, stability, functionality and discreet design. The 17 mm cannula is available in 60 cm and 110 cm tubing lengths.</p> <p>Price: \$165/box (10 cannulas and 10 tubings) \$137.50/box (10 cannulas and 5 tubings)</p> <p>Product: <i>Comfort Short</i></p> <p>Features: Comfort Short is a modification of Comfort that offers a 13 mm soft and flexible cannula. This set is especially suited for people with a thin layer of fatty tissue. The 13 mm cannula is available with 60 cm and 110 cm tubing lengths.</p> <p>Price: \$165/box (10 cannulas and 10 tubings) \$142.50/box (10 cannulas and 5 tubings)</p>

DISETRONIC MEDICAL SYSTEMS INC.

Product: ACCU-CHEK Rapid-D Infusion Set

Features: The ACCU-CHEK Rapid-D infusion set offers straightforward simplicity and fits your body by offering an ultra-fine, stainless steel cannula for simple insertion. Multiple cannula lengths (6 mm, 8 mm and 10 mm) allow for optimal fit with body type and infusion site. The ACCU-CHEK Rapid-D infusion set fits your lifestyle with an ultra-low profile for close-to-body fit under clothing. It features an ultra-thin, 90-degree cannula for quick and comfortable one-handed insertion. The ACCU-CHEK Rapid-D infusion set is compatible with all standard luer-lock infusion sets, with the exception of the Medtronic Paradigm series pumps.

Price: \$175/box of 15 infusion sets (15 needles, 5 tubings and 5 protective caps)

Product: ACCU-CHEK Tender Infusion Set

Features: The ACCU-CHEK Tender infusion set offers versatile control and fits your body by allowing for variable insertion angles (from 20 to 45 degrees) for optimal site-specific placement depths. The two cannula lengths (13 mm and 17 mm) help to ensure optimal fit with body type and infusion site. The ACCU-CHEK Tender infusion set fits your lifestyle, featuring a flexible cannula for round-the-clock comfort and an integrated window in the base unit for viewing the infusion site. It fits your preferred technique of angled insertion with a controlled, manual insertion. The ACCU-CHEK Tender infusion set is compatible with all standard luer-lock infusion sets, with the exception of the Medtronic Paradigm series pumps.

Price: ACCU-CHEK Tender: \$175/box of 10 infusion sets (10 cannulas and 10 tubings)

ACCU-CHEK Tender-2 infusion sets: \$290/box (20 cannulas and 10 tubings)



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Insulin pump supplies / Infusion sets

DISETRONIC MEDICAL SYSTEMS INC.

Product: ACCU-CHEK Ultraflex Infusion Set

Features: The ACCU-CHEK Ultraflex infusion set offers comfortable convenience, fits your body and has a silicone-coated, tapered cannula for smooth insertion. The two cannula lengths (8 mm and 10 mm) allow for optimal fit with body type and infusion site. The ACCU-CHEK Ultra-flex infusion set fits your lifestyle, with a flexible cannula for round-the-clock comfort and a reversible, at-site connector for simple connect/disconnect. It fits your preferred technique, featuring a 90-degree cannula and easy-grip cap for confident, one-handed manual insertion. For those who prefer an insertion device, the ACCU-CHEK LinkAssist insertion device allows for virtually painless insertion¹ and consistent placement of the cannula. The ACCU-CHEK Ultraflex infusion set is compatible with all standard luer-lock infusion sets, with the exception of the Medtronic Paradigm series pumps.

Price: ACCU-CHEK Ultraflex infusion sets: \$175/box (10 cannulas and 10 tubings)

ACCU-CHEK Ultraflex-2 infusion sets: \$290/box (20 cannulas and 10 tubings)

¹ Liebl A, Klinge A, Buhr A. Clinical benefits of automatic insertion of infusion sets in CSII. Presented at: 26th Workshop of the Study Group on Artificial Insulin Delivery, Pancreas and Islet Transplantation (AIDPIT) of the European Association for the Study of Diabetes (EASD) and the 1st European Diabetes Technology and Transplantation Meeting; Feb. 4-6, 2007; Montpellier, France.

Product: ACCU-CHEK LinkAssist Insertion Device

Features: The ACCU-CHEK LinkAssist insertion device, compatible with the ACCU-CHEK Ultraflex infusion set, assists in consistent placement of the cannula every time. It features an unobstructed view of the insertion site, plus convenient, one-finger activation and a safety lock to help prevent unintentional activation. The ACCU-CHEK LinkAssist insertion device also allows for easy insertion in hard-to-reach infusion sites.

Price: \$35

Product: ACCU-CHEK 360° Diabetes Management System

Features: The ACCU-CHEK 360° system helps you collect self-care data, analyze it with easy-to-read, comprehensive graphs and act on the results to continually improve your diabetes management. You can quickly perform a variety of tasks right out of the box — even if you have little computer experience. The system automatically detects your ACCU-CHEK meter and insulin pump. You can print, e-mail or fax from any page and easily send reports to your healthcare team. In addition, you can track blood glucose, ketones, blood pressure, cholesterol, weight, carbohydrates, exercise, kidney screenings and more. The ACCU-CHEK 360° system is compatible with ACCU-CHEK blood glucose monitors and insulin pumps and requires a PC and Windows 2000 or higher.

Price: \$19.95

Product: *Quick-Set Infusion Set – 6 mm/9 mm*

Features: This set combines ease of use with maximum comfort. The soft cannula, which features a pre-attached adhesive, is inserted at a 90-degree angle. The tubing is detachable at the infusion site. Only the Quick-Set has a unique self-capturing introducer needle system for safe disposal after insertion. This feature, as well as ease of use, makes it suitable for both children and adults. The Quick-Set offers the convenience of self-adhesion with no need to tape over the insertion site, and is available in two tubing lengths and two cannula lengths. The 6 mm cannula is suited to lean individuals, and the 9 mm is recommended for all other body types. Tubing is available in 58.5 cm and 110 cm lengths.

Price: For 506, 507 and 508 pumps: \$205/box (10 cannulas (6 mm or 9 mm) and tubings)

For Paradigm pumps: \$205/box (10 cannulas (6 mm or 9 mm) and tubings)

Product: *Paradigm Silhouette Infusion Set*

Features: This set offers the convenience of self-adhesion (so there is no need to tape over the insertion site) and the option to choose your insertion depth. Due to the 45-degree variable-angle cannula, the Silhouette infusion set is generally recommended for very active, extra lean people or even some children who have less depth to their body fat in which to place the cannula.

Product: *Paradigm 13 mm Silhouette*

Features: The only infusion set that inserts at variable angles and is specifically designed to work as a system with Medtronic MiniMed Paradigm insulin pumps to deliver comfort, flexibility and individualized fit. It offers quick and virtually painless insertion of the infusion set either manually or with the use of an insertion device. The tubing right at the insertion site can be easily disconnected. It offers a choice of cannula lengths that best suits your physique and needs. You can bend and twist any way you like with the soft, flexible cannula of the infusion set. Available in 13 mm cannula and 43 inch tubing and 13 mm cannula and 23 inch tubing.

