



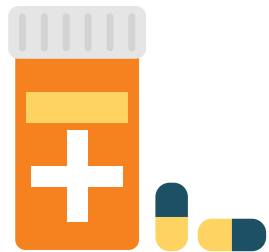
National Pharmacy Week

November 20-26

Pharmacists for a Healthy India: Role in Prevention and Management of **DIABETES**

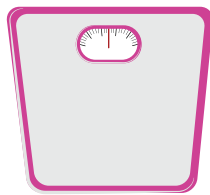
T

Take your medications as prescribed by your doctor



R

Reach and maintain a healthy weight through a healthy diet



A

Add more physical activity to your daily routine



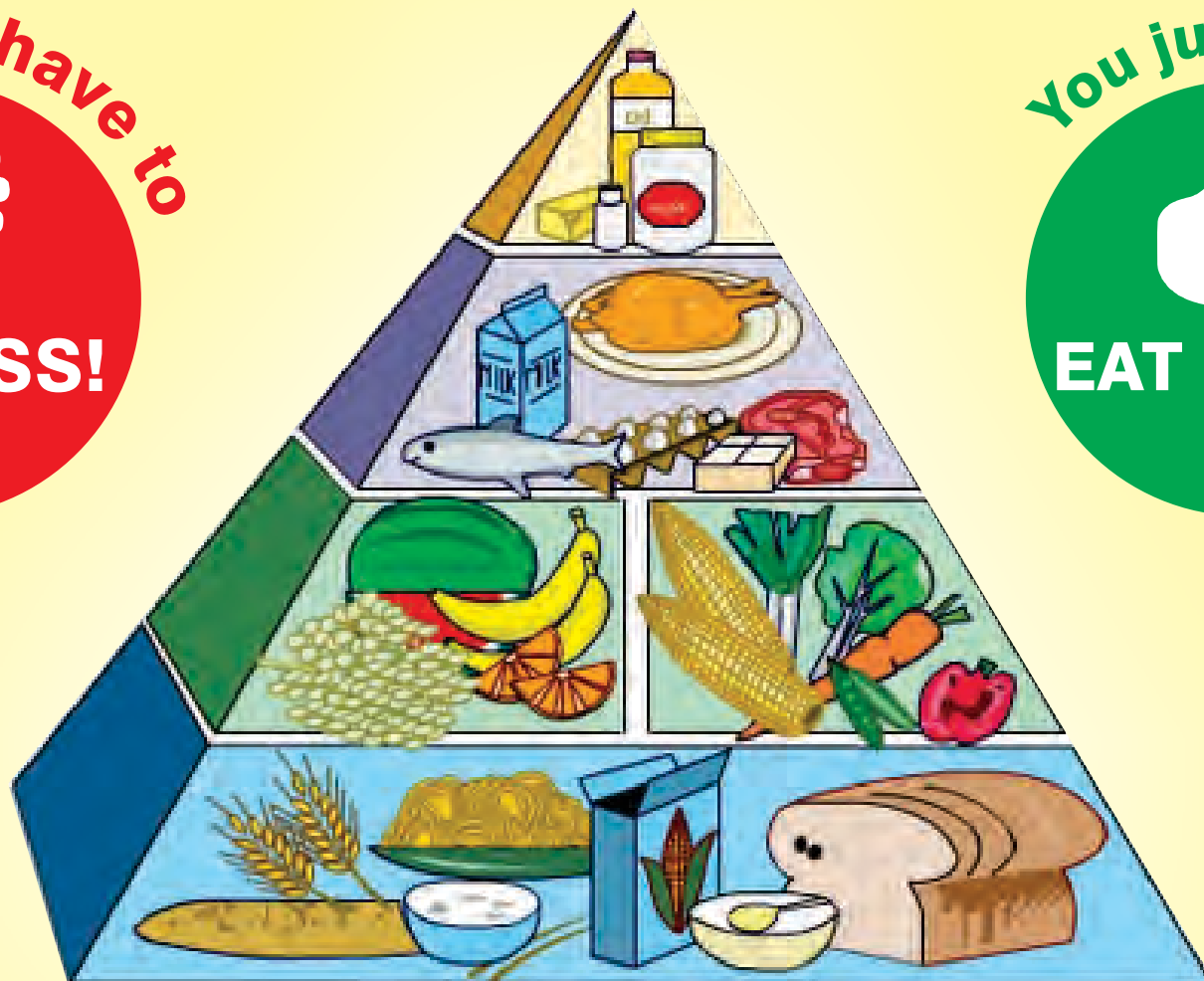
C

Control your ABCs: A1C, Blood Pressure and Cholesterol levels



K

Kick the smoking and alcohol consumption habit



Eat **HEALTHY!**

Stay **HEALTHY!**



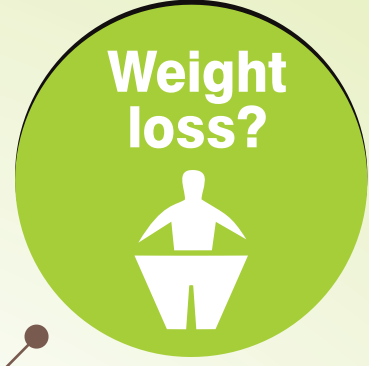
Indian Pharmaceutical Association
www.ipapharma.org



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Pharmacists for a Healthy India: Role in Prevention and Management of **DIABETES**



Get tested for Diabetes!



1 in 5 people with

Diabetes

don't know they have it!
You could be one of them!

Talk to your pharmacist



for more information and advise!




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Know about Your Diabetes Medicines: Talk to Your Pharmacist

There are two types of medicines commonly used for the treatment of Diabetes



Injections
Insulin and few other medicines are given by way of injection



Oral Medications
Many of the medications are given in the form of tablets



- » Registered Pharmacist is a professional who has formal education in the field of pharmacy. Pharmacist is a medicine expert
- » Your Pharmacist in a medical store (community pharmacy) or in a hospital/health center set up can help you in various ways for management of your Diabetes

- Pharmacists can provide you Information about various aspects of Diabetes
- Pharmacists can help in early detection and monitoring of Diabetes by checking your blood glucose in the pharmacy
- Pharmacists can give you advice regarding the medicines prescribed to you by your physician and can help you in their best use for your benefit. For example: How to use the medicines, whether to take before/after or with food, its possible side effects, storage and can also help you to take your medicines as per the treatment schedule
- There are various types of Insulins and it is important to use the type and dose of insulin prescribed to you by your doctor. Pharmacists can help you to use the Right Insulin, the Right Dose, the Right Syringe, and the Right Injection technique

“ Things to Remember

1. Follow the diet, exercise and the treatment schedule as prescribed by the physician
2. Medicines do not cure the disease and need to be taken on a regular basis for controlling diabetes
3. Never stop the treatment without consulting your physician for any reason.
4. Inform that you are a Diabetic patient to every doctor you visit. Mention about your diabetic condition on any of your Identity card/cards
5. Do not become a victim of some advertisements claiming to cure Diabetes
6. Do not take some herbal or other types of alternate medicines, without consulting medical experts
7. Avoid low blood sugar levels (hypoglycemia) and carry a sugar source at all times
8. Take medicines regularly at the same time of the day and do not miss the dose. In case of missed dose, take it as soon as you remember, but if it is almost time for the next dose, skip the missed dose and return to the regular scheduled dose. Never take a double dose
9. Keep all your medicines away from heat, moisture, sunlight, children and pets.
10. Diabetes and Tuberculosis have been shown to have a close connection. Do not ignore any symptoms, especially cough (symptom of Pulmonary TB) of any duration