

DIABETES SUPPLIES

HOW TO GET HELP

The cost of diabetes pills, insulin, a blood sugar meter or test strips can be a problem at times for almost everyone. If paying for your diabetes medicine or supplies is a problem, the first step is to talk to your doctor, nurse, or diabetes educator. They can often help.



Here is a list of some organizations (groups) that may also help, or can direct you to others who can help:

Medicine, Meters, Test Strips, Supplies

Medicare. Parts A, B, and C offer many free benefits for people over 65. (800)633-4227
www.medicare.gov

Medicaid. A program for low income persons of all ages and the disabled. Each state has different rules for benefits. Contact your state health department. www.cms.hhs.gov

State Programs. Many states have their own programs to help you get diabetes medicines and supplies. Contact your state or local health department.

Patient Drug Assistance Programs
American Diabetes Association
(800)342-2383 www.diabetes.org

Together Rx
www.togetherrxaccess.com
(800)444-4106

Charles Ray III
Diabetes Assoc., Inc.
www.charlesraygl2.com

NeedyMeds (No phone)
www.needy meds.org

Insulin Pump and Supplies
iPump.Org, Inc. www.ipump.org
A doctor must request a pump.

Finding Health Insurance

Foundation for Health Coverage Education
(800)234-1317
www.coverageforall.org

Children's Health Insurance Program
(877)543-7669
www.insurekidsnow.gov

The Patient Advocate Foundation
Co-pay Relief Program
(866)512-3861
www.copays.org



Other things you can do to save money or get help include:

- Ask your doctor if you can take a generic drug.
- Price shop at discount pharmacies, such as Wal-Mart and Costco.
- Search online at www.slashdrugcosts.org or www.pharmacychecker.com. Your local library has free computers and people who will help you use a computer.
- Ask your pharmacist for the name (and phone number, if they have it) of the company that makes your diabetes medicine or supplies. Then call the company and ask if they have a Patient Assistance Program.
- Ask your local community health center for help (www.hrsa.gov/help).

If you need help, start looking now. Taking care of your diabetes every day is important.

PATIENT ASSISTANCE PROGRAMS

SAVING MONEY ON YOUR DIABETES MEDICINE

Many companies offer diabetes pills or insulin at lower prices or for free to people who do not have health insurance, Medicare, or Medicaid.

Below is a list of commonly used diabetes medicines. Circle the diabetes medicine or medicines you take. Call the phone number next to the medicine that is circled to find out if you can save money.



PATIENT ASSISTANCE PROGRAMS

| DIABETES TABLETS | | |
|-------------------------|----------------|----------------------|
| Circle Your Medicine | Phone Number | Company |
| Actos (pioglitazone) | 1-800-830-9159 | Takeda |
| Amaryl (glimepiride)* | 1-800-221-4025 | Sanofi-Aventis |
| Avandia (rosiglitazone) | 1-866-728-4368 | GlaxoSmithKline |
| Glucophage (metformin)* | 1-800-736-0003 | Bristol-Myers Squibb |
| Glucotrol (glipizide)* | 1-800-707-8990 | Pfizer |
| Januvia (sitagliptin) | 1-800-727-5400 | Merck |
| Prandin (repaglinide) | 1-866-310-7549 | Novo Nordisk |
| Precose (acarbose)* | 1-866-575-5002 | Bayer |
| Starlix (nateglinide) | 1-800-277-2254 | Novartis |

*A low-cost generic tablet is also available.
Talk to your diabetes educator for more information.



| MEDICINE YOU INJECT | | |
|--|----------------|-----------------|
| Circle Your Medicine | Phone Number | Company |
| Byetta; Symlin | 1-800-868-1190 | Amylin Pharma. |
| Humalog; Humalog 75/25 Humalog 50-50; Humulin R Humulin N | 1-800-545-6962 | Eli Lilly & Co. |
| NovoLog; NovoLog 70/30 Novolin R; Novolin 70/30 Novolin N; Levimir | 1-866-310-7549 | Novo Nordisk |
| Lantus; Apidra | 1-800-207-8049 | Sanofi-Aventis |

Not all diabetes medicines are listed here. Call the company making your diabetes medicine even if it is not listed to find out if you can save money. Talk to your doctor, diabetes educator, or pharmacist if you need help before or after you call. Call today! Controlling your diabetes every day is important.

HIPERGLICEMIA

(Exceso de Azúcar en la Sangre)

CAUSAS: Mucha comida, muy poca insulina, enfermedad o tensión.