Price:

For Paradigm pumps:

\$205/full set (10/box):

13 mm cannula and 43 inch tubing

\$205/full set (10/box):

13 mm cannula and 23 inch tubing

Insulin pump supplies / Infusion sets

Product: *Paradigm 17 mm Silhouette*

Features: The Paradigm 17 mm Silhouette has the comfort of an angle insertion and the convenience of disconnecting at the infusion site, all in a discreet, low-profile design. The Silhouette works with the Sil-Serter to provide optimal insertion every time. Available in: 17 mm cannula and 43 inch tubing and 17 mm cannula and 23 inch tubing.

Price:

\$205/full set (10 complete sets):
17 mm cannula and 43 inch tubing

\$205/full set (10 complete sets):
17 mm cannula and 23 inch tubing

\$168/combo set (10 cannula/5 tubing sets):
17 mm cannula and 43 inch tubing

\$168/combo set: (10 cannula/5 tubing sets):
17 mm cannula and 23 inch tubing

Product: *Paradigm Sof-set QR Infusion Set*

Features: With the Sof-set QR infusion set, you can quickly and easily disconnect from your pump thanks to the convenience of Quick Release tubing. This set is also a good option for people with reduced dexterity or vision because the Quick Release connector leaves a 10 cm tail from your infusion site for easy reconnection.

The Sof-set Micro QR infusion set includes the 6 mm cannula and is suited to lean individuals. The Sof-set Ultimate QR infusion set, with the 9 mm cannula, is recommended for all other body types.

Price:

For 506, 507 and 508 pumps:

Sof-set: \$86.08/24 soft plastic cannula sets

Sof-set QR: \$228/12 quick-release cannula sets

Sof-set Micro QR: \$228/12 micro
QR 6 mm cannula sets

For Paradigm pumps:

Sof-set QR: \$228/12 quick-release cannula sets

Sof-set Micro QR: \$228/12 6 mm cannula sets

MEDTRONIC DIABETES OF CANADA LTD.**Product: *Paradigm Polyfin Infusion Set***

Features: This set features a very fine steel needle that makes insertion virtually painless. It is inserted at a 30-degree angle. Some pump users like the simplicity of this basic bent-needle set. It is particularly useful for people who prefer a free choice of adhesives. Tubing available in 61 cm and 107 cm lengths.

Price:

For 506, 507 and 508 pumps:

Polyfin: \$132.96/24 bent-needle infusion sets

Polyfin QR: \$243.36/24 quick-release bent-needle infusion sets

For Paradigm pumps:

Polyfin QR: \$136/20 quick-release bent-needle infusion sets with wings

Product: *Paradigm Sure-T Infusion Set*

Features: This set offers security and simplicity to young, first-time pump users. It features a fine 6 mm steel needle that ensures reliable insulin delivery; there is no need to worry about kinking. This set uses a 90-degree insertion angle for smooth, sure, one-step manual insertion, and is ideal for wear at a variety of sites. Tubing is 58.5 cm long.

Price:

For Paradigm pumps:

\$168/box (10 infusion sets)

SMITHS MEDICAL CANADA LTD.**(DISTRIBUTED BY AUTO CONTROL MEDICAL INC.)****Product: *Cleo 90 Infusion Set***

The all-in-one design of the Cleo 90 infusion set features an automatic needle retraction system to reduce unwanted needle sticks, a skin-like adhesive dressing that breathes yet keeps water out and a hidden insertion needle that aids insertions with small children and those with needle phobia. The Flex Attach system provides total tubing direction control, allowing eight positions to attach the infusion line to the cannula. This allows 360-degree flexibility for the user. The Safe-Sert automatic needle safety retracts the needle after insertion. It is designed for one-handed insertion, offering the ability to insert in hard-to-reach areas. Cleo 90 is an open system product and can be used with any open insulin pump accepting the industry standard luer-lock connection. (Not to be used with proprietary connections, such as the MiniMed Paradigm insulin pump.)

Price: \$168.75/box (10 cannulas and 10 tubings)

Ketone test strips

High blood glucose levels can cause your body to break down fat as a source of energy, producing by-products called ketones.

Excessive ketones, when there is not enough insulin available, may cause a condition called diabetic ketoacidosis (DKA). The symptoms of DKA are nausea, vomiting, abdominal pain and dehydration, and the blood becomes acidic. Another symptom of DKA is fruity-smelling breath. Untreated, DKA can lead to a coma and even death.

If you have type 1 diabetes, you should check for ketones in your blood or urine when you are acutely ill (such as with the flu), have elevated blood glucose levels or if you experience any of the above symptoms. If you have type 2 diabetes, you should also test for ketones during an acute illness.

The most accurate way of measuring ketone levels is to use a blood glucose meter that measures beta-hydroxybutyric acid, a type of ketone. (Currently, the Precision Xtra is one of the only blood glucose meters that also measures ketones; see page 8.) Many people check ketone levels in their urine using urine test strips. Discuss ketone testing with your diabetes healthcare provider.

The most accurate way of measuring ketone levels is to use a blood glucose meter that measures beta-hydroxybutyric acid, a type of ketone.

BAYER HEALTHCARE	ROCHE DIAGNOSTICS
<p>Product and use: <i>Ketostix: Ketone testing in urine</i></p> <p>Colour chart increments: Negative to large (16 mmol/L)</p> <p>Packaging and price: 50 tests, \$8.35</p>	<p>Product and use: <i>Chemstrip uG/K: Glucose and ketone testing in urine</i></p> <p>Colour chart increments: Test strip for the semi-quantitative determination of glucose in urine up to 280 mmol/L, and for the detection of ketone bodies (e.g. acetone in urine)</p> <p>Packaging and price: 50 tests, \$9.17</p>

Lancing devices / Lancets

The lancet, typically a very fine needle in a spring-loaded pen device, helps make blood sampling a relatively easy process.

After you place a lancet in the device, you push a release button. The lancet pokes your finger, resulting in a drop of blood. You can adjust the depth of the prick according to how easily you bleed and the thickness of your skin. Lancing devices have several settings.

If you have limited manual dexterity and difficulty manipulating a lancing device, ask your diabetes care team for advice.

When blood glucose levels are changing rapidly, such as after eating or exercising, be sure to get an accurate result by testing on a fingertip.

Fingertip testing is more accurate than testing on the forearm or other locations, such as the thigh or lower leg. When blood glucose levels are changing rapidly, such as after eating or exercising, be sure to get an accurate result by testing on a fingertip. It's important

to wash your hands before you test, as food on your hands could contaminate the sample. After testing, don't wipe the lancet with alcohol. Alcohol breaks down the silicone coating that makes it slip easily into your skin on future uses.

Fingertip testing is more accurate than testing on the forearm or other locations, such as the thigh or lower leg.

Manufacturers have refined lancets so that testing is more comfortable, and most lancets can now be used two to four times before they need to be thrown away. The gauge is a measure of how thin the needle is on the lancet. The larger the gauge (number), the thinner the lancet.

Ask your pharmacist for a sharps container so you can safely dispose of your lancets. Lancets must never be shared between people.

