



Managing Your Medicine

Taking your medicine as prescribed is an important part of managing your diabetes.

- Medicine can help you control your diabetes and blood sugar. Blood sugar that is too high or too low can cause problems with teeth, eyes and feet, as well as other serious health problems.
- There are more than 30 different medicines for diabetes. They can be taken by mouth, needle or pump.
- Some people with diabetes may need many medicines at once to help them. Your doctors will choose the medicines that are best for your diabetes needs.

Tips to manage your medicines

- Keep a list of all the medicines you take. Be sure to share the list with your doctor, pharmacist and other health care providers. Make sure to include any medicines your doctor has prescribed, vitamins and herbal supplements as well as over-the-counter items, like aspirin, other pain medicine, or cold medicines.
- Create a plan help you incorporate your medicines into your routine.
- Use a pill organizer box, which comes with separate sections for each day of the week.
- Set a schedule so you can take the same medicines at the same time each day.
- Keep your medicines in one place - an obvious, visible location will remind you to take them.
- Set an alarm to remind you to take your medicine.
- If you're on a Medicare drug plan, you may be eligible for medication counseling through a free program called Medication Therapy Management.

Many people with chronic (lifelong) diseases like diabetes do not take their medicines correctly. This puts them at risk of more serious health problems. It is important to manage your medicines when you have diabetes.



Take your medicines as directed.

Talk with your doctor or pharmacist if:

- You have any allergic reactions to your medicine.
- You are forgetting to take your medicine.
- You are having a hard time swallowing your medicine.
- You are having difficulty or are unable to read the labels or directions for use.
- You are having trouble affording your medicine.
- You have any changes in your diet or health.
- You are pregnant or breastfeeding.

Tell your pharmacist about any new health problems or changes in your treatment plan.

The Role of Your Pharmacist

Your pharmacist is an important part of your health care team and can help you manage your medications. Did you know that patients see their pharmacists up to seven times more often than their doctors? The pharmacist is often available all day, in the evening, and on weekends.

Discuss medication management with your pharmacist. Once you decide to manage your medicine, they may have resources available to assist you with this process. Some questions you can ask your pharmacist include:

- What is the brand and generic (non-brand) names of my medicines?
- What are each of my medicines for?
- When should I take each medicine?
- How much should I take of each medicine?
- How long should I use this medicine and can I stop using it if I feel better?
- What should I do if I miss a dose or take too much?
- When will the medicine start to work?
- What are the possible side effects?
- Will my over-the-counter medicines react with my prescription medicines and could they affect my blood sugar levels?
- Will this medicine take the place of anything I already take?
- Are there any other medicines, foods, drinks, or activities that I should avoid?
- Are there programs that can help me if I can't afford my medicines?
- Does the pharmacy have any other special programs that can help me manage my diabetes?
- What is the best way to use my blood glucose meter and other supplies?
- Can I save money by filling your prescriptions online or by mail (you may also want to ask your insurance company; call the phone number provided on your insurance card and ask to speak with a licensed pharmacist)

Manage Your ABCs!

Ask your health care team to help you set and reach goals to manage your blood sugar, blood pressure and cholesterol—also known as the “ABCs of Diabetes”. Teach your family about your diabetes and the ABCs so they can help you, too.

- A. A1c:** The goal set for many people is less than 7% for this blood test, but your doctor might set different goals for you.
- B. Blood pressure:** High blood pressure causes heart disease. The goal is less than 140/90 mmHg for most people, but your doctor might set different goals for you.
- C. Cholesterol:** LDL or “bad” cholesterol builds up and clogs your blood vessels. HDL or “good” cholesterol helps remove the “bad” cholesterol from your blood vessels. Ask what your cholesterol numbers should be.
- D. Don't smoke:** Enroll in a smoking cessation class.

For more information, call:

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