

PATIENT LEAFLET
TYPE 2 DIABETES MELLITUS

**ASSOCIATION OF COMMUNITY
PHARMACIST OF INDIA**

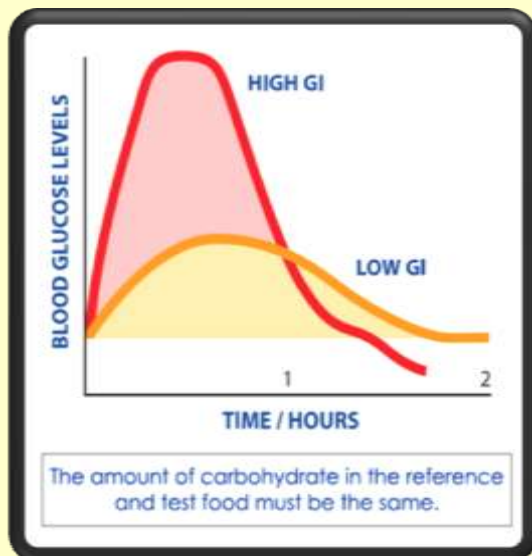
**ROLE OF PHARMACIST IN DISEASE
MANAGEMENT: Type 2 Diabetes
Mellitus**

DIET

Diet: No fats, sugars, red meat and dairy products



- **Green leafy vegetables**
- **More colorful vegetables (contains antioxidants)**
- **High fiber content food**



Low glycemic index food like kidney beans, chick peas, and dry beans, navy beans and peas which can reduce LDL ("bad" cholesterol)

HOME REMEDIES TO CONTROL DIABETES

Essential herbal products help to maintain blood glucose level and other related complication of diabetes are:



CLOVE

Found to improve the function of insulin and to lower glucose, total cholesterol, LDL and triglycerides in people with type 2 diabetes



INDIAN BLACKBERRY

It contains glucoside, which prevents the conversion of starch into sugars.



CINNAMON

Found to promote glucose metabolism and reduce cholesterol.



BITTER GAURD

Contains a high dosage of 'plant insulin'

It lowers the blood-sugar levels effectively.

***Do not take in excess quantity bitter gaurd found to be kidney damaging product



GARLIC

Rich in potassium and replaces the potassium which gets lost in urine, also contains zinc and sulphur, which are components of insulin

Used to lower blood-sugar levels



CURRY LEAVES

It may contain agents that slow down the rate of starch-to-glucose breakdown in people with diabetes. Leaves could control the amount of glucose entering the bloodstream.



ONION

Onion has diuretic and digestive properties, so works against diabetes.



FENUGREEK SEEDS

Most common food used to control diabetes

EXERCISE/ PHYSICAL ACTIVITY

Choose right exercise.

WALKING IS GOOD & CONVINIENT

Other:

- Swimming
- Dancing
- Cycling
- Playing volley ball and basket ball etc....



PATIENT EDUCATION

Educate your patient on following:



***Name of drugs prescribed**

***Dosage regimens**

***Side effects**

***Better compliance**



***Brush after every meal and before bedtime**

***Use a soft bristled brush**

***Brush all surfaces of all teeth**

***Lightly brush your tongue**

***Massage your gums lightly with finger or brush**

***Visit your dentist every three months for cleaning, polishing**



EYE CARE

- *Have an eye exam every year.**
- *For women planning to become pregnant: Have an eye exam before becoming pregnant.**
- *Inform your doctor right away if you have any problems like blurring of vision or seeing dark spots, flashing lights, or rings around lights**



FOOT CARE

- *Wash feet daily with lukewarm water and soap, just as wash your hands**
- *Dry feet well, also between the toes**
- *Keep the skin supple with a moisturizing lotion**
- *Use soft socks or stockings, which must neither, be too big nor too small**
- *Never walk barefoot- neither indoors nor outdoors**
- *Examine shoes every day for cracks, pebbles, nails and other irregularities which may irritate the skin.**
- *A brisk walk everyday stimulates the circulation and makes you feel much better.**



BLOOD PRESSURE CARE

- *Limit salt in diet**
- *Take prescribed medication regularly**
- *Check blood sugar and blood pressure regularly**



SELF MONITORING

***Self monitoring of blood glucose levels**

***Diary- record book maintenance**

***Use of glucometer**

MEDICATION COUNSELLING

Glibenclamide : Take with meal or 15 to 30 mins before food. Usually taken in one or two doses

Glimiperide : Take with meal. Usually taken in a single dose

Gliclazide : Take with meal. Usually taken in one or two doses

Glipizide : Take with meal. Usually taken in one or two doses

Metformin : Take during or immediately after a meal to minimize Gastro intestinal side effects. Usually taken in one to three doses

Acarbose : Swallow whole with liquid before meal or chew with the first few mouthfuls of food. Usually taken in one to three doses

Repaglinide : Take with food. Usually taken three times in a day

Pioglitazone : Take after food. Usually taken in a single dose