Lancing devices / Lancets

ABBOTT DIABETES CARE	BAYER HEALTHCARE
<p>Product: <i>Abbott Lancets</i></p> <p>Price: \$8.99/100, \$13.99/200</p> <p>Warranty: N/A</p> <p>Comments: 28G; fits most lancing devices.</p>	<p>Product: <i>Bayer Microlet2 Adjustable Lancing Device</i></p> <p>Price: \$13.75</p> <p>Warranty: N/A</p> <p>Comments: Depth control, 5 adjustable settings. Features easy to use, large buttons. Offers minimal discomfort. For use with Bayer Microlet Lancets.</p>
<p>Product: <i>FreeStyle Lancets</i></p> <p>Price: \$8.90/100</p> <p>Warranty: 5 years</p>	<p>Product: <i>Bayer Microlet Lancets</i></p> <p>Price: \$8.90/100, \$15.05/200</p> <p>Warranty: N/A</p> <p>Comments: 28G</p>
<p>Product: <i>FreeStyle Lancing Device</i></p> <p>Price: Not sold separately. Available only in FreeStyle blood glucose monitoring kits.</p> <p>Warranty: Replaced free of charge if there is a problem with the lancets</p>	
AUTO CONTROL MEDICAL INC.	BD MEDICAL – DIABETES CARE
<p>Product: <i>iTest Ultra-Thin Lancets, 33G</i></p> <p>Price: \$5.95/100</p> <p>Warranty: N/A</p> <p>Comments: Thinnest lancets available. Virtually painless. Ideal for micro-sample meters.</p>	<p>Product: <i>BD Ultra-Fine 33G Lancets</i></p> <p>Price: \$8.39 to \$10.49/100</p> <p>Warranty: Replaced free of charge if there is a problem with the lancets. Contact 1-888-BD-CARES (1-888-232-2737).</p> <p>Comments: These lancets are the thinnest on the market, providing more comfort when testing. They are also compatible with most lancing devices available in Canada.</p>
<p>Product: <i>iTest Safety Lancets, 28G</i></p> <p>Price: \$6.95/100</p> <p>Warranty: N/A</p> <p>Comments: Unique locking safety feature: needle covered after use. Universal design fits most lancing devices. For alternate site testing or when a larger blood sample is needed.</p>	<p>Product: <i>BD Ultra-Fine II Lancets, 30G</i></p> <p>Price: \$10.49 to \$13.49/200</p> <p>Warranty: Replaced free of charge if there is a problem with the lancets. Contact 1-888-BD-CARES (1-888-232-2737).</p> <p>Comments: Lancets are compatible with most lancing devices in Canada.</p>



LIFESCAN CANADA LTD.	ROCHE DIAGNOSTICS
<p>Product: <i>OneTouch Lancing Device</i></p> <p>Price: Not sold separately. Currently available in OneTouch Ultra2 and OneTouch UltraMini blood glucose system kits</p> <p>Warranty: N/A</p> <p>Comments: Nine puncture-depth settings. Works with both OneTouch FinePoint lancets and OneTouch Ultra-Soft lancets.</p>	<p>Product: <i>Accu-Chek Softclix Lancing Device</i></p> <p>Price: Not sold separately. Available only in the Accu-Chek Compact Plus and Accu-Chek Advantage blood glucose monitoring systems</p> <p>Warranty: Replaced free of charge if there is a problem</p> <p>Comments: Eleven adjustable depth settings and the Clixmotion technology, which uses a patented dual-guided lancet motion to deliver smooth and controlled lancing for the least painful testing.</p>
<p>Product: <i>Penlet Plus Adjustable Blood Sampler</i></p> <p>Price: \$21.99 (includes 1 lancing device + 25 Fine-Point lancets)</p> <p>Warranty: 5 years</p> <p>Comments: Seven puncture-depth settings. Works with both OneTouch FinePoint lancets and OneTouch Ultra-Soft lancets.</p>	<p>Product: <i>Accu-Chek Softclix Lancets, 28G</i></p> <p>Price: \$9.99/100, \$18.99/200</p> <p>Warranty: Replaced free of charge if there is a problem with the lancets</p> <p>Comments: Unique triple-bevelled tip for optimal entry for least painful testing every time. Compatible with Accu-Chek Softclix and Accu-Chek Softclix Plus lancing device.</p>
<p>Product: <i>OneTouch UltraSoft Adjustable Blood Sampler</i></p> <p>Price: Not sold separately. Available only in the OneTouch UltraSmart blood glucose system kit</p> <p>Warranty: 5 years</p> <p>Comments: Seven puncture-depth settings. Works with both OneTouch FinePoint lancets and OneTouch Ultra-Soft lancets.</p>	<p>Product: <i>Accu-Chek Multiclix Lancing Device</i></p> <p>Price: Not sold separately. Available only in the Accu-Chek Aviva blood glucose monitoring system</p> <p>Warranty: Replaced free of charge if there is a problem with the lancing device</p> <p>Comments: With the Accu-Chek Multiclix, six lancets are preloaded in a drum so you never have to handle a lancet again. It's faster, easier to use and provides the least painful testing. Safe and convenient; the used drums can be discarded in the household waste.</p>
<p>Product: <i>OneTouch UltraSoft Lancets, 28G</i></p> <p>Price: \$7.99/100</p> <p>Warranty: Replaced free of charge if there is a problem with the lancets</p>	<p>Product: <i>Accu-Chek Multiclix Lancets, 30G</i></p> <p>Price: \$12.99/102, \$22.99/204</p> <p>Warranty: Replaced free of charge if there is a problem with the lancets</p>
<p>Product: <i>FinePoint Lancets, 25G</i></p> <p>Price: \$7.99/100</p> <p>Warranty: Replaced free of charge if there is a problem with the lancets</p>	

Syringes & Needles

Many people with diabetes still use syringes and vials to administer their insulin. With a syringe, you draw up insulin from a vial into the syringe, while with insulin pens, you dial the dose of insulin you require.

Syringes come in three sizes – 30, 50 and 100 units – and which one you use depends on how many units you have to inject. Talk to your pharmacist or diabetes educator about the size that is right for you.

There are also differences among needles, as they range in length from 5 mm to 12.7 mm. Consider both length and gauge (or thickness). Short needles are not suitable for everyone. For example, in people who are overweight, the short needle might not penetrate deeply enough to reach the layer where the insulin can be absorbed into the body. Also, short needles are for people who can inject without pinching up their skin. For people who are taking larger doses of insulin (e.g. 50 units or more), longer needles are more comfortable.

Look for syringes that make injecting as easy as possible for you. You should be able to effortlessly draw up your dosage. The barrel should have markings that you can read clearly.

Needles are getting finer, and a finer needle is less painful. Needles now range from 28- to 33-gauge. The higher the number, the finer the needle.

There are good reasons for discarding both the needle and your syringe after each and every use. The needle has a coating that allows it to slip easily into the skin, and part of this coating wears away with each injection, leaving rough edges that can cause pain. As well, reusing a needle means there's a greater chance of introducing bacteria at the injection site, although infections from reusing needles are rare.

To dispose of your needles, use a sharps container, which you can obtain from your local pharmacy; there may be a fee associated with disposal. Ask your healthcare team about sharps disposal programs in your community. Some pharmacies have disposal programs; check at your local drugstore.

BD MEDICAL – DIABETES CARE

Product: *BD Ultra-Fine II Half-Unit Scales Syringes (3/10cc)*

Needle Gauge and Length: (31G x 8 mm, 5/16")

Price: \$28.99 to \$35.99/100

Comments: The thinnest syringe ensures a more comfortable injection. The easy-to-read whole and half-unit markings provide greater confidence in dose accuracy and meet the needs of individuals who measure small doses in half-unit increments.

