

CLINICAL TIP

There are many factors that can affect blood glucose readings for diabetics (and non-diabetic patients) such as activity, diabetic medications, food choices, and illness/stress. There are many medications besides those used to treat diabetes that can increase or decrease blood glucose readings as well. Prednisone, a medication often used for inflammation, is an example of a medication that can **increase** blood glucose. Other common culprits for **increasing** blood glucose levels are antipsychotics such as risperidone and Zyprexa®. Levaquin® (levofloxacin) is an antibiotic that may **decrease** blood glucose levels and require more frequent blood glucose monitoring to help avoid hypoglycemia. If you notice your patients have blood glucose readings out of the ordinary that are hard to explain, double check with your pharmacist to see if they are on a medication that may be responsible for these unusual blood glucose readings.

FLU SHOTS: Highly recommended for Long Term Care facilities!



While everyone should get a flu vaccine each flu season, it's especially important for people who live in nursing homes and other long term care facilities, as well as people who care for those at high risk complications from the flu. The shot now vaccinates against the H1N1 virus. So, people won't have to get a second shot like they did last year.

Protect yourself from the Flu...Get your Flu Shot at MedSave! We are offering Flu Shots at our pharmacy (217 Paul Bunyan Drive location) everyday during business hours. We can also have a pharmacist come to your home to administer flu shots for the staff and residents. Please call Aimee at MedSave to schedule a date and time: (218) 759-1222 ext. 122.

Nutrition Tip: Enjoy Fall Vegetables

The crisp feeling of fall is in the air! That means we will start to see some different local vegetables, which can be a fun change, as well as nutritious. Root vegetables, like beets, rutabagas, and sweet potatoes have excellent nutritional quality, like Vitamin A and fiber. Squash adds color and nutrition to your plate. An easy way to make sweet potatoes; wrap in tin foil and bake or put in a slow cooker. Bake until they are soft (about an hour). They do not require extra butter or sweetener! Squash can be cooked in the microwave, by cutting in half, scooping the seeds out, and placing in a microwave safe dish quarter filled with water. Cover and microwave for about 6 minutes. Scoop out of the skin and enjoy!

