

GOOD NEIGHBOR SCRIPT™

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY



Understanding the Differences Between Type 1 and Type 2 Diabetes

You've probably heard of diabetes, a chronic medical condition where the body can't properly process glucose (a simple sugar) in the blood. What you may not know is that there are two distinct types of diabetes: type 1 diabetes (T1D) and type 2 diabetes (T2D). Millions of Americans have been diagnosed with one of these two conditions.

Both T1D and T2D require lifelong management after diagnosis. But while we may call them both diabetes, there are some key differences between the two that affect the way the disease is managed.

Causes

For decades, many doctors referred to T1D as "juvenile" diabetes because most individuals with this form of diabetes are typically diagnosed before their 20th birthday. T1D is an autoimmune condition where the immune system attacks and kills off the pancreatic cells that produce insulin, the hormone that helps the body absorb glucose.

Glucose, as you may remember from middle school science class, is a vital cellular energy source. When your body no longer produces insulin, your cells can't absorb that glucose. This causes glucose to build up in the blood, resulting in complications like cardiovascular disease, kidney issues, vision loss and peripheral nerve damage.

Doctors still aren't certain what causes T1D, but it does run in families. This suggests there may be a genetic component to the disease.

T2D, on the other hand, is a metabolic condition that usually develops much later in life usually middle age to later life. According to Harvard Health, with T2D, your pancreas still produces insulin, but your cells become resistant to it, making it harder for your body to use that insulin effectively. This can also lead to dangerous levels of glucose circulating in the blood.

T2D, like T1D, also tends to run in families. Factors that increase your risk for developing T2D include being overweight, living a sedentary lifestyle, and being Black or Hispanic.

Symptoms

Both T1D and T2D present with fairly similar symptoms. The Juvenile Diabetes Research Foundation says most

people with either type of diabetes report experiencing fatigue, excessive thirst, and increased urination. People with T1D diabetes may also experience a sudden drop in weight.

But there are also some differences. The onset of T1D usually happen quickly, with symptoms increasing as the body loses those insulin-producing cells. T2D, on the other hand, typically has a slower progression. According to the American Diabetes Association (ADA), many people will first be diagnosed with prediabetes, or higher-than-normal blood sugars. That's actually good news; the early warning of prediabetes gives people the possibility of making lifestyle changes to prevent the development of T2D.

Prevention, Treatment and Management

Individuals who are diagnosed with T1D will be insulin-dependent for the rest of their lives. To manage the condition, they will have to regularly check their blood sugars and take a certain amount of insulin to help the body properly absorb it. That said, a healthy diet and regular exercise are also an important part of successful management.

Some people with T2D may also require insulin therapy. However, the Mayo Clinic notes that many individuals with T2D can manage their symptoms with one or more of the following:

Healthy diet: more fruits, vegetables, whole grains and fiber, and less sugar, saturated fat and calories.

Exercise: 30 to 60 minutes of moderate (or 15 to 30 minutes of vigorous) aerobic exercise most days of the week.

Non-insulin medication: Drugs like repaglinide (Prandin) can be used to stimulate the release of additional insulin, while drugs like metformin (Fortamet) can help improve the body's sensitivity to the insulin it produces.

If medication or insulin is required, your doctor will prescribe the best option for you, given your symptoms and medical history.

It is also important to note that, with T2D, there is an opportunity to slow the progression or even prevent the condition altogether through positive changes to diet and exercise.

Health & Fitness Three Easy Ways to Stay Active During the Holidays

For many, the holidays come with a list of fun activities: watching holiday movies, baking cookies, decorating your home and so much more. After all, enjoying downtime with family is a cherished part of the holiday season. But that doesn't mean you can't also be active and find creative ways to exercise.

Bundle up and walk

Modern life often keeps us sedentary. Shane O'Mara, author of *In Praise of Walking*, says that humans evolved to walk 10 miles or more a day. He suggests looking for as many ways as possible to incorporate walking into your day. One particularly useful piece of advice during the holidays is to take a walk before a meal to take the edge off your appetite. Walking is also a fun after-dinner family activity.

Stream your workout

There are many free exercise videos that can be found online. Whether it's yoga, Pilates, dance, strength-training or cardio, you'll find videos for every skill level, and many of these exercises don't require any special equipment. Many gyms also offer online fitness classes.

A quick search of "streaming exercise classes" will turn up dozens of great options or see this Good Housekeeping list with dozens of live-streamed workouts: <https://bit.ly/31Ss67q>.

Be accountable

Worried about sticking to your exercise goals? Start an accountability group with friends or family, where you set mileage goals for walking/running and post your stats each week. Having other people to check in with can help motivate you and keep you on track.



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Prep Time
5 minutes

Cook Time
55 minutes

Total Time
60 minutes

Serves
4

November Recipe

Roasted Butternut Squash Boats With Ground Turkey, Cranberry and Feta

Butternut squash is sweet and earthy, and comes packed with fiber and vitamin A. In this recipe, you'll roast halved squash until it's soft, then fill it with a stovetop ground turkey mixture.

