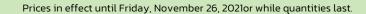
# Your Local Pharmacy



**NOVEMBER** 



Extra Strength, 750 mg, 160 Tablets



10 Seconds, °C & °F



Diabetes is a condition in which body cells do not get adequate glucose to metabolize into energy. Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It's also your brain's main source of fuel.

The underlying cause of diabetes varies by type. But, no matter what type of diabetes you have, it can lead to excess sugar in your blood. Too much sugar in your blood can lead to serious health problems.

### Symptoms

#### If you have one or more of the following 10 diabetes symptoms, consider going for a test:

- Increased thirst
- $\cdot \ {\rm Frequent} \ {\rm urination} \\$
- Extreme hunger
- $\boldsymbol{\cdot}$  Unexplained weight loss
- Presence of ketones in the urine (ketones are a byproduct of the breakdown of muscle and fat that happens when there's not enough available insulin)

- Fatigue
- Irritability
- Blurred vision
- Slow-healing sores
- Frequent infections, such as gums or skin infections and vaginal infections

## Prevention

Type 1 diabetes can't be prevented. However, the same healthy lifestyle choices that help treat prediabetes, type 2 diabetes and gestational diabetes can also help prevent them:

- Eat healthy foods. Choose foods lower in fat and calories and higher in fiber. Focus on fruits, vegetables and whole grains. Strive for variety to prevent boredom.
- Get more physical activity. Aim for about 30 minutes of moderate aerobic activity on most days of the week, or at least 150 minutes of moderate aerobic activity a week.
- Lose excess pounds. If you're overweight, losing even 7% of your body weight — for example, 14 pounds (6.4 kilograms) if you weigh 200 pounds (90.7 kilograms) — can reduce the risk of diabetes.



Don't try to lose weight during pregnancy, however. Talk to your doctor about how much weight is healthy for you to gain during pregnancy. To keep your weight in a healthy range, focus on permanent changes to your eating and exercise habits. Motivate yourself by remembering the benefits of losing weight, such as a healthier heart, more energy and improved self-esteem. Sometimes medication is an option as well, but healthy lifestyle choices remain essential. Have your blood sugar checked at least once a year to check that you haven't developed type 2 diabetes.

#### Speak to your medical professional or pharmacist for more information.

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Prices in effect until Friday, November 26, 2021 or while quantities last.

# Ask Your Pharmacist

Did you know your local pharmacy provides a host of services for you and your family?

# Next time you're in our pharmacy, please feel free to speak to one of our pharmacists to find out more.

mputerized patient files 🔹 •

Compliance packaging

- Compounding
- Prescription transfer from other pharmacie



Dex4<sup>™</sup>

Fast Acting Glucose, Assorted Flavours, 50 Tablets



**Physio Logic** ™ essentiA, Blood Pressure Monitor, Monitor, Large Easy To Read Score







CARETE

#### **BENYLIN**®

For People With Diabetes, Cough & Chest, Congestion, Extra Strength,100 mL Syrup



Aleve<sup>®</sup> Up to 12 hours, 220mg, 24 Caplets





Elastoplast Knee & Elbow, Fabric, 10 Patches or Spots, Plastic, 50 Spots



**B-100 Complex with Choline and Inositol** 100 Tablets





Congestion Herbal Original Mixture, 100 mL



Balanced B-50 B Complex, Tablets, Timed Release, 100 Tablets



#### Prenatal Postpartum Vitamins and Minerals 100 Tablets

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# Transferring Your Prescriptions is Easy. Ask Us How Today!

# Appleby Rharmacy



#### NeilMed<sup>®</sup> NasaFlo® Clear Design, Neti Pot, Includes 50 Premixed Packets



Ointment, With Anesthetic, Fast, Long-Lasting Hemorrhoid Relief, 30 g



Caramel Hard Candies, No Sugar Added, 70 g



#### Sleep-eze®

Nighttime Sleep Aid, Extra Strength, 20 Coated Caplets or SoftGel Capsules



**Canesten®** Cures Athlete's Foot, Topical Cream, Odourless, 30 g





#### Gaviscon®

For Acid Reflux & Heartburn, Regular Strength, Soothing Fruit Blend, 340 mL



Instant Pain Relief, For Toot ache, Maximum Strength, 9.5 g



**Truvia** <sup>®</sup> Calorie-Free, Sweetner, From The Stevia Leaf, 80 Pack

## Possible Health Benefits of Artificial Sweeteners

**Weight control.** Artificial sweeteners have virtually no calories. In contrast, a teaspoon of sugar has about 16 calories — so a can of sweetened cola with 10 teaspoons of added sugar has about 160 calories. If you're trying to lose weight or prevent weight gain, products sweetened with artificial sweeteners may be an attractive option.

**Diabetes.** Artificial sweeteners aren't carbohydrates. So unlike sugar, artificial sweeteners generally don't raise blood sugar levels. Ask your doctor or dietitian before using any sugar substitutes if you have diabetes.



#### **Greeniche**<sup>™</sup> Stevia, 100% Natural Sugar Substitute, 100 x 1 g Sachets

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