



DIABETES AND YOU: All Medicines Matter!

It is important to manage your medicines when you have diabetes. Did you know your pharmacist and doctors can help you manage your medicines? The tips below will get you started.

Tips to Manage Your Medicines

1. **Take your medicines as directed. Talk with your pharmacist and your regular doctor if:**
 - You have any allergic reactions to your medicines.
 - You have any problems with your medicines, like forgetting to take them or having a hard time swallowing them, reading the labels, or affording them.
 - You have any changes in your diet or health.
 - You are pregnant or breastfeeding.
2. **Keep a list of all the medicines you take, and give your pharmacist and all of your health care providers a copy. Be sure the list includes:**
 - Medicines your doctor has prescribed for you.
 - Vitamins and herbal supplements.
 - Over-the-counter items, like aspirin, other pain medicine, or cold medicines. Over-the-counter medicines are ones you can buy off the shelf without a doctor's prescription.
3. **Tell your pharmacist about information you learn after visiting your dentist, eye doctor, foot doctor, or other member of your health care team.**
 - Tell your pharmacist about any new health problems.
 - Share new test results with your pharmacist.



How Can Medicine Help 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.
- Many people with chronic (lifelong) diseases like diabetes do not take their medicines correctly. This puts them at risk of more serious health problems.
- There are more than 30 different medicines for diabetes. They can be taken by mouth, needle, or pump.
- People with diabetes may need many medicines at once to help them. Doctors choose medicines to best meet people's diabetes needs.

How Can Pharmacists Help?

- Did you know that patients see their pharmacists up to seven times more often than their doctors?
- Pharmacists are often available all day, in the evening, and on weekends.





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Questions to Ask Your Pharmacist

- What are the brand and generic (nonbrand) 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?



To-do List for Managing Your Medicines

- Make a list of all the medicines (prescription and over-the-counter), supplements, and vitamins you take, and give a copy to your pharmacist and regular doctor.
- Work with your pharmacist to make a plan to manage your medicine.
- Ask your insurance company or pharmacy if you can save money by filling your prescriptions online or by mail. If you have questions, call the phone number provided 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.

- **A1c:** The goal set for many people is less than 7% for this blood test, but your doctor might set different goals for you.
- **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.
- **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.
- **Don't smoke:** Call 1-800-QUIT-NOW (1-800-784-8669) for support.

National Diabetes Education Program

For more information, call 1-800-CDC-INFO (800-232-4636) or TTY 1-888-232-6348 or visit www.cdc.gov/info.
To order resources, visit www.cdc.gov/diabetes/ndep.



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