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## Diabetes – How to Improve Your Risk

Across Canada, diabetes is one of the most common chronic diseases. In 2008/09, close to 2.4 million Canadians aged one year and older were living with diagnosed diabetes (either type 1 or type 2), according to the Canadian Chronic Disease Surveillance System.

U.K. researchers are saying that your waist circumference is strongly predictive of your risk for Type 2 Diabetes. In a study from over 340,000 Europeans, waist measurements over 34.6 inches for women and over 40.2 inches for men were deemed to have significantly increased risk. Even if your body mass index does not indicate obesity, the numbers ring true.

One of the best ways to manage diabetes includes diet and exercise. However, statistics show that more than half of diabetics also suffer from arthritis and that the pain often leads to reduced physical activity.

Low impact exercise, including walking, swimming and cycling, improves the management of both diabetes and arthritis.

Diabetics can have trouble maintaining healthy blood sugar levels. Usually, these levels correlate to what's eaten, so choosing foods that help to reduce the highs and lows are of great benefit.

The glycemic index of foods can you determine foods that will stabilize blood sugar levels. Foods with high GIs can cause sugar spikes, while low GIs lead to more stable blood levels. Plus, a good GI diet also improves heart disease and cancer.

Here's the good news. Several new remedies are on the horizon: a new long-acting and short-acting insulin, a drug that increases the excretion of sugar in the urine, a pain-free insulin patch and a medical device to replace the pancreas. Obviously, there are no miracle cures at this stage, but there are steps in the right direction.

Diabetes is a complicated chronic condition and new treatments come onto the market frequently. Talk to our pharmacists to ensure you are getting the most from your diabetic medications.