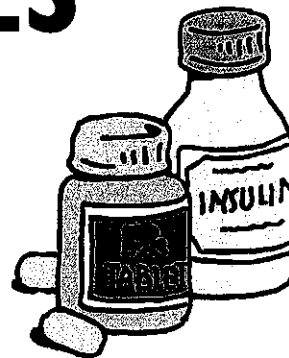


# DIABETES SUPPLIES

## 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](http://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](http://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](http://www.diabetes.org)

**Together Rx**  
[www.togetherrxaccess.com](http://www.togetherrxaccess.com)  
(800)444-4106

**Charles Ray III**  
Diabetes Assoc., Inc.  
[www.charlesraygl2.com](http://www.charlesraygl2.com)

**NeedyMeds** (No phone)  
[www.needy meds.org](http://www.needy meds.org)

**Insulin Pump and Supplies**  
iPump.Org, Inc. [www.ipump.org](http://www.ipump.org)  
A doctor must request a pump.

### **Finding Health Insurance**

Foundation for Health  
Coverage Education  
(800)234-1317  
[www.coverageforall.org](http://www.coverageforall.org)

Children's Health  
Insurance Program  
(877)543-7669  
[www.insurekidsnow.gov](http://www.insurekidsnow.gov)

The Patient Advocate Foundation  
Co-pay Relief Program  
(866)512-3861  
[www.copays.org](http://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](http://www.slashdrugcosts.org) or [www.pharmacychecker.com](http://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](http://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.

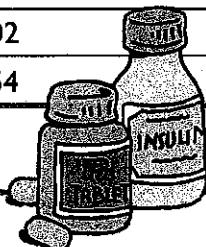
Below is a list of commonly used diabetes medicines. Circle the diabetes medicine or medicines you take. Call the phone number next to the medicine that is circled to find out if you can save money.



### PATIENT ASSISTANCE PROGRAMS

<b>DIABETES TABLETS</b>		
<b>Circle Your Medicine</b>	<b>Phone Number</b>	<b>Company</b>
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.



<b>MEDICINE YOU INJECT</b>		
<b>Circle Your Medicine</b>	<b>Phone Number</b>	<b>Company</b>
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**

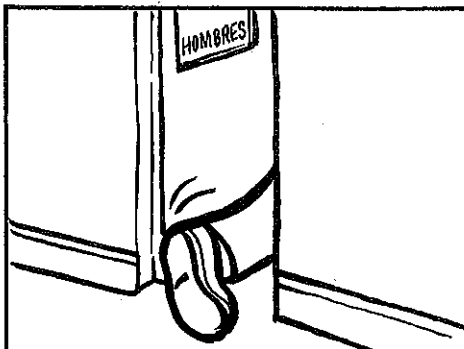
**GRADUALMENTE:** Puede progresar en coma diabético

