



the HEALTHY DOSE

keep up with us:

Diabetes – Know the Risks

In Canada, someone is diagnosed with diabetes or prediabetes every 3 minutes. You, or someone you know, may be among the 11 million Canadians living with diabetes or prediabetes. Diabetes is a chronic disease where the body either stops making enough insulin or the body stops using insulin properly. Insulin is a hormone that helps move sugar from the blood into other areas of the body, like the muscles, where it can be used as energy. People with diabetes end up with high blood sugar, which can damage organs, blood vessels and nerves. Some of this damage can start when blood sugar levels are above normal but not high enough to be diagnosed as diabetes, this is referred to as prediabetes.



Everyone over the age of 40 should be tested for diabetes every three years. The definite risk factors for Type 1 Diabetes are not known, but 90% of people with diabetes have Type 2 Diabetes. Your Morelli's Pharmacist can help you determine if you have any of the known risk factors for developing Type 2 Diabetes. Early diagnosis is important and can help you stay well.
<http://www.diabetes.ca/about-diabetes/types-of-diabetes>.

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Visit your Morelli's Pharmacy to learn more!

There's an app for that! Visit your Morelli's Pharmacy December Clinic to learn about the latest technologies for testing blood sugar. Several blood glucose monitors can now download your blood glucose information directly to your smart phone! This can help you track blood glucose patterns and make it easier for you to share your test results with members of your health care team.

Visit the following Morelli's locations to learn more:

Morelli's Brampton	December 2 nd	12-4 pm
Morelli's Fairview	December 8 th	12-4 pm
Morelli's MLS	December 13 th	10-2 pm
Morelli's Burloak	December 15 th	12-3 pm
Morelli's Aurora	December 16 th	12-4 pm
Morelli's Leaside	December 16 th	12-4 pm
Morelli's North Oakville	December 16 th	12-4 pm
Morelli's South Oakville	December 23 rd	12-4 pm
Morelli's Boxgrove	December 24 th	12-4 pm
Morelli's Markham	December 24 th	12-4 pm

REMEMBER

Flu Shots are free and available at all Morelli's Pharmacy locations - no appointment necessary.

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