

## CLINICAL TIP

**Blood glucose monitoring is very important for diabetic patients in order to make decisions about medication, food choices, and physical activity.** Many of your patients who self monitor their blood glucose get their test strips through Medicare. The pharmacy has to follow strict guidelines on how to fill strips including making sure that the day supply on a box of test strips matches the doctor's order for how often the patient is to test. If your patient has been prescribed to test their blood glucose as needed, that is not specific enough to satisfy the requirements set by Medicare. A prescription has to specify exactly how many times a patient is to test, for example a prescription can read 'test four times daily', 'test one to four times daily', 'test up to two times daily'. The pharmacy will calculate exactly how many days a box of test strips will last according to the directions on the prescription and will not be able to fill the prescription early. Medicare allows a non-insulin dependent patient one glucose test daily and an insulin dependent patient three glucose test daily. If a prescriber orders a patient to test more often, additional documentation from the prescriber and a blood glucose log will be required to support the additional testing frequency. If your patient's blood glucose monitoring frequency changes, please notify the pharmacy immediately so they can get an updated prescription with directions that match your patient's needs from their prescriber. If you have any questions, please give your pharmacy a call!

## ARE YOU GETTING ENOUGH CALCIUM?

While this mineral is essential at all ages, it is particularly important as one grows older. Calcium is necessary for preventing osteoporosis and building strong bones.

Many older people do not consume adequate amounts of foods that are rich in calcium, plus, as our bodies get older, they are not as good at absorbing calcium from food. Also, many older adults do not get enough exercises that are weight bearing, such as walking, which helps to strengthen their bones.

According to nutritionists, those who are 65 years old and above require 1200 to 1500 mg of calcium in a day. Since this amount may be hard to consume from food alone, it may be worthwhile for some people to take a calcium supplement, after consulting with your doctor. In case you do choose to include a calcium supplement, it should be taken between meals, since calcium can interfere with iron being absorbed from other foods.



**Some of the foods that are good sources of calcium include:**

- **Cheeses**
- **Yogurt**
- **Low-fat milk**
- **Leafy green vegetables**
- **Soy milk fortified with calcium**

## BENEFITS OF EXERCISE ON ARTHRITIS

People with arthritis may look at exercise as a hindrance. However, what they don't know is that exercise may be just what they need to decrease their pain, and increase their functionality.

**Exercise has many benefits on people suffering from arthritis including:**



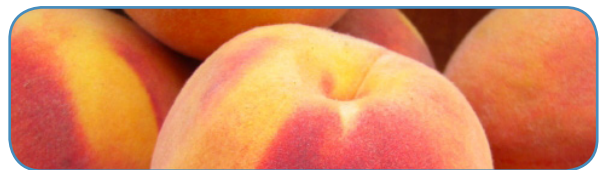
- Keeps the muscles around affected joints strong
- Decreases bone loss
- Helps to control joint swelling and pain
- Replenishes lubrication to the cartilage of the joint-reducing stiffness and pain
- Enhances energy and stamina by decreasing fatigue and improving sleep
- Enhances weight loss and promotes long term weight management in those with arthritis who are overweight
- Before starting an exercise program, be sure to check in with your doctor or physical therapist – they can assess your levels of strength, flexibility, and pain.

If you'd like some exercise ideas, please [contact Alisha Spielman](#), Exercise Physiologist at MedSave.

## HEALTHY RECIPE: Blueberry Peach Crisp

- 6 cups fresh peaches, peeled and sliced
- 2 cups fresh blueberries
- 1/3 cup plus 1/4 cup light brown sugar, divided
- 2 tablespoons all-purpose flour
- 1 tablespoon cinnamon, divided
- 1 cup quick-cooking oats
- 3 tablespoons margarine

1. Preheat oven to 350°
2. In a 2-quart baking dish, combine peaches and blueberries.
3. Combine 1/3 cup brown sugar, flour, and 2 teaspoons of cinnamon in a small bowl and mix well.



- Add to peaches and blueberries, tossing to mix.
5. Combine oats, 1/4 cup of brown sugar, and 1 teaspoon of cinnamon in bowl.
  6. With a pastry blender or fork, cut in margarine until crumbly, then sprinkle over fruit.
  7. Bake for 25 minutes or until fruit is just tender and mixture is bubbly.

*Source: American Cancer Society Newsletter - August 2011*

## CALENDAR

**Closed Monday, Sept. 5<sup>th</sup> for Labor Day.**

Please remember to order any medications you'll need in advance. Thank you for your cooperation!

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