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



**DEMASIADA SED**

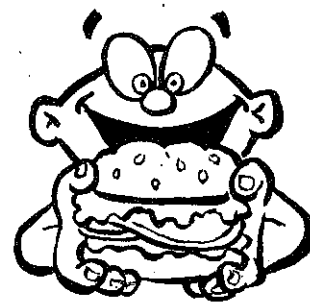
## SINTOMAS



**ORINA CON FRECUENCIA**



**PIEL SECA**



**HAMBRE**



**VISION BORROSA**

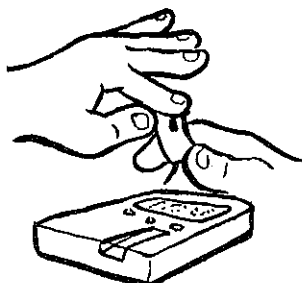


**SUEÑO**



**NAUSEA**

**¿QUE  
PUEDE  
HACER?**



**Mídase el azúcar en la sangre**



Si mas de  
250 mg/dL después de varias pruebas  
**Llame al médico**

# 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**



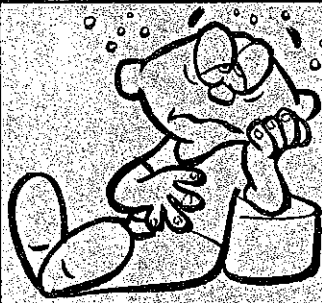
**MAREO**



**HAMBRE**



**VISION BORROSA**



**DEBILIDAD CANSANCIO**



**DOLOR DE CABEZA**

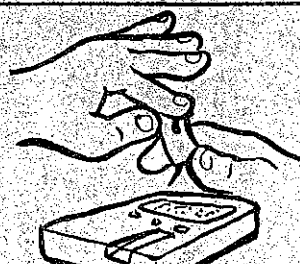


**IRRITABILIDAD**

**¿QUE PUEDE HACER?**

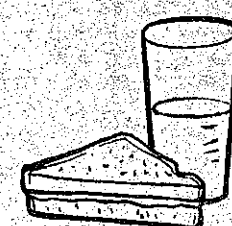


Si usted tiene estos síntomas, beba una taza de jugo de naranja o leche, o coma varías cucharaditas de azúcar.



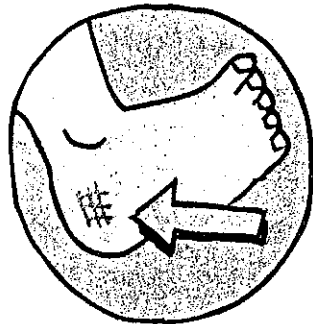
**MÍDASE EL AZÚCAR EN LA SANGRE.**

Si los síntomas no han desaparecido, llame al médico.

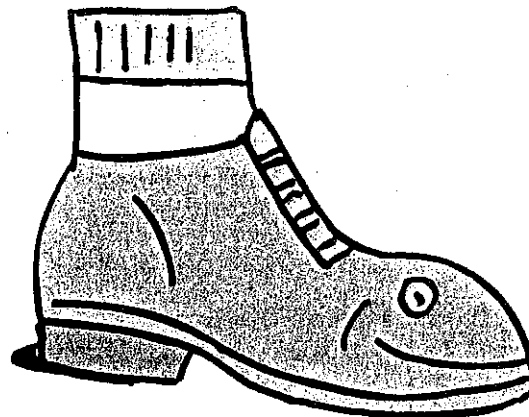


Después de treinta minutos, si los síntomas han ingerido una comida pequeña. Mídase el azúcar en la sangre otra vez.

# TIPS FOR GOOD FOOT CARE



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



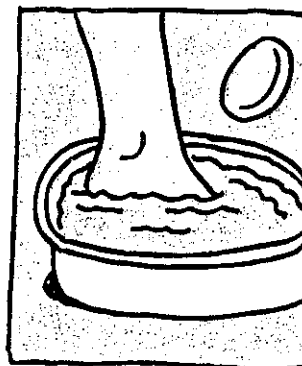
Wear shoes and socks that fit well



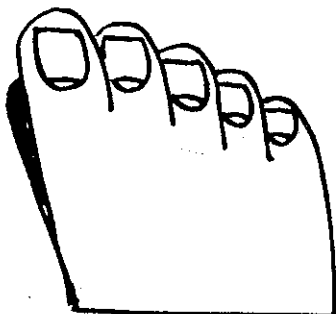
Use skin lotion to avoid dry feet (but not between your toes)



Exercise every day for at least 20 to 30 minutes



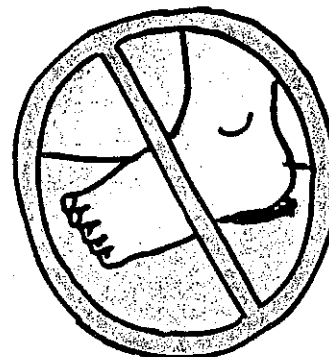
Wash and dry your feet every day. Use warm (not hot) water and mild soap



File your toenails straight across



See your doctor right away if you hurt your feet



Don't go barefoot - ever!