Product: *BD Ultra-Fine II Syringes (1/2cc, 1cc)*

Needle Gauge and Length: 30G x 8 mm

Price: \$28.99 to \$35.99/100

Product: *BD Ultra-Fine Syringes (3/10cc, 1/2cc, 1cc)*

Needle Gauge and Length: 29G x 12.7 mm

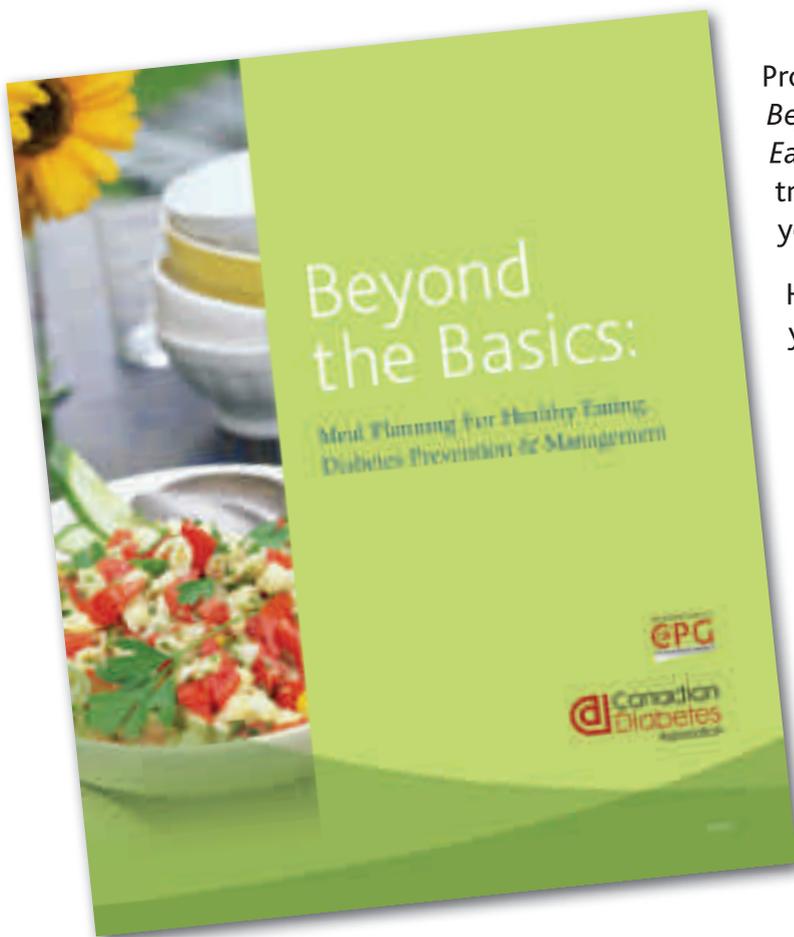
Price: \$28.99 to \$35.99/100

Contact the Manufacturers / Distributors

COMPANY	TELEPHONE	WEBSITE
Abbott Diabetes Care	905-542-8637	www.abbottdiabetescare.ca
Animas Canada	866-406-4844	www.animas.ca
Auto Control Medical Inc.	800-461-0991	www.autocontrol.com
Bayer HealthCare	800-268-7200	www.bayerdiabetes.ca
BD Medical Diabetes Care	800-268-5430	www.bddiabetes.com
Digi-Voice Contour	450-447-9280	N/A
Disetronic Medical Systems Inc.	800-280-7801	www.disetronic-ca.com
Eli Lilly Canada Inc.	888-545-5972	www.lilly.ca
LifeScan Canada Ltd.	800-663-5521	www.onetouch.ca
Medtronic Diabetes of Canada Ltd.	866-444-4649	www.pumptherapy.ca
NeedleAid	902-435-4829	www.needleaid.com
Novo Nordisk Canada Inc.	800-465-4334	www.novonordisk.ca
Roche Diagnostics	800-363-7949	www.accu-chek.ca
Sanofi-Aventis	888-852-6880	www.sanofi-aventis.ca
Smiths Medical Canada Ltd.	866-662-6966	www.cozmore.com

Looking for a guide to help you with meal planning and diabetes management?

Look no further!



Produced by the Canadian Diabetes Association, *Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management* is a trusted and handy resource to help you manage your diabetes.

Here are just some of the informative chapters you'll find:

- The food groups and nutrient composition
- Eating out
- Living a healthy lifestyle
- Managing care on sick days
- AND MUCH MORE!

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Diabetes professionals are on your side

People with diabetes are asked to have the skills and abilities to reduce the physical and emotional impact of their disease, with or without the collaboration of their healthcare team. There is no question that self-management skills complement the expertise and care provided by members of the diabetes health team; however, the chronic disease management model is a paradigm shift from the traditional primary or acute care model. People with diabetes require training in goal setting, problem solving and planning skills, all of which are critical components of self-management. They also need access to a broad range of tools, including medications, devices and supplies to help them achieve the recommended blood glucose, cholesterol and blood pressure targets. Health outcomes depend on managing the disease effectively, and without access to the necessary tools and strategies, Canadians living with diabetes will not be able to achieve optimal results.¹

¹ Canadian Diabetes Association 2008 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada, in the Canadian Journal of Diabetes. September 2008; 32(Supplement 1):S2-S3.

How to use this guide

Find the name of your medication(s) in the list below (both generic and brand names are listed).

Turn to the page beside your medication name. Each medication belongs to a drug family or class. Medications that have similar actions in the body are grouped in the same drug class. This guide provides information on drug classes, as well as on the medications within each class.

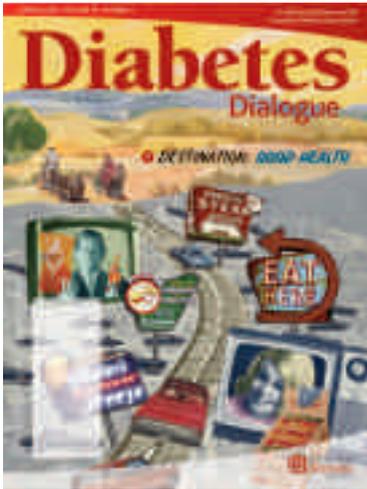


Note: Generic drug companies often place a prefix at the beginning of drug names, for example, Apo, Novo, Gen or Ratio, among others. To find your medication on this list, remove the prefix; for example, Apo-glyburide would be found under the listing Glyburide.

MY PRESCRIPTION LABEL SAYS ...

Acarbose	51	Januvia	49
Actos.....	47	Metformin.....	46, 47, 51, 57
Amaryl.....	48	Nateglinide.....	48
Avandamet.....	51, 57	Orlistat.....	52
Avandaryl.....	51	Pioglitazone.....	47
Avandia	47, 57	Prandase.....	51
DiaBeta	48	Repaglinide.....	48
Diamicron	48	Rosiglitazone	47, 51
Diamicron MR	48	Starlix.....	48, 49
Euglucon.....	48	Sitagliptin	49
Gliclazide.....	48	Xenical	52
Glimepiride	48, 51		
Glucobay.....	51		
GlucoNorm	48, 49		
Glucophage.....	46		
Glumetza	46		
Glyburide	48		
Insulin	54		

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3Steps
to feeling good

Get started today.
Get moving • Eat well • De-stress

So Good, the Canadian Diabetes Association and Chatelaine are pleased to introduce a new initiative to help all Canadians feel so good. We've created **Chatelaine Walks 3 Steps to Feeling Good**. It's an online community where you'll find walking and fitness tips, healthy recipe ideas and other women like you. By taking just 3 steps — get moving, eat well and de-stress — you'll improve your health and feel good.



