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# Smart Choices

By Francesca Kimera, PharmD Candidate at Topeka Pharmacy

## The New Age of Diabetes Management

For people with diabetes, controlling blood sugar is very important to prevent complications like eye, nerve, or kidney problems. Over the past few years, there have been many advancements in technology that have made self-management of diabetes safer and more convenient. These advancements have given people with diabetes more power to improve their health and well-being. Let's talk about the most popular ones.

### Monitoring advancements

Self-monitoring of blood sugar can be very helpful for a person with diabetes to better understand how their medications, diet, and lifestyle are affecting their blood sugar. For many years, people had to use small, portable meters (also called glucometers) to measure the sugar in a drop of blood. This meant patients had to prick their fingers multiple times a day! Now, we have new technology called Continuous Glucose Monitors (CGMs), like Freestyle Libre or Dexcom, that use a sensor placed on the skin every 10-14 days to measure the blood sugar at any time without the patient having to prick their finger. The CGM sends blood sugar results to a hand-held device or smartphone. This real-time monitoring has been shown to help patients achieve their blood sugar goals with less pain!


### Insulin Delivery

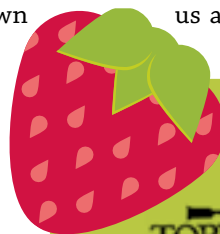
Some patients with diabetes need to use an injectable medication called insulin to control their diabetes. Patients taking insulin inject it under

the skin sometimes multiple times a day. Smart insulin pens and insulin pumps have been designed to make insulin therapy easier. Smart insulin pens are reusable injector devices that can calculate and track insulin doses as well as provide reminders and alerts to users. Some can even send information to a smartphone app!

Insulin pumps are portable devices attached to the body that slowly release insulin into the skin through a tiny tube throughout the day. They can also be used to deliver mealtime insulin doses. This means patients do fewer insulin injections! The most advanced insulin pumps, like Omnipod 5, can even talk to CGMs and automatically adjust the insulin dose throughout the day for peace of mind.

### Isn't It Expensive?

Diabetes technologies have been proven to help people control their blood sugar and are becoming more popular. Many of these technologies are paid for by insurance, and Topeka Pharmacy has competitive cash pricing options for those with no insurance. We are happy to help you find affordable access to these technologies. Please feel free to call us at (260) 593-2252 or stop in today! 



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