# Eat Less Salt

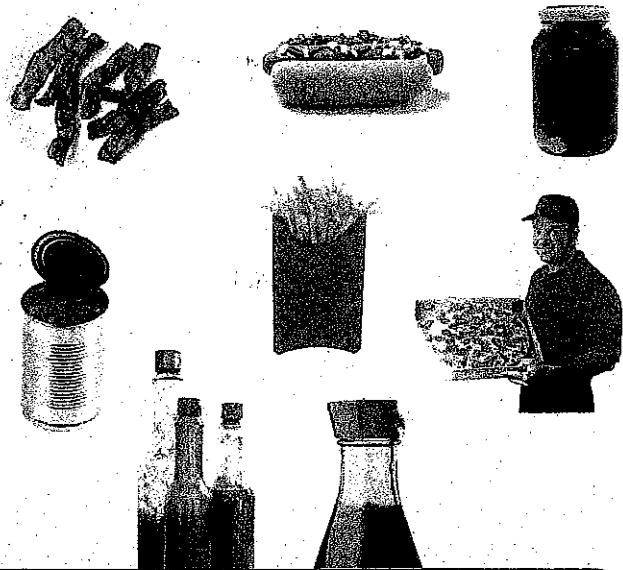
**Salt (sodium) is found in most foods.** Too much salt is not good for your health. Most of the salt we eat comes from

**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



**East Less Salt** Translation of this publication was supported by HRSA HCAP Grant #G920A02204.

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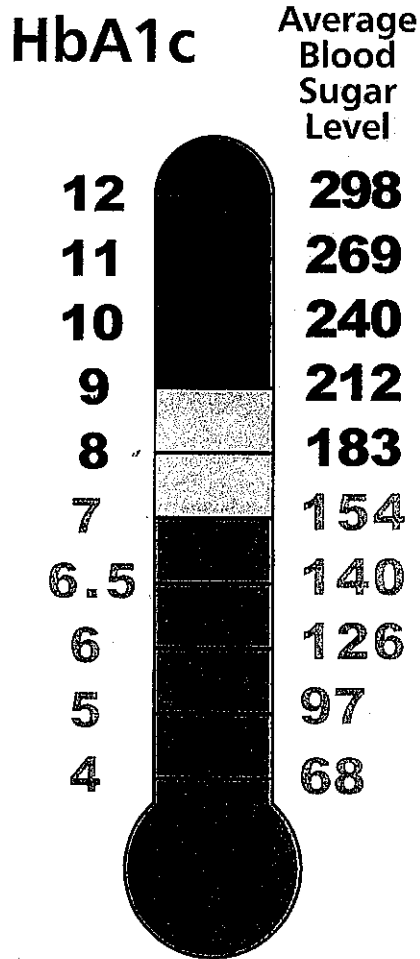
# Know your Numbers!

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**

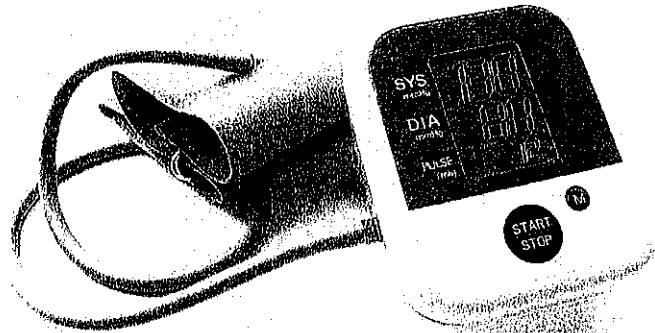
Ask your provider about your personal goal.



Original material adapted from the Migrant Clinicians Network  
[www.migrantclinician.org](http://www.migrantclinician.org).

**B Blood Pressure.** The blood pressure goal is :

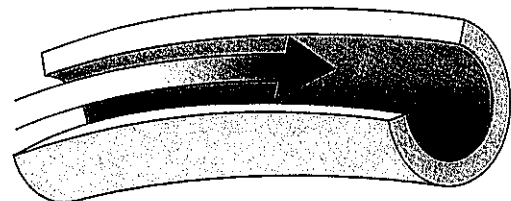
**130/80 or below**



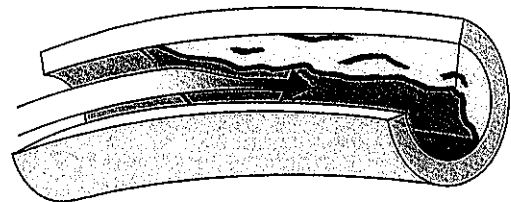
**C Cholesterol.** The cholesterol goal for LDL cholesterol for people with diabetes is:

**Under 100**

The LDL goal for everyone else is 130.



