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Diabetes Update

The statistics are frightening. As of 2013, the Canadian Diabetes Association estimates that more than 3 million Canadians have diabetes with as many as 20 percent being undiagnosed. According to a Public Health Agency of Canada report the overall incidence of diabetes has increased slightly since the late 1990s, notably among children ages one to 19 years old and adults between 30 and 40 years old. Diabetes is a costly disease, both publicly and personally, but much can be done to prevent it and manage it. The epidemic of it is largely due to lifestyle choices – both activity based and dietary. Make changes now to avoid becoming a statistic!

Testing for Diabetes

Given the epidemic rates of diabetes and the seriousness of unmanaged diabetes, it behoves us to better diagnose and treat this condition early, before complications set in. Investigators are exploring two tests that can allow physicians to easily screen for diabetes, for timely detection and early intervention. One is a saliva test, perfect for being non-invasive, and the other is an older version of an HbA1c, which allows for fine control.

Healthy Exercise Reduces Risk

You may have heard of the 10,000-step program? Using a pedometer, you track your activity and achieving 10,000 steps per day is associated with better health. While that is good, only 2,000 steps per day (equivalent to 20 minutes of walking at a moderate pace) are necessary to reduce your cardiovascular risk if you have pre-diabetes! And, every 2,000 step increase in activity reduces your risk by an additional 8 percent! So, get moving!

Best Meal Plan to Stabilize Blood Sugar

Czech researchers are thinking outside the box. Conventional wisdom suggests diabetics eat smaller meals more frequently in an attempt to stabilize blood sugar levels, but these scientists have found that diabetics can do well on just 2 meals per day (a large breakfast and lunch, but no dinner) – better than those who consume 6 small meals, even though the total calories remain the same! A larger study is still needed to confirm these findings.

Diabetes is a complicated, multi-factorial condition that is becoming a “sign of our times.” Your pharmacist stays current on diabetes management and are happy to explain the condition and guide you through your treatment.