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Reduce your Diabetes Risks

Did you know that according to the Canadian Diabetes Association more than 9 million Canadians live with diabetes or pre-diabetes? Knowing and managing your blood sugar levels is the first step in reducing your risks.

Environmental Factors

Another factor to consider as a risk for diabetes has been discovered. Researchers from Germany have found that areas with high air pollution have been associated with an increase in insulin resistance – in kids! Insulin resistance is a condition that typically precedes type 2 diabetes. One more reason to support environmental concerns and manage the risk factors that we can control.

Get Moving!

As if there aren't enough reasons to be concerned about diabetes, now a study published in the New England Journal of Medicine has demonstrated that, specifically, elevated levels of blood sugars are linked to the development of dementia. Fortunately, reducing blood sugars can be as simple as getting moving. Even as little as a 2-minute walk every hour can make a difference!

The Cost of Diabetes

The costs of diabetes are significant – in terms of health complications and quality of life, public dollars spent on care & research and, now, new numbers showing how much the diabetic individual is "out of pocket." Findings from the Centres for Disease Control (CDC) show that the average lifetime cost of diabetes is about \$85,000. And, this number goes up (as high as \$130,000) if you develop diabetes earlier in life.

Managing blood sugar levels is the holy grail of diabetes care. Now, in a preliminary trial, a drug related to aspirin has been found to do just that. Salsalate even helped some patients reduce their doses of other diabetic drugs. While promising, the drug was not without side effects – study participants gained weight, had increased LDL (bad) cholesterol and possible kidney issues. More investigation is required – and is already underway!

November is Diabetes Awareness Month and our pharmacists are ready to assist you with your diabetes questions. So many factors can influence diabetes management and it's best to have health care professionals in your corner and ready to help!