Track your results with the
So Good Lifestyle Tracker.

We'll help you set goals and stay on track.
Just follow the links from

www.Chatelaine.com/3steps



Chatelaine

Teamwork is the key to care

Depending on where you live, your family physician may refer you to a diabetes centre or clinic.

These centres are staffed with healthcare professionals who specialize in diabetes management, making it convenient to see a dietitian, nurse educator and physician all in one visit.

If a diabetes centre isn't accessible, your family physician may refer or recommend individual healthcare professionals to make up your team. Ideally, you should try to find a nurse, pharmacist or dietitian who has taken special training to become a Certified Diabetes Educator (CDE).

Family physician

Your primary care physician is the doctor you see for general check-ups and when you get sick. He/She is responsible for overall health, and for ensuring that proper referrals are made to the appropriate specialists at the appropriate times.

Endocrinologist

An endocrinologist is a physician who has special training and expertise in diseases of the endocrine system, such as diabetes.

Nurse educator

Your family healthcare team or diabetes clinic may include a registered nurse who has special training in diabetes. A nurse educator can help you learn the day-to-day aspects of diabetes self-care (such as self-monitoring of blood glucose and injecting insulin) and may handle some of your routine medical check-ups.



Illustration: Kveta

Dietitian

Since your eating habits have a direct impact on your diabetes, a registered dietitian (RD) offers a vital service. Trained in nutrition, a dietitian can help you develop a meal plan based on your goal weight, lifestyle, medication and other health goals (such as lowering your blood pressure).

Pharmacist

Far more than just dispensers of medication, pharmacists can offer a wealth of diabetes care information. They can help you understand how your medications work, warn you of possible interactions between drugs and advise about blood glucose meters and other diabetes supplies.

Optometrist/Ophthalmologist

Eye disease (retinopathy) is a potential complication of diabetes that can be effectively treated if detected early. You should visit an experienced eye care professional, such as an optometrist or ophthalmologist, regularly.

Podiatrist

It is helpful to see a health professional who is trained in foot care and problems of the lower legs, since people with diabetes are susceptible to nerve damage and infections in these areas. You should inspect your feet daily and seek treatment immediately if you spot signs of trouble.



You are the most important member of your diabetes care team. It is up to you to make and keep medical appointments, monitor your blood glucose levels, take your medications as prescribed and follow a healthy lifestyle.

Dentist

To lower your risk of gum disease, which can be caused by sugar-loving bacteria in your mouth, visit your dentist every six months. Be sure to tell your dentist that you have diabetes.

Support

Like any chronic disease, diabetes can cause stress and take a toll on your mental health and personal relationships. Social workers, psychologists, therapists

and support groups are available to help you deal with the emotional aspects of having diabetes.

Remember, you are the most important member of your diabetes care team. It is up to you to make and keep medical appointments, monitor your blood glucose levels, take your medications as prescribed and follow a healthy lifestyle that will reduce your risk of complications.

Oracle™ - Canada's first talking blood glucose meter

EZ Health™ recently added Oracle™, Canada's first talking blood glucose meter, to its line of home health products. Oracle™'s revolutionary speaking function lets people hear as well as see their glucose results.

Doctors, nurses, educators, and people with diabetes are excited about this latest innovation. The system is designed to be easy to use and is really for everyone.

Teresa Stagliano, a medical secretary from Toronto, has been using the Oracle™ meter for the past few months and says, "I like Oracle™ so much better than my last meter. It's so simple."

The Oracle™ meter has a large screen and turns on automatically when test strips are inserted. It has a single button on the front to access the memory. Oracle™ has all the best functions available: no coding, small sample size, fast results, 450 memory, alternate site testing, computer downloadability, and it talks. It even has a reminder to check for ketones if glucose levels are above 14.4.

The voice level is adjustable and can be turned off for people like Teresa, who love the meter but feel they don't need it to speak.

The Oracle™ blood glucose meter is available free at most pharmacies with the purchase of 100 test strips.

Oracle™ test strips are covered by all private plans and formularies in BC, Saskatchewan, Quebec, and PEI. Other formularies are coming soon.

For your free meter or more information on the EZ Health™ Oracle™ blood glucose monitoring system, go to www.oracle diabetes.com.



Teresa Stagliano with her Oracle™ talking blood glucose monitor

The ABCs of diabetes management

Target your efforts to prevent complications

Diabetes is a complex disease that can affect many aspects of your health. Diabetes management can be quite complex as well. These “ABCs” offer a simple tool to help you learn the targets that will reduce your risks of long-term complications.

A = A1C

Keeping blood glucose levels as close as possible to target is a cornerstone of diabetes management. Over the long term, high blood glucose levels harm both small and large blood vessels in the body. Improving blood glucose management has been shown to reduce the risks of microvascular complications, such as eye disease (retinopathy), kidney disease (nephropathy) and nerve damage (neuropathy), in both type 1 and type 2 diabetes. There also is evidence that blood glucose control reduces the risk of heart attack and stroke in people with type 1 diabetes.

There are two main ways of checking blood glucose: self-monitoring with a blood glucose meter or a simple blood test at a lab, known as an A1C test.

While self-monitoring provides you with short-term information about how your blood glucose responds to food, medications and activity, A1C is a long-term measure of blood glucose control over the previous 120 days. Most adults should have their A1C tested every three months.



Illustration: Kveta

For most people with type 1 or type 2 diabetes, the target A1C is 7% or less. Some people with type 2 diabetes have a target of 6.5% or less to reduce their risks of kidney disease, but your doctor will recommend this lower target only if you can safely reach it without increasing your risk of low blood glucose (hypoglycemia).

There are two main ways of checking blood glucose: self-monitoring with a blood glucose meter or a simple blood test at a lab, known as an A1C test.

B = Blood pressure

Like high blood glucose, high blood pressure can lead to eye disease, heart disease, stroke and kidney disease, so it is especially important for people with diabetes to manage their blood pressure. The target blood pressure for people with diabetes is less than



130/80 mmHg. Be sure to have your blood pressure checked every time you visit your doctor or diabetes care provider.

The target blood pressure for people with diabetes is less than 130/80 mmHg.

C = Cholesterol

Managing your cholesterol is another important strategy in reducing your risk of heart disease and stroke. You want to keep your LDL (“bad”) cholesterol at 2.0 mmol/L or lower. Your ratio of total cholesterol to HDL (“good”) cholesterol (TC/HDL-C) should be less than 4.0. Have your cholesterol screened at least every one to three years.

Work with your healthcare professional to set targets and a treatment plan.

While the *Canadian Diabetes Association 2008 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada* recommends these targets, remember that your ABCs need to be personalized to you. Work with your healthcare professional to set targets and a treatment plan – which may include meal planning, increased activity, medications and/or insulin – that are right for you.