Blood flow in normal vessel

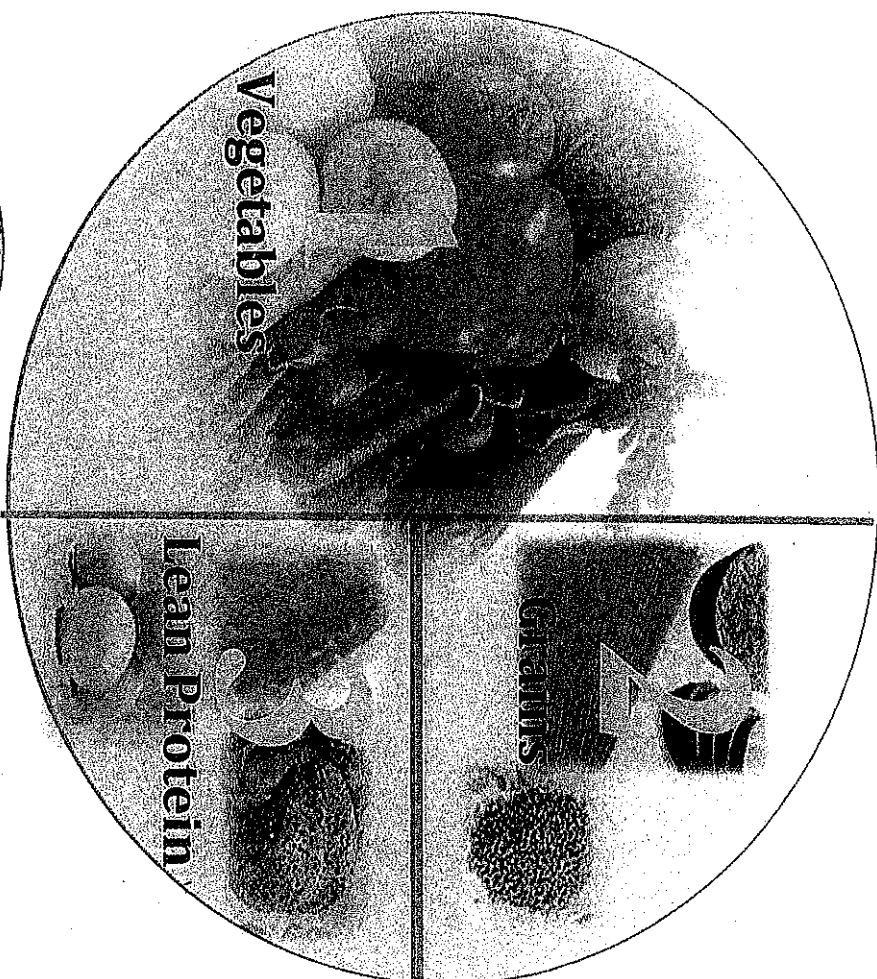


Blood flow in blocked vessel

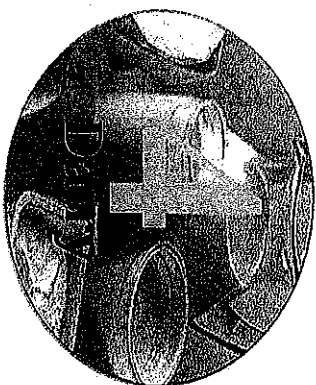


# Create a Healthy Plate

Choose healthy items for each part of your plate



A circular plate divided into four quadrants for labeling. The top-left quadrant is labeled "1. Vegetables" and has four horizontal lines for writing. The top-right quadrant is labeled "2. Whole Grain" and has four horizontal lines for writing. The bottom-right quadrant is labeled "3. Lean Protein" and has four horizontal lines for writing. The bottom-left quadrant is unlabeled and has four horizontal lines for writing.



A circular icon labeled "4. Low Fat Dairy" with four horizontal lines for writing.

A circular icon labeled "5. Fruits" with four horizontal lines for writing.



## 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