HEALTHCARE HEROES

Live Well with Diabetes

Everything you need to live better today

alliance PHARMACY
where local health matters

Introduction to Diabetes

Diabetes – it's like a roller coaster. It has ups and downs, but with the right strategies in place you can enjoy the ride. Whether you've been recently diagnosed, had it for many years, or just want to reduce your risk, there are ways to manage diabetes in order to live a healthy life. Let's break it down!

What is diabetes?

Diabetes is a long-term health condition that affects how your body turns food into energy.

Most of the food you eat is broken down into sugar (glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to release the blood sugar into your body's cells to use as energy.

If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. When this happens, too much blood sugar stays in your bloodstream, and this can lead to other serious health problems.

Understanding Type 1 and Type 2

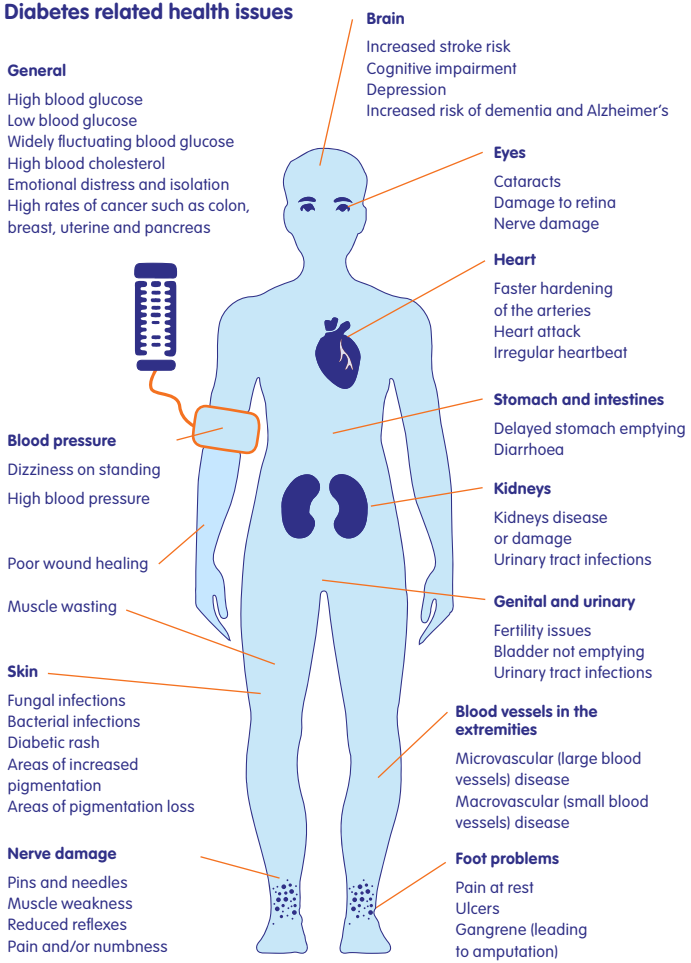
Type 1 diabetes is thought to be caused by an autoimmune reaction that stops your body from making insulin. It's usually diagnosed in children, teens, and young adults, but can occur at any age.

Type 2 diabetes occurs when your body doesn't use insulin well and can't keep blood sugar at normal levels. It develops over many years and is usually diagnosed in adults.

Blood Glucose Chart

Condition	Fasting blood glucose (mmol/L)*	Blood glucose 2 hours after ingestion of 75 gr glucose (mmol/L)*	HbA1c levels	
			(per cent)	(mmol/mol)
Normal	3.9 – 5.5	Less than 7.8	Less than 5.7	Less than 39
Pre-Diabetes	5.6 – 6.9	7.8 – 11	5.7 – 6.4	39 – 47
Diabetes	7.0 or more	More than 11	6.5 or more	48 or more