ABCs at a glance

	TARGET*	TESTING*
A1C	≤7.0% (≤6.5% for some people with type 2 diabetes if they and their doctor feel it can be achieved safely)	Every 3 months
Blood pressure	lower than 130/80 mmHG	Every healthcare visit
Cholesterol	LDL: less than 2.0 mmol/L TC/HDL-C: less than 4.0 mmol/L	Every 1 to 3 years, more frequently if being treated

*For most people with diabetes; however, targets and frequency of testing should be individualized.



Biguanides

Medications in this class

Metformin is the only medication in this class that is available in Canada. It is sold as a generic drug and under the brand names Glucophage and Glumetza, the latter of which is a slow-release form of the medication.

How this medication works

This drug acts mainly by helping the liver reduce glucose production. It also helps muscles use glucose from the bloodstream. Both of these actions reduce blood glucose levels.

Metformin is the recommended pill for most people with type 2 diabetes and is especially recommended for individuals who are overweight.

Advantages

Metformin is the recommended pill for most people with type 2 diabetes and is especially recommended for individuals who are overweight. Metformin does not cause weight gain or low blood glucose levels (hypoglycemia) on its own, and works well in combination with some other diabetes pills and insulin. There is some evidence that metformin may reduce the risk of heart problems in overweight patients and improve lipid (blood fat) levels. Metformin has also been shown to help prevent or delay diabetes in people at risk for developing type 2 diabetes.

What you should know

This medication may cause nausea, diarrhea and gas when you start taking it. Taking the pills with meals and slowly increasing the dose can reduce these side effects. In some people, metformin can affect the absorption of both folic acid and vitamin B₁₂. If your folic acid or B₁₂ levels are low, your doctor may recommend a supplement.

In addition, if used in people with significant heart, kidney or liver problems, metformin can cause a very rare but serious condition called lactic acidosis.

Glitazones

Medications in this class

There are two medications in this class: **rosiglitazone**, which is sold under the brand name **Avandia**, and **pioglitazone**, which is sold as a generic and under the brand name **Actos**.

How these medications work

These medications increase the body's sensitivity to its own insulin, allowing the cells to use glucose more efficiently. For this reason, glitazones are commonly known as insulin sensitizers. TZDs, along with the other drug therapies, are now presented as one of several therapy options that could be tried either following an initial trial with metformin or in combination with metformin, depending on the degree of hyperglycemia (A1C).

Advantages

Glitazones do not cause low blood glucose levels (hypoglycemia) on their own. They have also been shown to maintain blood glucose control longer than glyburide or metformin in people with newly diagnosed type 2 diabetes. In people with prediabetes, Avandia has been demonstrated to reduce the risk of developing diabetes.

What you should know

It can take two to three months for glitazones to reach full effectiveness. Even if there is no immediate improvement in your blood glucose, continue taking the pills exactly as prescribed. Glitazones are expensive compared to other diabetes pills.

Glitazones can cause fluid retention and increase weight. People with congestive heart failure must not take these medications. The use of glitazones with insulin is not an approved combination in Canada. If your doctor prescribes insulin and a glitazone in combination, he or she will explain that there may be an increased risk of fluid retention or congestive heart failure and will monitor your health for any early changes.

These medications increase the body's sensitivity to its own insulin, allowing the cells to use glucose more efficiently.

A few cases of macular edema (swelling of the retina in the area responsible for central vision) have been reported with glitazones. The risk of this happening is very low. In most cases, the condition improved or returned to normal when the dose was reduced or the drug was stopped. If you notice a change in your vision after starting a glitazone, inform your doctor and have your eyes checked. Glitazones may also increase the risk of bone fractures in women, especially in the feet, hands and arms. Uncertainty remains about the long-term risk of harm from glitazones on heart disease (heart attacks).



Insulin secretagogues

Insulin secretagogues fall into two classes: sulfonylureas and meglitinides.

Medications in this class

Secretagogues work by stimulating the pancreas to secrete more insulin. All secretagogues reduce blood glucose levels equally well, except for Starlix.

How this medication works

SULFONYLUREAS

Medications in this class

There are three medications in this class that are sold in Canada: glyburide (sold as a generic and under the brand names DiaBeta and Euglucon), gliclazide (sold as a generic and under the brand names Diamicon and Diamicon MR) and glimepiride (sold as a generic and under the brand name Amaryl). Two other drugs, chlorpropamide and tolbutamide, are available in Canada but are rarely used.

How these medications differ from one another

These medications work in the same way, but they differ in how long their effects last. Amaryl and Diamicon MR are long-acting and need to be taken only once a day. Compared with glyburide (taken once or twice a day), they cause less weight gain and less hypoglycemia. Because of its higher risk of low blood glucose levels (hypoglycemia), glyburide is not the medication of choice for elderly people or people with reduced kidney function.

What you should know

All of the sulfonylureas can cause hypoglycemia; however, there is usually less risk using gliclazide or glimepiride. If you are taking a sulfonylurea, learn how to recognize, prevent and treat low blood glucose levels.

MEGLITINIDES

Medications in this class

There are two medications in this category that are available in Canada: repaglinide (sold under the brand name GlucoNorm) and nateglinide (sold under the brand name Starlix).

Meglitinides work by stimulating the pancreas to secrete more insulin for a designated period of time.

How these medications work

Like the sulfonylureas, meglitinides work by stimulating the pancreas to secrete more insulin; however, they are designed to do this for just four to five hours, covering mealtimes.

Advantages

Meglitinides work quickly and lower blood glucose levels after a meal. They are especially useful for people who have irregular meals, such as shift workers, and for those whose blood glucose levels tend to be high after meals. As well, these medications are less likely to cause hypoglycemia than sulfonylureas.

What you should know

Meglitinides need to be taken with every meal, which can be challenging for some people. If you have to skip a meal, do not take the pill planned for that meal. As hypoglycemia is a risk, people taking this medication need to learn how to recognize, prevent and treat low blood glucose levels.

Starlix reduces blood glucose to a lesser degree than GlucoNorm.

DPP-4 INHIBITORS

Medications in this class

Sitagliptin is the first medication approved in Canada from a new class of medications called DPP-4 inhibitors. It is sold under the brand name Januvia.

How this medication works

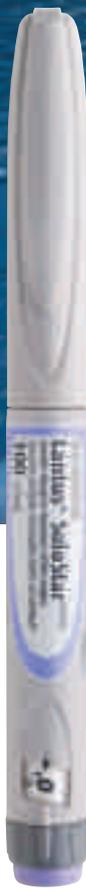
Januvia works by enhancing the effect of a group of natural hormones in your body called “incretins.” Incretins are secreted in response to food. They help lower blood glucose levels in two ways: by stimulating the pancreas to secrete insulin and by reducing the amount of glucose made by the liver.

Advantages

Januvia does not cause weight gain or low blood glucose levels (hypoglycemia) on its own.

What you should know

Januvia is only approved for use in combination with metformin. It is taken once a day with or without food. It should not be used in people with significant kidney or liver problems. Januvia may increase the chance of infections, such as upper respiratory tract or urinary infections, as well as headache. Januvia is expensive compared to other diabetes pills.



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Insulin secretagogues

(continued)

COMBINATION PILLS

Combination pills, which combine common diabetes medications into a single pill, reduce the total number of pills you need to take. They also can save you money because you only pay one pharmacy dispensing fee. The fixed combination of doses, however, means there is less flexibility to adjust dosages to individual needs.