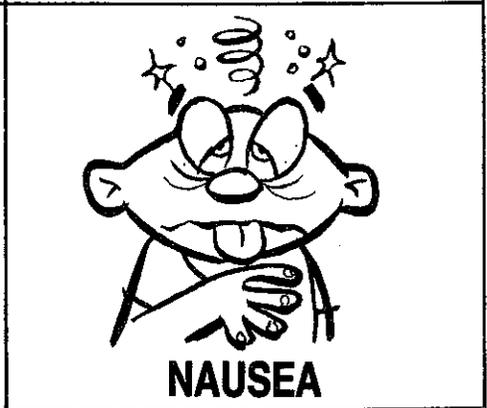
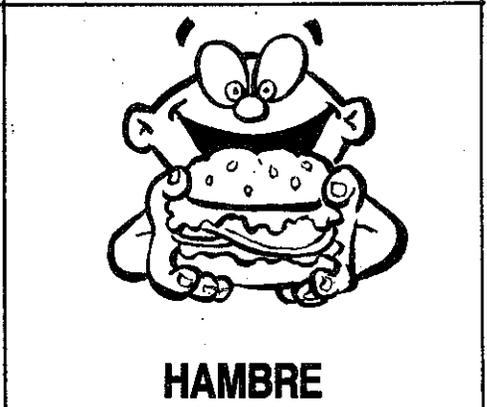
COMIENZA

GRADUALMENTE: Puede progresar en coma diabético

AZÚCAR EN LA SANGRE: Se eleva a 200 mg/dL o más.
Valores aceptables: 115-200 mg/dL.



SINTOMAS



¿QUE PUEDE HACER?



HIPOGLICEMIA

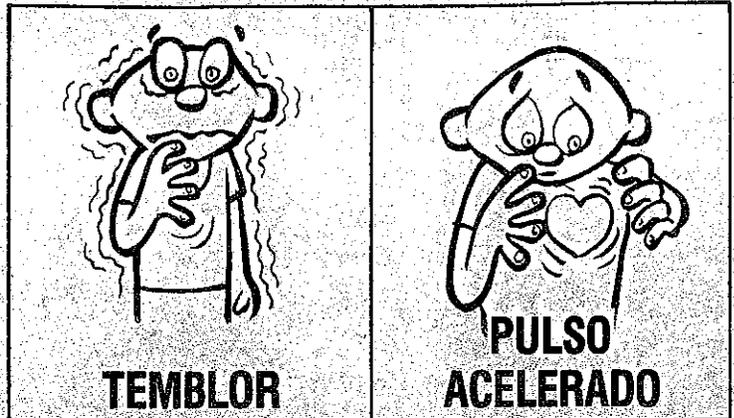
(Bajo Nivel de Azúcar en la Sangre)

CAUSAS: Muy poca comida, demasiada insulina o medicina oral de diabetes, o mucho ejercicio.

COMIENZA DE REPENTE: Puede progresar a reacción de insulina.

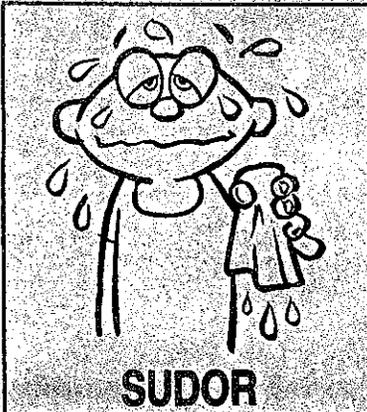
AZÚCAR EN LA SANGRE: Menos de 70 mg/dL, Valores normales: 70-115 mg/dL.