Ingredients

- 2 small butternut squash (about 1 pound each)
- Salt and pepper, to taste
- 2 tablespoons olive oil, divided
- 1 small yellow onion, chopped
- 1 pound ground turkey
- ½ teaspoon ground cumin
- ½ teaspoon dried rosemary
- 2 cups chopped kale
- ½ cup dried cranberries
- 2 ounces crumbled feta

Tools

- Chef's knife
- Cutting board
- Spoon
- Sheet pan
- Measuring cup
- Measuring spoons
- Skillet
- Wooden spoon

Instructions

1. Cook the squash.

Heat the oven to 400. Cut the stems off the butternut squash, halve them lengthwise, and use a spoon to scoop out and discard the seeds. Place the squash halves on one (or two, if all four halves don't fit) sheet pan. Drizzle 1 tablespoon of olive oil over the squash halves, then season with salt and pepper. Cook for 60 minutes, until the squash is soft throughout.

2. Cook the ground turkey mixture.

About 10 minutes before the butternut squash is finished cooking, heat the remaining 1 tablespoon of olive oil in a large skillet over medium-high heat. Add the onion and cook, stirring continuously, until the onion starts to soften, about 2 minutes. Add the ground turkey, cumin and rosemary. Season with salt and pepper. Cook, stirring often to break up the turkey, until the meat is cooked through. Add the kale, then cook and stir until the kale is wilted. Turn off the heat and add the cranberries.

3. Serve the squash.

Place each cooked squash half on a plate. Spoon the turkey mixture into the craters of each of the four butternut squash halves. Top with crumbled feta.

Hids Can!

- Scoop squash seeds.
- Mix meat filling.
- Spoon filling into squash.

Ask a Pharmacist What Lifestyle and Health Changes Can I Adopt to Help Prevent Diabetes?

There are two areas that are important when trying to decrease your risk of developing Type 2 Diabetes.



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First, stay active. A sedentary lifestyle is a major risk factor. When we think about staying active, it doesn't have to be joining a gym or running a marathon (although those would be fine). The Centers for Disease Control recommends 2 ½ hours of aerobic activity each week, but don't be too worried about the time you spend exercising, just get moving! Start with short walks a couple times a week. When you are comfortable, start increasing the number of times you go out, the distance and the speed. You will be amazed at how quickly you can adapt.

The second area of focus should be your eating habits. Obesity is another major risk factor. Start by evaluating your current habits. How often do you eat fast food? How many sugary drinks do you have in a week? Once you acknowledge your current habits, you can work on changing them. The easiest place to start is cutting down on those sugary drinks. Next, cut back on the fast food. You should be able to cut your number of visits in half very quickly. So how do you replace all those meals? Easy, cook at home! Here are a few general tips to follow. When you visit the grocery store, spend most of your time on the outside aisles. That's usually where all the fresh foods are displayed. Remember to eat foods as close to their natural form as possible. Frozen pizza doesn't grow on a tree or come from a plant!

At times, we all deviate from good habits to indulge. That's okay, as long as your good habits are your standard.

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Local Love

Ehrhardt Pharmacy

EHRHARDT, SOUTH CAROLINA

"It is a pleasure to own a local independent pharmacy in a town full of wonderful, caring people."



How many years has Ehrhardt Pharmacy been in business?

Ehrhardt Pharmacy began business in November 2013.

What has been the most significant change within your pharmacy over the past five years?

Our pharmacy has been able to put clinical services into practice. We became certified to teach diabetic education and diabetes prevention classes. We participate in hypertension counseling, healthy eating programs and promoting wellness programs.

What are your favorite ways to get involved with your community?

The children in our community are very important to us. During June and July, we host a summer reading program where a local teacher does a reading, and have crafts and interactive, fun games for children. There is also a lunch followed by ice cream. During Christmastime, we host Cookies with Santa, an event during which Santa is on site and we offer homemade cookies and hot chocolate, the book "The Night Before Christmas" is read, and customers can make tree ornaments and write Christmas cards to our military troops.

How do your patients and community shape your offerings? What keeps your patients coming back?

Our patients like being able to talk to a person when they call, being called and alerted to problems with their prescriptions and not waiting in long lines. They enjoy not having to drive 12 to 30 miles to pick up prescriptions or get them filled. People come back because they are part of our family. Our community is a family. And those who can't purchase their prescriptions in our pharmacy still stop by for other things.

What do you think your patients love most about your pharmacy?

Our patients often comment that it is nice to visit a store where people want to see you, talk with you and provide help. We are a family-like community.

What does Locally Loved mean to you?

Locally Loved is seeing your patients and community members return for a visit time after time. It is a pleasure to own a local, independent pharmacy in a town full of wonderful, caring people. They make us feel loved.