

# Health Awareness

A County Health Pool Publication



November, 2011

## Diabetes Awareness

**W**ith nearly 26 million children and adults in America living with diabetes, and another 79 million at high risk for developing type 2 diabetes, the disease is taking a devastating physical, emotional and financial toll on many. Yet, most Americans don't consider diabetes a serious matter. They feel it is someone else's responsibility; someone else's problem. November is American Diabetes Month, a time to raise awareness about this serious disease and the importance of diabetes prevention and control.

Recent numbers by the Centers for Disease Control and Prevention paint a desperate situation of where we are, and where we are headed:

- Every 17 seconds, someone is diagnosed with diabetes.



- Diabetes kills more people each year than breast cancer and AIDS combined.
- Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050 unless we take steps to stop diabetes.

### What are the tests for diagnosing diabetes?

The fasting plasma glucose test is the preferred test for diagnosing type 1 or type 2 diabetes. It is most reliable when done in the morning.

### What are the types of diabetes?

The three main types of diabetes are:

**Type 1 diabetes.** Type 1 diabetes is an autoimmune disease. An autoimmune disease results when the body's system for fighting infection (the immune system) turns against a part of the body.

**Type 2 diabetes.** The most common form of diabetes is associated with older age, obesity, family history of diabetes, previous history of gestational diabetes, physical inactivity, and ethnicity. The symptoms of Type 2 diabetes develop gradually. Their onset is not as sudden as in Type 1 diabetes. Symptoms may include fatigue or nausea, frequent urination, unusual thirst, weight loss, blurred vision, frequent infections, and slow healing of wounds or sores. Some people have no symptoms.

**Gestational diabetes.** Gestational diabetes develops only during pregnancy. Like Type 2 diabetes, it occurs more often in African Americans, American Indians, Hispanic Americans, and among women with a family history of diabetes. Women who have had gestational diabetes have a 20 to 50 percent chance of developing Type 2 diabetes within 5 to 10 years.



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## Diabetes Awareness

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### The Toll on Health

- Two out of three people with diabetes die from heart disease or stroke.
- Diabetes is the leading cause of kidney failure.

- Diabetes is the leading cause of new cases of blindness among adults.

The prevalence of diabetes in the United States is likely to increase according to recent estimates, the prevalence of diabetes in the United States is predicted to reach 8.9 per-

cent of the population by 2025.

Remember that education is the best source of prevention and control for diabetes, get educated, it is a serious matter.

Source: [www.webmd.com](http://www.webmd.com)

## Benefits Corner

### Walgreens Pharmacy Update

As stated in a recent memo, the Anthem Pharmacy Benefit Manager, Express Scripts, is in negotiations with Walgreens Pharmacy. It has been brought to our attention that as of December 31, 2011, Walgreens Pharmacy will no longer be a part of the Express Scripts Network. Therefore, if you currently receive prescriptions from Walgreens Pharmacy, we are providing information that will assist you in planning for a potential transition to another in network pharmacy whether that is a chain pharmacy or a local pharmacy. Express Scripts will continue in negotiation with Walgreens as long as they will participate in negotiations; therefore, if they do come to an agreement, CTSI will notify its membership immediately.

#### *Some things you should know:*

- You can still receive prescription coverage from Walgreens through December 31, 2011.
- If Walgreens leaves the pharmacy network, there will still be more than 56,000 drug stores in our network. There are many chains in the network, such as CVS, Kroger, Target and Wal-mart and many local independent drug stores.
- In most cases, cost will not change.
- On average, an in network pharmacy can be found within one-half mile of a Walgreens, sometimes closer.
- Finding a new pharmacy is easy. Go to the Anthem website at ([www.anthem.com](http://www.anthem.com)) and use the “Find a Doctor” feature to find a network drug store near you. Or call the 866-698-0087 customer service number on the back of your ID card and a customer service representative will provide in-network pharmacies close to you.
- You may also contact your CTSI Benefits Administrator at 303-861-0507 and CHP staff can assist you in locating an in-network pharmacy or placing a pharmacy in the network.

#### *Switching to a new pharmacy/drug store is easy;*

After selecting an in-network pharmacy, you may either;

1. Take your medicine bottle to your new pharmacy; they will call the old pharmacy and transfer it for you.  
OR
2. Call the new pharmacy and ask them to call the old pharmacy. OR
3. Ask your doctor to call your new pharmacy with your prescription details.

We will provide you with continued updates regarding this issue as they become available.

Thanks for your patience and assistance through the potential transition.