

Blood Sugar Monitoring

How can blood sugar monitoring help you thrive with diabetes?

Keeping a healthy blood sugar range empowers you to live your life to its fullest. By understanding how diet, medications and lifestyle impact your blood sugar, you can manage your diabetes effortlessly.

Becoming familiar with your blood glucose patterns empowers you and your healthcare team to better manage your diabetes and keep your levels within your target range, which can reduce your overall risk of developing diabetes-related complications.

How can your Pharmacist help with blood sugar monitoring?

When and how often you should check your blood glucose levels varies depending on each individual, the type of diabetes and the tablets and/or insulin being used. You can easily check in with our Pharmacist to find out what would be best for you.

Features of the Lifesmart blood glucose monitoring system:

- ⊕ Accurately measures your blood glucose and ketone levels
- ⊕ Easy to use one button function
- ⊕ Easy to read large screen
- ⊕ Memory capacity 1000



Chat with our **Pharmacist** about how we can help you with your blood glucose monitoring so you can be at your **best**.



Live Well with Diabetes

Living well with **diabetes** involves making healthy lifestyle choices and effectively managing your blood sugar levels.



Ask your **Healthcare Heroes** for tips to help you live well with **diabetes**. Your Pharmacist can provide you with personalised guidance and support throughout your journey with **diabetes**.

Scan here

for more information!



Speak to your Healthcare Hero today for advice on how to manage your **Diabetes** and receive guidance and support throughout your **journey**.



Foot Care



Diabetes can increase the risk of developing problems with your feet. You can reduce this risk if you take good care of your feet and have regular foot checks with a health professional.

Looking after your feet at home

Checking your feet daily is one easy and effective method to keep a step ahead of any serious problems developing. If you notice any changes to your feet, including skin and nails, speak to your health care professional promptly.

- ⊕ Keep your feet away from direct heat such as heaters, hot water bottles and electric blankets.
- ⊕ Moisturise your feet daily to prevent dryness of the skin (except between the toes where excess moisture can cause fungal infections). Speak to our Pharmacist about the best product for you.
- ⊕ Make sure your shoes fit well so they don't rub against your feet.



Scholl Eulactol Heel Balm[†] is Podiatrist recommended and Diabetic friendly.

- Easily absorbed
- Dermatologically tested
- Clinically proven to be non-greasy
- Reduces discomfort
- Smooths, softens and hydrates
- Fragrance free
- No.1 Heel Balm brand in Australia*
- Visible results in 1 day
- Effectively restores cracked skin in just 7 days

[†]Always read the label. Follow directions for use. Do not use on open, bleeding or infected cracks. Stop use immediately if irritation occurs and contact a healthcare professional.
*Nielsen Scan 23/5/23

Weight Management

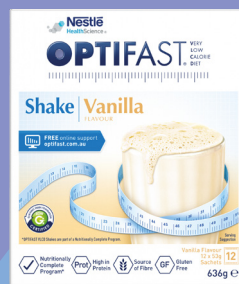


A healthy weight range makes managing your diabetes easier and has plenty of other additional health benefits. Healthy weight can vary with a person's age, amount of lean muscle and ethnic background. Talk to your Pharmacist about setting healthy weight goals. If you're overweight, a small weight loss (5–10% of body weight) can make a big difference to your diabetes management. This amount of weight loss has been shown to be sustainable, improve diabetes management, and delay type 2 diabetes progression. It also lowers your risk of developing complications such as heart disease, stroke and some cancers.

Meal Replacement Program

If you have a weight loss goal, your doctor or diabetes healthcare team may suggest meal replacement products to support you. These products:

- ⊕ Usually come in the form of shakes or snack bars.
- ⊕ Contain reduced calories to support weight loss.
- ⊕ Keep you feeling full with protein.
- ⊕ Contain important vitamins and minerals to help maintain your nutrition.
- ⊕ Will not substitute your entire diet - only some meals as discussed with your healthcare team.



The OPTIFAST[®] VLCD[™] Program is a nutritionally complete very low calorie diet for the management of people who are obese or severely overweight. To assist with compliance the product range comes in a variety of products including shakes, desserts, soups and bars. Free online support and information is available to start your journey towards a healthier future. To join, log on to www.optifast.com.au

OPTIFAST VLCD is for the dietary management of obesity and must be used under the supervision of a healthcare professional. A program of regular light exercise enhances wellbeing, and therefore likelihood of success.

Oral Health



Looking after your dental health is important, especially when you have diabetes. Blood glucose levels above the target range increase the risk of dental problems such as tooth decay and gum infections or disease. Regular brushing and flossing can help protect your teeth and gums.

Dental care at home

Keep blood glucose levels within your target range. Talk to your doctor and diabetes educator about how to achieve this. Examples include:

- ⊕ Brush and floss your teeth every day. Brush your teeth twice a day with fluoride toothpaste and a soft toothbrush.
- ⊕ See your dentist at least once a year or earlier if you notice signs of gum disease.
- ⊕ Tell your dentist you have diabetes and let them know if you have noticed any signs of gum disease.
- ⊕ Don't smoke. If you do, try and quit. If you feel you can't give up smoking on your own, ask your Pharmacist for help or call the Quitline on 137 848.



EARTH LOVIN'[®] Go2 Detagenie Flosspyx feature a safe fold back pick, and longer floss to wrap around the tooth for a spool-floss like clean.

Speak with your dentist, doctor or Pharmacist if you notice any of the above signs of gum disease.