SINTOMAS

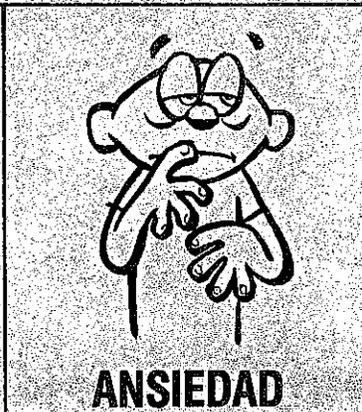


TEMBLOR

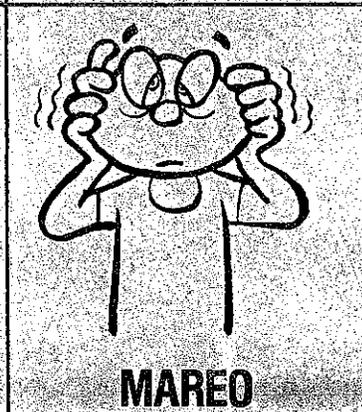
PULSO ACELERADO



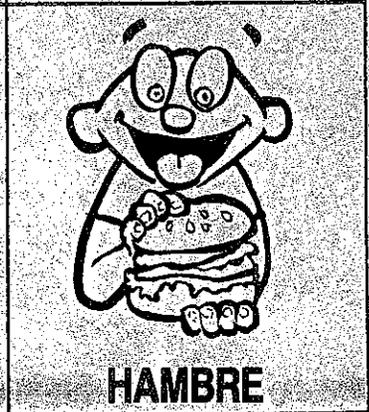
SUDOR



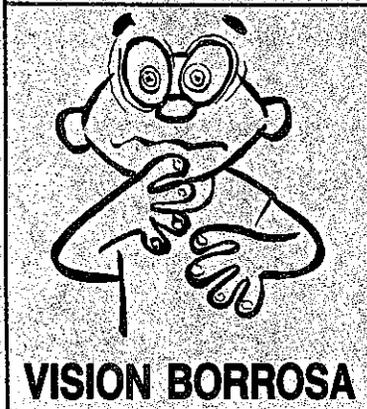
ANSIEDAD



MAREO



HAMBRE



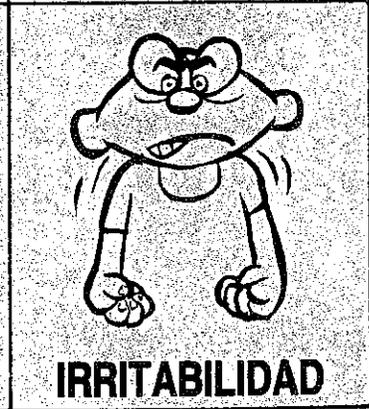
VISION BORROSA



**DEBILIDAD
CANSANCIO**



**DOLOR DE
CABEZA**



IRRITABILIDAD

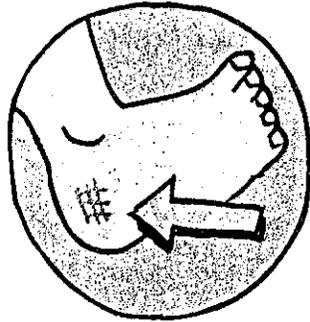
¿QUE PUEDE HACER?

Si usted tiene estos síntomas, beba una taza de jugo de naranja o leche, o coma varjas cucharaditas de azúcar.

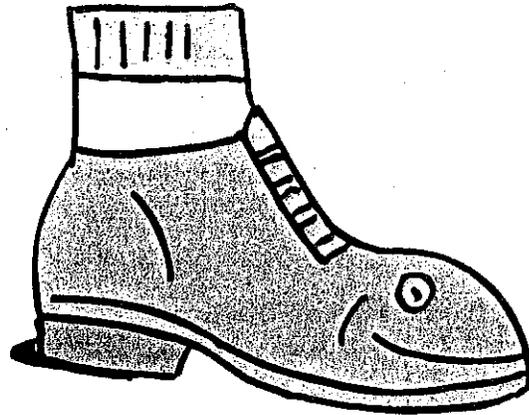
MÍDASE EL AZÚCAR EN LA SANGRE.
Si los síntomas no han desaparecido, llame al médico.

Después de treinta minutos, si los síntomas han ingerido una comida pequeña. Mídase el azúcar en la sangre otra vez.

TIPS FOR GOOD FOOT CARE



Check your feet and toes daily for cuts, bruises, or swelling



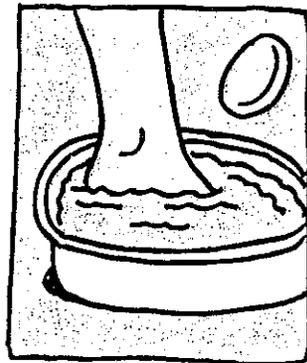
Wear shoes and socks that fit well



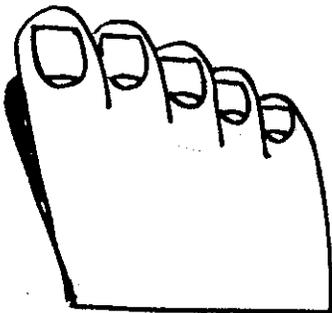
Use skin lotion to avoid dry feet (but not between your toes)



Exercise every day for at least 20 to 30 minutes



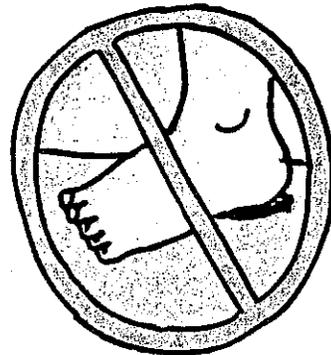
Wash and dry your feet every day. Use warm (not hot) water and mild soap



File your toenails straight across



See your doctor right away if you hurt your feet



Don't go barefoot - ever!

