



Alameda County Public Health Diabetes Program Newsletter

Diabetes Program (510) 383-5185

September 2018

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Diabetes Pills Cont.



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There are nine types, of diabetes pills. They all work in different ways and some are combined so you get the benefit of two drugs in one pill.

This article is a continuation of last month’s article and will address other drugs that are often prescribed to people with type 2 diabetes.

Sulfonylureas (Amaryl, DiaBeta, Glynase, Micronase and Glucotrol) tells your pancreas to produce more insulin and may help you use your own insulin better. You should take this medication the same time every day, before meals. This medication can increase your chance of low blood sugar so don’t skip or delay a meal once you have taken it. You should always be prepared for a low blood sugar by keep any of the following with you always, glucose tablets or gel, regular soda or juice and hard candies. This medication can increase your sensitivity to the sun, so make sure you protect yourself with sunscreen, sunglasses and a hat.

DPP-4 Inhibitors (Januvia, Onglyza, Tradjenta, Nesina) This type of drug slows your stomach emptying so it increases fullness and slows the release of sugar from your liver. You should take the medication at the same time every day. Most people take it in the morning and it does not have to be taken with food. Onglyza can interact with a drug used to treat fungal infections, so always let you doctor knows what drugs you are taking. This drug can cause pancreatitis so if you have stomach pain or vomiting contact you doctor. It may also cause joint pain that goes away once you stop taking it.

SGLT-2 Inhibitors the newest class of diabetes drug (Invokana, Farxiga, Jardiance) this medication takes the sugar from your blood stream and into your urine, where it is eliminated. This medication may also cause weight loss. This is normally taken with your first meal. If you forget to take it, take it as soon as possible but do not double up on your dose. Increase your fluid intake to avoid dehydration as it may make you urinate more frequently. This medication can make you more susceptible to yeast and bladder infections, so watch for the signs. This drug can also cause your blood pressure to go too low especially when you suddenly stand up.

Remember; take all drugs as prescribed, check you blood sugar more often if you are taking a new medication, let you doctor know if you are having trouble with a drug, keep your doctor appointments, keep medications in cool dry places and check expirations dates, also talk to your pharmacist if you have questions.

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Eat You Greens

Eating leafy green vegetables every day might keep you brain young.

A study was conducted that looked at 960 middle aged and older adults and their habits of eating spinach, collard greens, kale or other greens and or a full cup of lettuce per day. The study was conducted for 4.7 years where they looked at scores on two or more tests of thinking and memory skills. The test showed that those that ate 1.3 servings of leafy greens per day that their skills declined slower than those that did not. This meant that brains were about 11 years younger than those that ate less than a 10th of a daily serving.

The authors theorize that the folate and lutein in greens may protect the brain.



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Made possible by Diabetes Forecast May/June 2018

Watermelon, Arugula and Feta Salad

Serves 6; serving size: 1 cup

Ingredients

3 cups cubed seedless watermelon
½ c reduced-fat feta cheese
7 oz. arugula (about 4 cups)
¼ small red onion, thinly sliced
2 T balsamic vinegar
1 T olive oil
¼ t salt
¼ t pepper

Preparation

1. In a large bowl, toss together the watermelon, feta, arugula and onion.
2. In a medium bowl, whisk together the vinegar, olive oil, salt and pepper.
3. Drizzle the dressing over the salad and toss gently to coat.

Nutrition Information

Calories: 70
Total Fat: 3.5 g
Sodium: 200 mg
Total Carbohydrate: 9 g
Dietary Fiber: 1 g
Protein: 3 g

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Department

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*This publication has been brought
to you by your friends at the
Diabetes Program*

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The Diabetes Team provides education and counseling for patients with Type 2 diabetes. The Team provides education on meal planning, medication management, blood glucose monitoring, and helps clients link with local services.

Come and join our diabetes support groups!

English: Dublin Senior Center 7600 Amador Valley Blvd, Dublin
1st Tuesday of every other month beginning 2/6/18,
10:00 am – 12:00 pm.

English: Livermore Parks & Rec. 4444 East Ave, Livermore
2nd Tuesday of every other month beginning 1/9/18,
10:00 am – 12:00 pm.

English: Oakland Eastmont Mall 7200 Bancroft Ave., Ste. 202, Oakland
3rd Tuesday of every other month beginning 1/16/18,
10:00 am – 11:30 am

English: Alameda Recreation and Parks, Mastick Senior Center
1155 Santa Clara Avenue, Alameda
4th Wednesday of every other month beginning 9/26/18
10 am - 12 pm

English: San Leandro Senior Community Ctr 13909 E. 14th St, San
Leandro
4th Tuesday of every other month beginning 1/23/18,
10:00 am – 12:00 pm

English: Castro Valley Kenneth Atkins Senior Center 17800 Redwood
Rd, Castro Valley
2nd Wednesday of every other month beginning 9/12/18
10:00 am – 11:30 am

Spanish: Hayward La Familia Counseling Service 22366 Fuller Ave,
Hayward
1st Tuesday of every other month, 10:30 am – 12:00 pm

Spanish: Oakland Eastmont Mall 7200 Bancroft Ave., Ste. 202
1st Thursday of the month, 10:00 am – 12:00 pm **Also** Quarterly May 19,
2018 10:00 am – 12:00 pm

For details go to our website <http://www.acphd.org/diabetes.aspx>