

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

November 2022

November is American Diabetes Month

Diabetes is a chronic disease that affects how your body turns food into energy. Insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. With diabetes, your body does not make enough insulin or cannot use it as well as it should, which causes blood sugar to stay in your bloodstream. Over time, this can cause serious health problems, such as **heart disease, stroke, loss of toes/feet/legs, vision loss, and kidney disease.**

There are three main types of diabetes: type 1 (*the body does not produce insulin*), type 2 (*the body does not use insulin properly*), and gestational diabetes (*diabetes while pregnant*).

SYMPTOMS

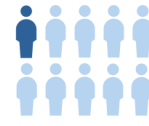
Frequent urination, thirst, blurry vision, numb or tingling in hands/feet, sores that heal slowly, increased infections, fatigue, dry skin

The CDC advises you to get your blood sugar tested if you have any of the symptoms



37 million people have diabetes

DIABETES



PREDIABETES



96 million American adults—**more than 1 in 3**—have prediabetes



DIAGNOSIS

The **A1C test** measures your average blood glucose for the past two to three months. Diabetes is diagnosed at an **A1C of greater than or equal to 6.5%**



WHAT CAN YOU DO?

You can **prevent** or **delay** type 2 diabetes



- ✓ Eat healthy
- ✓ Be more active
- ✓ Lose weight

Learn more at www.cdc.gov/diabetes/prevention or speak to your doctor

You can **manage** diabetes



- ✓ Work with a health professional
- ✓ Eat healthy
- ✓ Stay active

Learn more at www.cdc.gov/diabetes/managing or speak to your doctor

At Pequot Health Care, we are dedicated to maintaining your good health!

PRN

PEQUOT PHARMACEUTICAL NETWORK

PEQUOT PLUS Health Benefit Services

PRxN® Customer Service 1-800-342-5779

PRxN® PBM Customer Service 1-800-342-5779

Doctors' Line 1-888-779-6362

Doctors' FAX Line 1-888-779-6329

Website www.prxn.com

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