Eat Less Salt

Salt (sodium) is found in most foods. Too much salt is not good for your health. Most of the salt we eat comes from

Processed Foods: bacon, sausage, lunch meats, cheese, chips, crackers, frozen dinners

Prepared Foods: fast food, restaurant food

Canned foods: soups, vegetables, beans, pickles, meats

Seasoning: salt, soy sauce, steak sauce, seasoning blends, bouillon, fish sauce, salad dressing



Why is too much salt bad for me?

Too much sodium can cause high blood pressure (hypertension). High blood pressure can cause:

- Heart attack
- Stroke
- Eye problems
- Kidney/ Liver damage

To eat less salt

Choose more of:

- Fresh or frozen vegetables and fruit
- Salt-free or low sodium foods
- Low-fat dairy products (yogurt and milk)
- Fresh herbs or garlic
- Low-sodium seasoning blends
- Lemon juice and Vinegar

Eat less of:

- Snack foods
- Processed cheeses and meats
- Fast food

Use less of:

- Salt in recipes
- Garlic/Onion salt
- Soy sauce
- Steak sauce and meat tenderizers



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Know your Numbers!

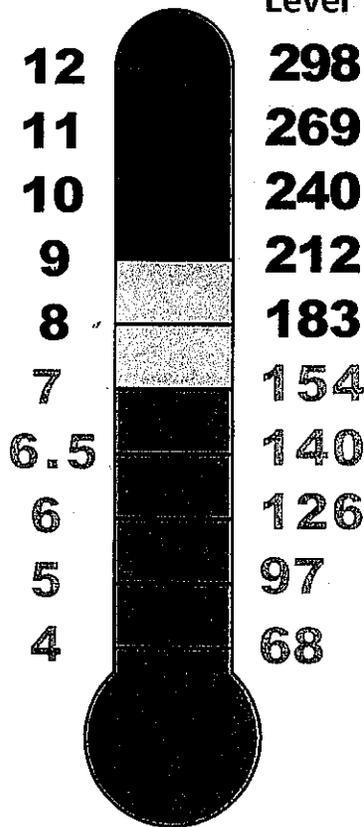
Let's talk about knowing your numbers for the **ABCs** of diabetes

A HbA1c. The HbA1c goal for people with diabetes is:

Less than 7 or 8

Ask your provider about your personal goal.

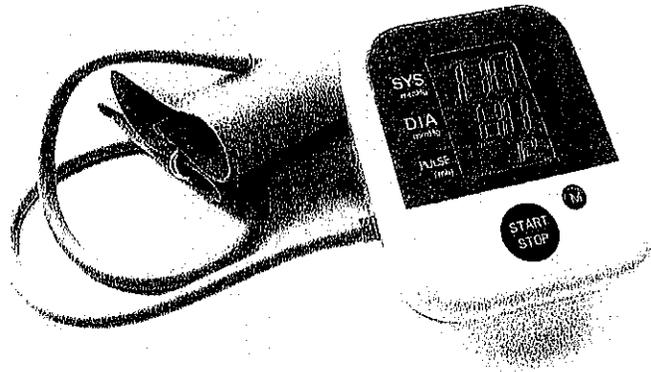
HbA1c Average Blood Sugar Level



Original material adapted from the Migrant Clinicians Network www.migrantclinician.org.

B Blood Pressure. The blood pressure goal is :

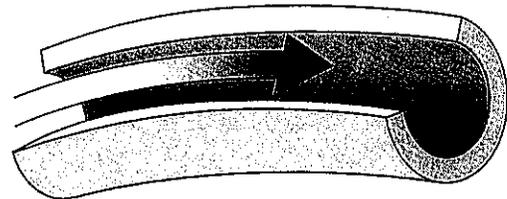
130/80 or below



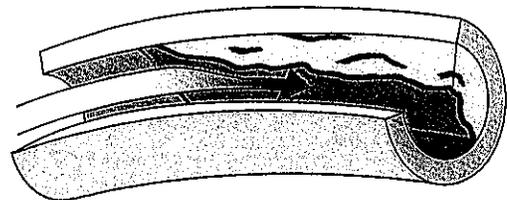
C Cholesterol. The cholesterol goal for LDL cholesterol for people with diabetes is:

Under 100

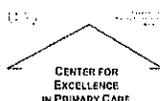
The LDL goal for everyone else is 130.