Diabetes related health issues

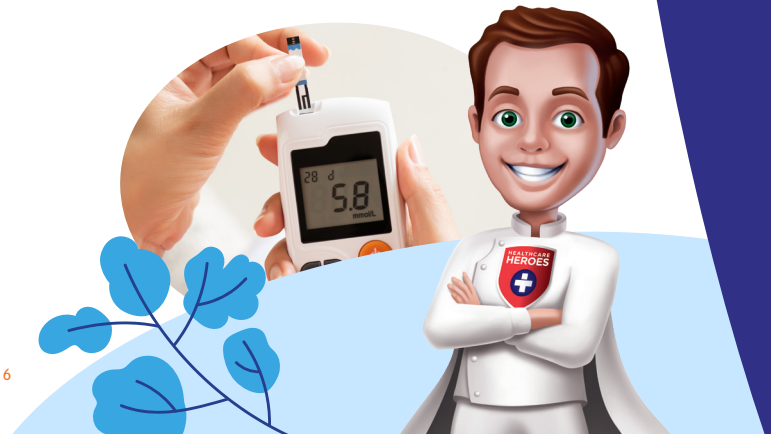


Blood Glucose Monitoring

Breaking down the numbers

Regular blood sugar monitoring is crucial to managing Type 1 and Type 2 diabetes. Monitoring can show you what makes your numbers go up or down, such as eating different foods, taking your medicine, or being physically active.

Over time your readings will provide you and your health professionals with the information required to determine the best management strategy for your diabetes. Keeping blood glucose levels within a target range can help reduce your risk of developing complications.



Regular monitoring can help you:

- Develop confidence in looking after your diabetes.
- Better understand the relationship between your blood glucose levels and the exercise you do, the food you eat and other lifestyle influences such as travel, stress and illness.
- Know how your lifestyle choices and medication, if used, are making a difference.
- Find out immediately if your blood glucose levels are too high (hyperglycaemia) or too low (hypoglycaemia), helping you to make important decisions such as eating before exercise, treating a 'hypo' or seeking medical advice if sick.
- Know when to seek the advice of your diabetes health team about adjusting your insulin, tablets, meal or snack planning when blood glucose goals are not being met.

Ask your Healthcare Hero how you can get a FREE Blood Glucose Monitor.

recommended by your HEALTHCARE HEROES

LIFESMART™ TWOPLUS

Blood Glucose Plus Ketone Monitoring System

- Measures Blood Glucose, Ketone & Hematocrit
- Easy to use one button function
- Easy to read large screen
- AAA Batteries

NDSS Code 312

Clinical accuracy*
you can depend on

What are Ketones?
Ketones are produced by the body when it does not have enough insulin to turn glucose into energy. The body produces ketones to break down fats as an alternative source of energy. This process is known as **ketosis**. If the body produces high levels of ketones, this can cause the blood to become acidic, known as **diabetic ketoacidosis**.

Wireless data transfer to free LifeSmart Health App

*LifeSmart™ exceeds the current ISO 15197:2013 accuracy guidelines vs lab results

Need a glucose hit? Try

GlucoHit

4g fast acting carbohydrates per tablet

FAST GLUCOSE SOURCE

- Gluten FREE
- Caffeine FREE
- Lactose FREE
- Low in FAT

NOW AVAILABLE

www.glucohit.com.au

Let's Talk About Tips for Managing Your Diabetes

Regularly monitor your blood sugar levels

Eat healthy – a diet that is high in vegetables, fruit, and protein while also being low in carbs can help

Control your portions

Exercise regularly – 5 times a week for 30 minutes (official recommendation – 150 minutes of moderate to intense physical activity every week)

Aim for a healthy weight

Drink lots of water

Get plenty of sleep

REMEMBER
Start with small steps.
One day at a time.

Managing your Diet

Stay on track with these healthy diet tips:

- Eat lots of vegetables, fruits, and protein, while minimising carbohydrates
- Consume low carb foods to reduce spikes in blood sugar
- Increase healthy unsaturated fats, while reducing unhealthy saturated fats
- Remember that portion control is crucial
- Choose low GI foods so that you're fuller for longer

The Glycemic Index ranks food depending on the rate at which the body breaks them down to form glucose. High GI foods are those that are quickly broken down into glucose, such as white bread, sweetened drinks, biscuits, potatoes and oranges. Low GI foods are broken down more slowly by the body, such as whole grain bread, milk, beans, leafy vegetables and berries.

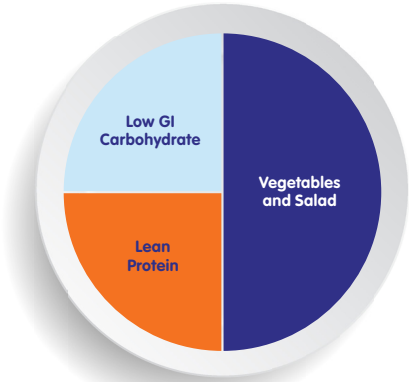
As low GI foods tend to break down more slowly, they are less likely to cause a rapid increase in blood sugar levels compared to high GI foods, and therefore they are a better option for keeping stable blood glucose levels. Choosing low GI foods over high GI foods leaves you feeling more satisfied over a longer period of time, and less likely to feel hungry before the next meal.