Combination pills, which combine common diabetes medications into a single pill, reduce the total number of pills you need to take.

The combination pills currently available in Canada are Avandamet (rosiglitazone and metformin) and Avandaryl (rosiglitazone and glimepiride). They are available in several fixed-dose combinations.

ALPHA-GLUCOSIDASE INHIBITORS

Medications in this class

The only medication in this class is acarbose, sold under the brand name Glucobay (formerly called Prandase).

How this medication works

Glucobay lowers blood glucose levels after meals. Taken with the first bite of a meal, Glucobay works in the intestine to block an enzyme that breaks down starchy carbohydrates (such as those found in bread and potatoes) into glucose. This slows down the absorption of glucose from these foods, giving the pancreas more time to secrete enough insulin to lower blood glucose levels after meals.

Advantages

Glucobay does not cause hypoglycemia and there are no serious side effects. One major study has shown that the medication can help prevent the development of diabetes in people with prediabetes. It can be used in combination with other oral diabetes medications and with insulin.

What you should know

Glucobay can cause unpleasant side effects such as gas, bloating and flatulence. To reduce these side effects, a low starting dose can be prescribed, and then the dose can be slowly increased. Although Glucobay will not cause hypoglycemia on its own, many people who take it also take other diabetes medications that can cause hypoglycemia.

If hypoglycemia develops while taking Glucobay, it must be treated with dextrose tablets, honey or milk. Because of the way Glucobay works, some typical treatments for hypoglycemia – such as table sugar, regular soft drinks or fruit juice – are not effective. People with chronic intestinal disease and kidney failure should not take Glucobay.



Insulin secretagogues

(continued)

ANTI-OBESITY DRUGS

Medications in this class

Although there are other weight-loss medications, only orlistat (sold under the brand name Xenical) is approved for the treatment of diabetes in people who are obese.

How this medication works

Xenical is taken with meals and works in the intestine to decrease the absorption of the fat from foods. The undigested fat is then eliminated in the feces.

Advantages

Xenical is typically recommended for individuals who are obese and as part of a strategy to lose weight and avoid regaining lost weight, while improving blood glucose levels. Xenical also has been shown to prevent or delay the development of type 2 diabetes in people with prediabetes.

What you should know

Most people who take Xenical lose modest amounts of weight if they also reduce their caloric intake and adopt a regular exercise program. The medication is not a replacement for a healthy meal plan and regular physical activity. Those who take Xenical must follow a low-fat diet and divide their fat, carbohydrate and protein intake over three meals per day.

With a high-fat diet, excess fat in the intestine can result in fatty or oily stools or even in the inability to control bowel movements.

This medication can reduce the absorption of some vitamins, so taking a multivitamin daily is usually recommended. Although Xenical is approved as a medication to lower blood glucose levels, its effect is modest.

INSULINS

People with type 1 diabetes require insulin every day. People with type 2 diabetes often need insulin to help them meet their blood glucose goals. In type 2 diabetes, insulin can be taken alone or with diabetes pills.

The insulin regimen your doctor prescribes will depend on your treatment goals, lifestyle, diet, age, general health, risk of low blood glucose, your preference and financial circumstances.

Insulins are classified by their duration of action (how long they work). They also differ in their onset of action (how quickly they start working) and when this action peaks (when they are most effective). Insulin is measured in units. By understanding how your insulin works, you can time your meals, snacks and exercise. If you take insulin, you need to monitor your blood glucose levels regularly. (See chart on page 54 for more information on the various insulins available in Canada.)



The goal of any insulin regimen is to mimic, as closely as possible, the insulin secretion of people without diabetes. In people without diabetes, the pancreas provides a constant supply of insulin (called basal insulin) and secretes extra insulin when needed, such as when you eat (called bolus or meal insulin). Your insulin regimen, therefore, will have a basal component to provide some level of insulin at all times, as well as a bolus component to manage blood glucose over mealtimes.

The best way to learn about insulin is by consulting a diabetes educator. Ask your doctor for a referral. A diabetes educator will help you learn about injection options (syringes, jet injectors, pens, pumps), how to adjust your insulin dose based on your blood glucose monitoring results, how to time your meals and snacks, how to match your carbohydrate intake to your insulin dose, the effects of exercise and how to care for and store your insulin. It is important that you learn how to prevent, recognize and treat low blood glucose levels (hypoglycemia).

Many people with type 2 diabetes resist taking insulin. They often feel that taking insulin means that they're sick or have somehow "failed" to manage their diabetes. Needing insulin does not mean that you have failed in any way. Some people find it helpful to think of insulin therapy as a natural hormone replacement therapy. In other words, insulin injections simply replace a natural hormone that the body can no longer produce in sufficient quantities.

Other individuals resist taking insulin because they're afraid of needles or feel it will be embarrassing to give themselves injections in public. Insulin pens are an excellent alternative to syringes; they're virtually painless and can be used discreetly. Also, using an insulin pen can help reduce dosing errors.

Types of insulin

INSULIN TYPE/ACTION (APPEARANCE)	BRAND NAMES (GENERIC NAME IN BRACKETS)	BASAL OR BOLUS?	DOSING SCHEDULE
Rapid-acting analogue (clear) Onset: 10-15 minutes Peak: 1-2 hours Duration: 3-5 hours	Apidra (insulin glulisine) Humalog (insulin lispro) NovoRapid (insulin aspart)	Bolus	Usually taken right before eating or to lower high blood glucose levels
Short-acting (clear) Onset: 30 minutes Peak: 2-3 hours Duration: 6.5 hours	Humulin-R Novolin ge Toronto	Bolus	Taken about 30 minutes before eating or to lower high blood glucose levels
Intermediate-acting (cloudy) Onset: 1-3 hours Peak: 5-8 hours Duration: up to 18 hours	Humulin-N Novolin ge NPH	Basal	Often taken at bedtime or twice a day (morning and bedtime)
Long-acting basal insulin analogues Onset: 90 minutes Peak: Not applicable Duration: Up to 24 hours (Lantus 24 hours, Levemir 16-24 hours)	Lantus (insulin glargine) Levemir (insulin detemir)	Basal	Usually taken once or twice a day
Premixed (cloudy) A single vial contains a fixed ratio of insulins (the numbers refer to the ratio of rapid- or short-acting to intermediate-acting insulin in the vial)	Humalog Mix 25 Humalog Mix 25, 50 NovoMix 30 Humulin (30/70) Novolin ge (30/70, 40/60, 50/50)		

Blood glucose targets

Glycemic control is one of the most important aspects of diabetes care, as high blood glucose levels not only raise the risk of diabetes-related complications, but harm the body's small and large blood vessels and negatively affect the body's ability to fight infection.

According to the *Canadian Diabetes Association 2008 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada*, both A1C results and the self-monitoring of blood glucose are essential factors in the effective management of blood glucose targets.

For most people with diabetes, A1C should be measured every three months. For people with type 1 diabetes who are using insulin, self-monitoring of blood glucose should be performed at least three times a day and include measurements before and after meals. And for people with type 2 diabetes who are using once-daily insulin, testing at least once per day is recommended. See the table on this page for recommended targets for glycemic control.

Every person is unique and how often you self-monitor your blood glucose should be determined individually, based on the unique characteristics of your lifestyle. The important factors to consider are: your diabetes type, your current diabetes management regime as prescribed by your healthcare provider, your need for information about your blood glucose levels, and your ability to understand and use this information to make appropriate changes to your behavior and lifestyle.

