

## CLINICAL TIP OF THE MONTH

Insulin is a medication used by diabetic patients so glucose can be used by the body for energy. Insulin is a hormone made up of amino acids which cannot be given by mouth due to the gastrointestinal tract's quick degradation of the medication, making it inactive. Insulin is injected subcutaneously and each injectable product has particular storage requirements. Not-in-use, unopened insulin pens, cartridges, and vials should be stored in the refrigerator and are good until the expiration date on the medication packaging if stored correctly.

Once insulin is opened, the storage and expiration changes depending on the brand of insulin product. For example, Lantus® vials are good for 28 days after opening and can be stored either at room temperature or refrigerated. Lantus® Solostar, on the other hand, should be stored at room temperature only after opening. For more information regarding the specific storage and expiration information regarding the individual insulin products your patients are on, give your pharmacist a call!

## FEATURED HOME

**Garden Lane Assisted Living Home** provides a family home with a protective home environment for adults having physical limitation or needing help with daily living tasks or medication management. Garden Lane is owned and operated by trained caregivers who are experienced in every level of care including hospice.

Services:

- Private rooms
- Well balanced meals, special diets, snacks
- Transportation
- 24 hour security and assistance
- Special attention for bathroom duties, dressing, dining, ect.



*Garden Lane Assisted Living Home*

## NUTRITIONAL TIP Heart Healthy Medical Nutrition Therapy (Part 1)

### 1. Limit saturated fats and trans fat:

- Foods high in saturated fats include fatty meat, poultry skin, bacon, sausage, whole milk, cream and butter.
- Trans fats are found in stick margarine, shortening, some fried foods and packaged foods made with hydrogenated oils.
- Instead of butter or stick margarine try reduced-fat, whipped or liquid spreads.

### 2. Limit the amount of cholesterol that you eat to less than 200 milligrams (mg) per day:

- Foods high in cholesterol include egg yolks (one egg yolk has about 212 mg of cholesterol), fatty meat, whole milk, cheese, shrimp, lobster and crab.

### 3. Plan to eat more plant-based meals, using beans and soy foods for protein.

## MAY 2010

- We will be closed Monday, May 31st for Memorial Day.

615 Anne Street, Suite B Bemidji, MN 56601  
Ph (218) 444-5228  
Fax (218) 444-2451

[medsaveltc.com](http://medsaveltc.com)