Meal planning and preparation are key. Plan your meals for the week. Make a shopping list and stick to it!

Managing your Portions

Portion control helps you eat what your body actually needs, instead of relying on portion sizes. Blood sugar control is closely related to the amount of food you eat, especially foods that contain carbohydrates, as they will have the biggest effect on whether your blood sugar *will go up*. If your food portion contains more carbohydrates than your body is prepared to handle, your blood sugar increases. Also, the extra calories will affect your weight, and potentially your blood sugar levels by reducing your body's sensitivity to insulin.

The *Plate Method* is one of many portion control techniques available.



Healthy Eating Plan

Consider this plan day by day to help you eat healthier and live better

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	100g High protein natural greek-style yoghurt + 1 tsp passionfruit pulp + 40g seeds + 10g flaked almonds + 15g untoasted muesili	2x Rye cruskits + 20g nut butter with no added sugar (cashew, almond or peanut) or 40g avocado served with 100g greek-style yoghurt + 30g seeds	Grilled haloumi and vegetables: Grill 20g haloumi + 2 cups mixed spinach, mushroom, asparagus and tomato + 1 tsp garlic paste + 40g drained tinned chickpeas. Top with 20g of avocado + 20g of hummus	2 x 9 Grains Vita-weat + 4 tsp tahini + 55g ricotta or cottage cheese **Unit Top-Up** 1 small flat white/ cappuccino/ latte (no sugar or flavours) + 20g brazilian nut	Sweet potato and feta omelettes **Unit Top-Up** 1 small flat cappuccino/latte + 40g brazilian nut	Eggplant subs with smashed beans	Baked stuffed mushrooms
Lunch	Creamy potato salad with tuna	Cannellini bean, chicken and vegetable stew	Chargrilled chicken pasta with nutty sauce	Tuna, corn and capsicum smash	Cajun tofu with corn salad	Chicken bolognese with konjac spaghetti	Warm roast chicken, veggie and quinoa salad
Dinner	Roast vegetable frittata	One-pan lemony chicken and vegetables	Hoisin barramundi bowls **Unit Top-Up** 40g black swan avocado dip + 1/2 cup sliced cucumber and celery + 20g cheddar cheese + 20g raw almonds	Harrisa beef skewers and zesty herb salad	Slow-cooker chicken cacciatore with cauliflower mash	Summer pesto prawns with zucchini noodles **Unit Top-Up** 100g vanilla yoghurt (no added sugar) + 20g flaked almonds or raw pistachios	Ginger turkey stir-fry **Unit Top-Up** 20g black swan avocado dip + 1/2 cup sliced cucumber and celery + 20g cheddar cheese + 20g raw almonds

Mexican Corn & Tomato Salad

Quick, easy & healthy!

Ingredients

- 420g can sweet corn kernels (or 1 corn cob, cooked)
- 1 green capsicum, seeded and diced
- 3 ripe tomatoes, chopped
- 2 tablespoons chopped parsley
- 2 spring onions, sliced
- 1 Lebanese cucumber, finely diced
- 1 tablespoon olive oil
- Juice of 1 lemon
- 1 tablespoon sweet chilli sauce
- Low fat natural yoghurt – 2 teaspoons per serve

Easy steps

1) Combine all ingredients except yoghurt.

2) Mix well and spoon into a serving bowl. Top with yoghurt.

Serves 6

Serving Suggestion
Serve with home-made guacamole.

Vegie Lentil Soup

Ingredients

- 1 onion, chopped
- 1 clove garlic, crushed
- 1 carrot, diced
- 1 potato, diced
- 1 parsnip, peeled and diced
- 1 stick celery, diced
- 125g red lentils
- 6 cups chicken stock or water
- 1 tablespoon tomato paste
- 2 or 3 sprigs parsley, chopped

Easy steps

1) Saute onion and garlic in a large pot with a little water until onion is translucent.

2) Add carrot, potato, parsnip and celery and cook for a further 5 minutes. Stir in lentils, stock and tomato paste.

3) Bring to the boil, cover and simmer for 30-35 minutes, stirring occasionally.

4) When lentils and vegetables are just cooked, add parsley.

