



## Turkey Day!

Thanksgiving 2020. This year the holiday may have a different look and feel for a lot of us. Some may decide to forego large gatherings for a more intimate holiday setting. No matter the size of your celebration, try to make sure you include some of your favorite Thanksgiving dishes and traditions. Think of your health by participating in a traditional Thanksgiving 5K (even virtually), or grab the family for a brisk walk, or a friendly game of basketball or touch football. Above all, remember to keep the meaning of the day front and center.



Previous issues of Newsflash  
can be viewed under "PBM  
Resources>Newsletters>Clinical"  
at: [www.MC-Rx.com](http://www.MC-Rx.com)

## Living Without Gluten

At the grocery store you can now buy beer, cookies, pasta, and even dog food that claim to contain no gluten, a protein found in wheat and some other grains. But is it really necessary to avoid the stuff?

Yes, if you have celiac disease, as an estimated 1 in 130 people do. That inherited condition caused the body to react to gluten as if it were a toxin, triggering an immune-system reaction that attacks several parts of the body, primarily the small intestine.

But knowing whether you have celiac disease isn't easy because the symptoms can be vague or varied. As a result, many people who have the condition go undiagnosed, and many of those who avoid gluten don't need to.

**A DISEASE WITH MANY MASKS:** About half of the people with celiac disease experience stomach complaints, such as cramping and diarrhea. But patients and doctors often dismiss those complaints or attribute them to other causes. Other people don't have any obvious symptoms at all. Instead, they experience nutrient deficiencies and various systemic effects, such as anemia and weight loss. By the time the condition is diagnosed it often has led to complications such as osteoporosis, seizures & cancer of the small intestines.

**UNMASKING THE CULPRIT:** To diagnose celiac disease, doctors use blood tests to detect elevated levels of two antibodies produced in response to gluten. They should generally confirm positive tests with a biopsy of the small intestine and in some cases a DNA blood test.

Our consultants say you should consider getting tested if you have:

- Digestive or nutritional problems that don't respond to treatment or are not explained by another condition.
- Any condition more prevalent in celiac patients, notably autoimmune disorders, cancer of the small intestine, osteoporosis, and seizures.
- A family history of the disease.

**EATING GLUTEN-FREE:** If it turns out you do have celiac disease; you should take the following steps:

- **Consult a dietician** for tips on consuming gluten-free diet
- **Read labels carefully.** Avoid foods that contain any form of wheat. Also avoid ingredients that can contain gluten, including brown-rice syrup, caramel coloring, dextrin, malt extract, modified food starch, & soy sauce.
- **Eat out in peace.** Ask your waiter or the chef about ingredients and preparation methods, or if a gluten-free menu is available.
- **Check your meds.** Some pills include inactive ingredients that contain gluten, so read the labels of over-the counter drugs and let your pharmacist know that you have celiac disease.



OneTouch® brand meters are designed to make testing easy and help you manage your diabetes.

## OneTouch Verio Reflect® meter

### Get help with your numbers



Blood Sugar Mentor™ (Verio Reflect®) feature gives you personalized guidance, insights and encouragement so you can take action to help manage highs and lows.



ColorSure® Dynamic Range indicator helps you to see when your blood sugar result is near high or low so you can take action before going out of range.



And when you connect to the OneTouch Reveal® mobile app, the Blood Sugar Mentor™ feature provides you with even more insights to help you manage your diabetes.



Uses OneTouch Verio® test strips – 9 years of proven accuracy at very low and very high blood glucose levels.



OneTouch Verio® test strips have the lowest copy on the most health plans.

Choose the OneTouch® meter that's right for you!

## OneTouch Verio Flex® meter



### November is American Diabetes Month

Diabetes mellitus refers to a group of diseases that affect how your body uses blood sugar (glucose). 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 is also your brain's main source of fuel.

If you have diabetes, no matter what type, it means you have too much glucose in your blood, although the causes may differ.

*Prediabetes* is an elevated blood glucose level that is not quite high enough to be diagnosed as diabetes, but is higher than normal. One in three American adults has prediabetes, and most do not even know they have it. Many people with prediabetes who do not lose weight or do moderate physical activity will develop type 2 diabetes within 3 years.

Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and amputations of the foot, toe or leg. Diabetes is the seventh leading cause of death in the United States.

#### Risk factors for prediabetes and type 2 diabetes:

Researchers don't fully understand why some people develop prediabetes and type 2 diabetes and others don't. It's clear that certain factors increase the risk, however, including:

- **Weight.** The more fatty tissue you have, the more resistant your cells become to insulin.
- **Inactivity.** The less active you are, the greater your risk.
- **Family history.** Your risk increases if a parent or sibling has type 2 diabetes.
- **Race.** Although it's unclear why, people of certain races — including blacks, Hispanics, American Indians and Asian-Americans — are at higher risk.
- **Age.** Your risk increases as you get older. This may be because you tend to exercise less, lose muscle mass and gain weight as you age.
- **Gestational diabetes.** If you developed gestational diabetes when you were pregnant, your risk of developing prediabetes and type 2 diabetes later increases.
- **Polycystic ovary syndrome.** For women, having polycystic ovary syndrome — a common condition characterized by irregular menstrual periods, excess hair growth and obesity — increases the risk of diabetes.
- **High blood pressure.** Having blood pressure over 140/90 millimeters of mercury (mm Hg) is linked to an increased risk of type 2 diabetes.
- **Abnormal cholesterol and triglyceride levels.** If you have low levels of high-density lipoprotein (HDL), or "good," cholesterol, your risk of type 2 diabetes is higher.