Blood flow in normal vessel



Blood flow in blocked vessel

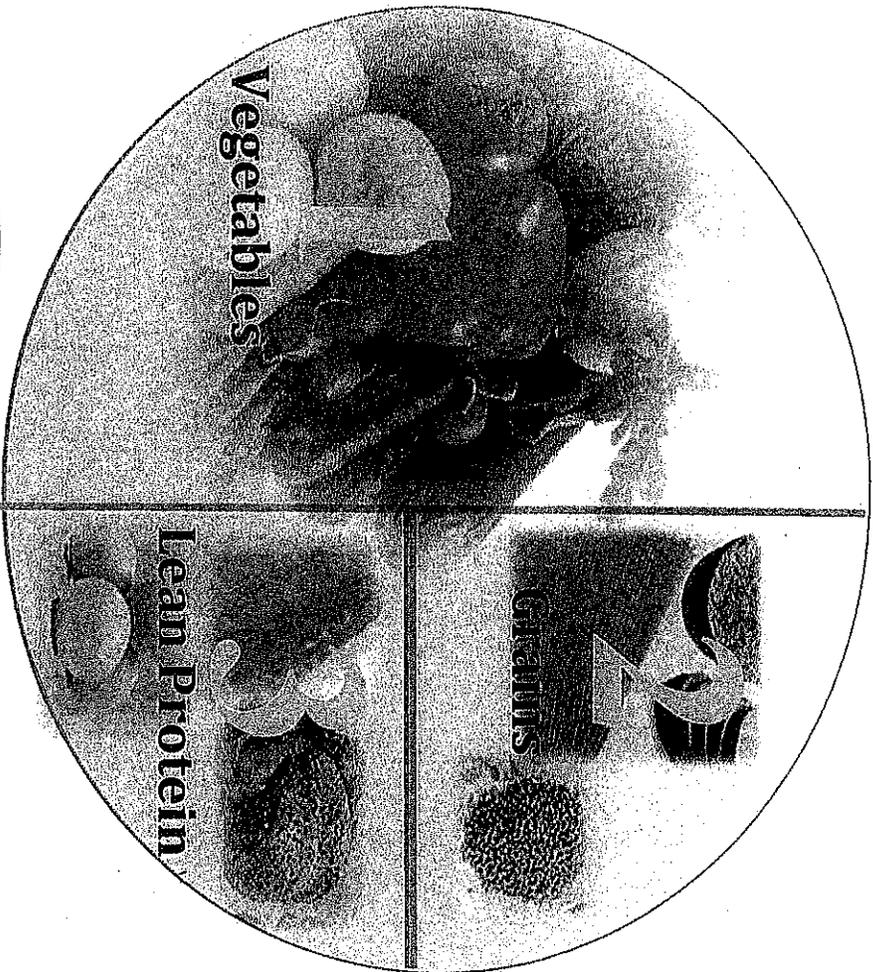


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Create a Healthy Plate

Choose healthy items for each part of your plate



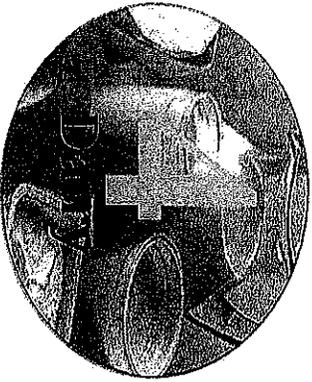
1. Vegetables

2. Whole Grain

3. Lean Protein

4. Low Fat Dairy

5. Fruits



4. Low Fat Dairy

5. Fruits

Types of Food

| <u>Proteins</u> | <u>Carbohydrates</u> | <u>Fats</u> |
|-----------------|--|----------------|
| Meat | Cereals - Oatmeal | Oil |
| Chicken | Bread - Crackers | Butter |
| Pork | Tortillas | Margarine |
| Fish | Chips | Lard |
| Cheese | Rice | Nuts |
| Eggs | Potatoes: white and sweet | Avocado |
| Lamb | Corn | Olives |
| Organ Meats | Beans: black, pinto, lentils, lima, kidney | Mayonnaise |
| Turkey | Peas | Salad Dressing |
| Veal | Winter Squash | Cream |
| | Pumpkin | Cream Cheese |
| | Fruit | Sour Cream |
| | Milk - Yogurt | Bacon |
| | Sweets | Chorizo |
| | | Sweets |