Serves 4

Vegie Lasagne

Ingredients

- 500g pumpkin or sweet potato, peeled and sliced
- 2 bunches English spinach or young silver beet, washed & sliced
- 500g reduced-fat ricotta
- 6 spring onions, sliced
- ½ cup chopped parsley
- 12 sheets instant lasagne, softened in hot water
- 425g jar tomato pasta sauce

For the topping

- 2 eggs
- 2 tablespoons plain flour
- 2 cups low-fat milk
- Pinch pepper and ground nutmeg to taste
- ½ cup grated Parmesan or Romano cheese

Easy steps

1) Preheat oven to 180 °C.

2) Steam the pumpkin for 3 minutes, then cool. Plunge spinach into boiling water until wilted and drain well to remove excess liquid.

3) In a large bowl combine drained spinach ricotta, onion and parsley. Arrange 3 sheets of lasagne on the base of an ovenproof pan (33cm x 23cm).

4) Top with 1/3 each of pumpkin, tomato sauce and spinach ricotta mixture. Repeat twice and top with remaining lasagne sheets.

5) To make topping, break eggs into flour and mix well to remove lumps.

6) Whisk in milk, pour into a saucepan and bring to the boil, whisking until smooth and thickened.

7) Add pepper, pour over top of lasagne and sprinkle with cheese. Bake for 30 minutes or until golden brown.

Serves 6

Healthy Exercise & Lifestyle Plan: *July*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Begin exercise regimen – try GlucoseZone's Couch to 7.0	2 Try one of the recipes on pg 16-20
3 Take time today to plan your meals and organise your grocery list	4 This week I want to reduce: _____	5 10,000 steps	6 Try a new variety of fruit of vegetable	7 Keeping going with GlucoseZone exercise plan	8 Try one of the recipes on pg 16-20	9 Take 15 minutes to do something nice for yourself and relax
10 Skip TV. Swap for a day outdoors.	11 This week I want to increase: _____	12 Try a new variety of fruit or vegetable	13 Meat-free day	14 Keep going with GlucoseZone exercise plan	15 Try one of the recipes on pg 16-20	16 10,000 steps
17 Try one of the recipes on pg 16-20	18 This week I want to change: _____	19 Get at least 8 hours of sleep	20 10,000 steps	21 Keep going with GlucoseZone exercise plan	22 Meat-free day	23 Toss out chips and swap for crisp crunchy vegetables
24 Take time today to plan your meals and organise your grocery list	25 This week I want to continue: _____	26 Meat-free day	27 Try one of the recipes on pg 16-20	28 Keep going with GlucoseZone exercise plan	29 Try a new variety of fruit or vegetable	30 Try one of the recipes on pg 16-20
31 Take 15 minutes to do something nice for yourself and relax						

Healthy Exercise & Lifestyle Plan: *August*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 This week I want to reduce: _____	2 Try a new variety of fruit or vegetable	3 10,000 steps	4 Keep going with GlucoseZone exercise plan	5 Try one of the recipes on pg 16-20	6 Take 15 minutes to do something nice for yourself and relax
7 Take time today to plan your meals and organise your grocery list	8 This week I want to increase: _____	9 Meat-free day	10 Try one of the recipes on pg 16-20	11 Keep going with GlucoseZone exercise plan	12 10,000 steps	13 Try one of the recipes on pg 16-20
14 Skip TV. Swap for a day outdoors	15 This week I want to change: _____	16 10,000 steps	17 Meat-free day	18 Keep going with GlucoseZone exercise plan	19 Try one of the recipes on pg 16-20	20 Take 15 minutes to do something nice for yourself and relax
21 Take time today to plan your meals and organise your grocery list	22 This week I want to reduce: _____	23 Try a new variety of fruit or vegetable	24 Try one of the recipes on pg 16-20	25 Keep going with GlucoseZone exercise plan	26 Meat free day	27 Skip TV. Swap for a day outdoors
28 Try one of the recipes on pg 16-20	29 This week I want to continue: _____	30 Meat-free day	31 10,000 steps			

READY TO LOSE WEIGHT?

I recommend BioSlim VLCD^

Geraldine Georgeou B.Sc., M.Sc.
Accredited Practising Dietitian

Lose weight with the science of BioSlim
VERY LOW CALORIE DIET

*Combined with exercise and a well-structured diet, BioSlim VLCD can help you lose weight.
^BioSlim Very Low Calorie Diet (VLCD) is for the dietary management of obesity. For use under supervision from your health professional. Individual results may vary. Consult your health professional to see if the BioSlim program is suitable for you.