Also, it is important to ensure the accuracy of your blood glucose meter readings. Your results should be compared with laboratory measurements at least once a year.

A1C: $\leq 7.0\%$

(Some people with type 2 diabetes aim for $\leq 6.5\%$, but this should be your target only if you and your doctor feel you can achieve it safely.)

Blood glucose level before meals: 4 to 7 mmol/L

Blood glucose level 2 hours after meals: 5 to 10 mmol/L

(5 to 8 mmol/L can be considered if your target A1C is not achieved.)

Note: Blood glucose targets are different for children 12 years and younger, and for pregnant women.

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Improving your medication memory

Diabetes medications work only when you take them.

There is an old saying that medicine doesn't work if you don't take it. Pretty obvious. So, if a medication exists that will benefit someone's health, why wouldn't they take it?

There are a lot of reasons, says Mary Feero, a pharmacist with The Medicine Shoppe in Fredericton and a certified diabetes educator. “Many people with diabetes are simply overwhelmed by the number of pills they need to take every day,” she says. It is not unusual for people to require a number of medications to manage their blood glucose, including a statin for their cholesterol and often two to three other drugs to lower their blood pressure. Each one may need to be taken at a different time or in a different way (for example, with or without food). It's easy to become frustrated or confused and either stop taking a medication altogether or take it in a way that reduces its effectiveness. In medical jargon, this is called “non-compliance” or “non-adherence” with treatment.

Many people with diabetes are simply overwhelmed by the number of pills they need to take every day.



Illustration: Kveta

HERE ARE SOME TIPS TO HELP YOU FOLLOW YOUR MEDICATION REGIMEN:

Get to know your meds

“The better you understand your medication – what it does, how it works – the more likely you will be to take it,” says Feero. Ask your diabetes care provider to explain what the drug is for, how and when you should take it, what you should do if you miss a dose, and how to prevent or minimize any possible side effects. This guide is an excellent resource to keep handy, as are the medication fact sheets that many pharmacies provide with each prescription medication.

Time it right

It can be inconvenient to take medication in the middle of the day, especially if you are working. Your pharmacist or diabetes educator can help you develop a dosing calendar with a schedule that works with your lifestyle and your medications. The paper calendar clearly shows you when to take each medication; keep it in an obvious place (for example, on the refrigerator) and check off each dose as you take it.

The better you understand your medication – what it does, how it works – the more likely you will be to take it.

Make it part of your routine

You will be more likely to remember taking your medication if you associate it with another daily routine, such as brushing your teeth or going to bed.

Set an alarm

An alarm on your digital watch or cell phone is an easy and effective way to remind yourself to take your medication.

Ask for a combo

If you are taking more than two medications, ask your pharmacist whether a combination pill is available and right for you. For example, Avandia and Metformin are available together as Avandamet. Not only is it easier to take one pill instead of two, but the combination is sometimes less expensive than the two separate medications.

Do a dosette

A dosette is a pill organizer that allows you to sort a week's worth of pills into daily compartments (some larger dosettes also have compartments for different times of day). Similarly, blister packs bundle each dose of pills together in a pre-packaged plastic-and-foil pouch. Ask your pharmacist whether they offer dosette-filling or blister-pack services (some pharmacies charge for these services, others offer them for free).

Think positively

Rather than thinking of taking your medications as a chore, consider it a positive step you are taking to stay healthy today and into the future.

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Turn to the experts

The Canadian Diabetes Association is your source for everything diabetes.

Having diabetes can sometimes seem overwhelming. There is so much to learn, to remember and to do. The Canadian Diabetes Association is here to help. As a leading expert and authority on diabetes in Canada – and around the world – we offer a wide variety of resources, programs and services for people affected by diabetes.

SEE HOW WE CAN HELP

Diabetes.ca

Our recently redesigned website features bold new graphics and easy-to-follow links to everything you need to know about diabetes, the Association, and diabetes-related news, research and events. It is also your link to all the resources listed here.

Diabetes Current

Find the latest news about diabetes and the Association – right in your inbox. Sign up for our online newsletter and each month you will receive information about research and medical breakthroughs, profiles on people who make a difference, tips for healthier living, plus listings of diabetes-related events in your community. For more information, please visit diabetes.ca



Illustration: Kveta

Diabetes Dialogue

This is Canada's only health and wellness magazine dedicated to living life to the fullest with diabetes. In each issue, you'll find nutritious and easy-to-make recipes, healthy eating and activity tips, management techniques, inspiring stories about people living with diabetes and updates on the latest medical advances in diabetes research. As a subscriber, you automatically become a member of the Canadian Diabetes Association, with voting privileges and an opportunity to participate in the governance of the Association. For more information, please visit diabetes.ca

Diabetes literature

The Association offers a wide variety of books, manuals, teaching tools and educational materials, all developed through our world-class team of diabetes experts. Visit the online literature ordering desk at diabetes.ca to browse through or order items such as the new *Beyond the Basics* manuals, *Kids with Diabetes in Your Care* and a variety of cookbooks.



Turn to the experts (continued)

2008 Clinical Practice Guidelines for the Prevention and Management of Diabetes

Every five years, the Canadian Diabetes Association publishes guidelines representing the best and most current evidence-based clinical practice data for healthcare professionals. View them online at diabetes.ca.

Annual conference

The annual Canadian Diabetes Association/Canadian Society of Endocrinology and Metabolism (CDA/CSEM) conference draws together scientists, clinicians and educators in an interactive forum that allows them to share ideas and experiences, and learn the latest in research developments. This year is very special, as the 20th World Diabetes Congress will be held in Montreal from October 18 to 22, 2009. Over 15,000 international delegates are expected to attend. For more information, please visit worlddiabetescongress.org



Team Diabetes

This national program promotes a healthy and active lifestyle while raising funds for diabetes research, education, services and advocacy. Participants train to walk or run a full or half marathon at exciting destinations, such as Halifax, Athens, Reykjavik and Honolulu. Team Diabetes participants receive Pacesetter, a free monthly electronic newsletter with training and fundraising tips, inspiring stories and information about upcoming events.

In your community

The Association has local offices in communities across Canada, each offering a wide range of programs and services, from educational events, cooking classes, children's summer camps and support groups.

Join the Summer Surge! It's time to end diabetes.

Today, more than 2.4 million Canadians have diabetes. In the next three months, 50,000 more Canadians will be diagnosed with the disease, and more than 10,000 will die from its complications.

I need your help to take action against diabetes this summer.

Please join the Diabetes Summer Surge, a nation-wide movement to raise one million dollars in support of the Canadian Diabetes Association.

This summer, I'll be hosting a bar-b-que in my backyard for friends and family. When they ask what they can contribute, I'll tell them they can help fight diabetes by making a donation to our Summer Surge.

Joining the Surge is easy! You can hold your own fundraising event, invite your friends and family, and ask them to donate online! Believe me, they'll want to help support your efforts to fight this life-threatening disease.

Help me lead the Surge to find a cure and end diabetes.

Sign up now at
www.diabetessummersurge.ca

Ellen Malcolmson,
President & CEO
Canadian Diabetes Association



On behalf of the Canadian Diabetes Association, thank you so much for adding the Surge to your Summer.

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