Foot Health

Diabetes can increase your risk of developing foot problems. Prolonged high blood sugar levels can lead to issues with the nerve endings in your feet and blood circulation. It may also lead to infection.

So, check your feet daily and organise regular foot checks with your local health professional to stay a step ahead of any problems.

REMEMBER
To get regular checkups.

Get active with GlucoseZone

...and live better with diabetes!

Did you know that exercise can greatly help people living with diabetes? Muscles that exercise are more sensitive to insulin, which means that your body will get better at turning the glucose from food into energy! Larger muscles also provide a larger place to store glucose leading to lower blood sugar levels and A1C's.

What's GlucoseZone?
GlucoseZone is an online exercise and coaching program, designed to help you reach your diabetes and fitness goals! We have many workouts for all levels, from beginner to advanced.

Will GlucoseZone help me improve my A1c?
Yes! Studies have shown that people who do GlucoseZone see improvements in their A1c and experience weight loss.

Does GlucoseZone have coaching?
Yes again! GlucoseZone offers hundreds of great workout videos designed for people with diabetes by connecting them with coaches who understand both exercise and diabetes.

Meet Our Coach, Drew Harrisberg!

Given Drew's expertise as an exercise physiologist, sports scientist, diabetes educator, and perhaps most importantly, as a thriving individual with Type 1 diabetes, he is a valuable asset to our team.

His top tips for beginners include:

- Aim to perform at least 30 minutes of daily moderate-intensity exercise.
- Go for a walk after eating to flatten the post-meal blood glucose curve.
- If you don't know where to start, try a guided workout routine tailored to your fitness level on the GlucoseZone app!

Get Started Today

Go to glucosezone.com (or download the GlucoseZone App)

1. Click on get started and select "new user"
2. Answer "no" to the question "do you have a referral code" (don't worry, you will enter in your special code later in the profile creation)
3. Complete your GlucoseZone profile
4. Once you have created your personalized profile, and reach the payment/credit card screen, enter the code: **Live Better**
5. You will be signing up for a subscription to GlucoseZone, and will receive free access to GlucoseZone for sixty (60) days as part of your participation in the Living Better with Diabetes Campaign, brought to you by your Healthcare Heroes at Alliance Pharmacy.

And, that's it! You'll now enjoy free access to GlucoseZone for 60 days.

Please note: If you are taking insulin, always tell your healthcare provider when you start a new exercise program. Insulin requires dosage adjustment when changes to physical activity occur, as exercise improves insulin sensitivity.

GLUCOSEZONE BY FITSCRIPT

Eye Health

Diabetes can affect different parts of the eye. The extent of these changes can depend on various factors, such as blood glucose control, blood pressure, cholesterol levels and duration of diabetic status.

Diabetes sometimes causes the focusing ability of the eye to weaken or to vary from day to day. However, this can be managed by stabilising blood sugar levels.

Diabetes can also cause vision loss from Diabetes Retinopathy. It is more difficult to treat diabetic eye problems in later stages, so it is important to have regular eye checks to maintain healthy eyesight.

DRY EYES & DIABETES

Our tears perform an important role, helping to cleanse, lubricate and protect our eyes. There are many environmental, lifestyle, medical conditions and medications that can impact the balance of our tear film. Diabetes mellitus is one of the medical conditions which is associated with dry eye.

Dry Eye symptoms include irritation, burning, grittiness or foreign body sensation, dry or even watering eyes (as the eyes overproduce tears of poor quality to try to compensate).

NovaTears® for evaporative dry eye

- Diabetes can impact the function of the glands that produce the lipids/oils which disperse across the top of the eye.
- Evaporative dry eye is the most common form of dry eye and is caused by a disrupted outer layer of the tear film/ deficient lipid layer which causes excessive tear evaporation.
- NovaTears® is clinically validated with significant improvements in signs and symptoms with evaporative dry eye.
- NovaTears® is free from preservatives, phosphate, water and surfactants, and is well tolerated with no stinging, blurring or burning.

HYLO for aqueous deficient dry eye

- Diabetes is also a risk factor for aqueous deficient dry eye. This type of dry eye occurs when there is a lack of tear production.
- Hylo®-Fresh and Hylo-Forte® are tear replacement eye drops which provide long lasting lubrication for dry eyes.
- HYLO eye drops are preservative-free and can be used for 6 months after opening.
- HYLO is compatible with contact lenses.

Always read the label and follow the directions for use.

recommended by your

HEALTHCARE HEROES

Ask our **Healthcare Heroes** for expert diabetes management advice and product recommendations.

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