



WELCOME!

Getting help
with your
medicine

© Class #2

Review - When is diabetes “controlled”?

less than
65 years

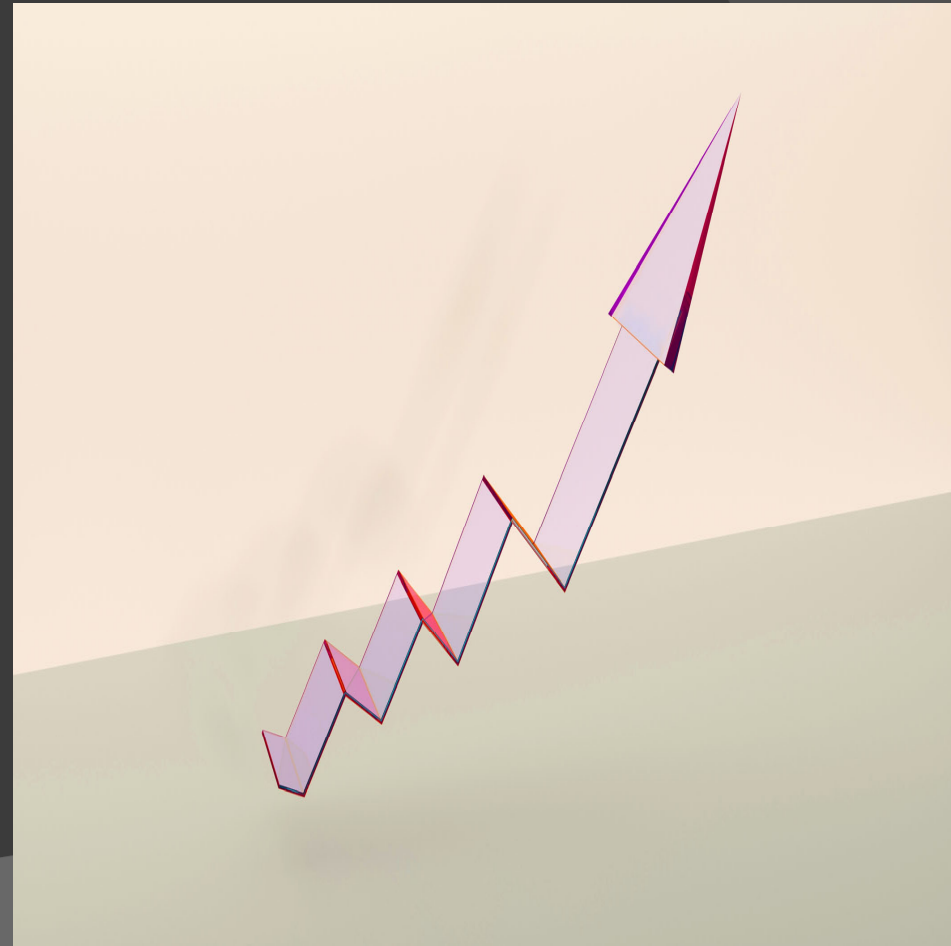


7.0

65+
years



7.5



A person is using a handheld glucose meter. A finger is being inserted into the device. The background is a light blue surface with several pink test strips scattered around. The text is overlaid on the image.

BEFORE BREAKFAST (FASTING):

80-100

AFTERNOON OR EVENING BEFORE EATING:

80-150

TWO HOURS AFTER EATING:

80-180



**Review – what often blocks insulin,
causing high blood sugar?**

Setting Goals





Taking your medications is
important

Your CHW will help connect you
to your medications

Address of your pharmacy

Prescription-pharmacy number uses this number to identify your medication

Owner of this medicine

Instructions on how much medication and how many times a day to take it

Name and strength of the drug

Number of times you can refill this medicine

Name of Doctor

Pharmacy phone

Day I filled the medicine

Expiry date of the medicinal product

Local Pharmacy
123 MAIN STREET
ANYTOWN, USA 11111 (800) 555-5555

DR C. JONES

NO 0060023-08291 DATE 06/23/09

JANE SMITH
456 MAIN STREET ANYTOWN, US 11111

TAKE ONE CAPSULE BY MOUTH THREE TIMES DAILY FOR 10 DAYS UNTIL ALL TAKEN

AMOXICILLIN 500MG CAPSULES

QTY MRG
NO REFILLS - DR. AUTHORIZATION REQUIRED

USE BEFORE 06/23/12
SLF/SLF

Rx ONLY



Walmart



CVS



Kroger



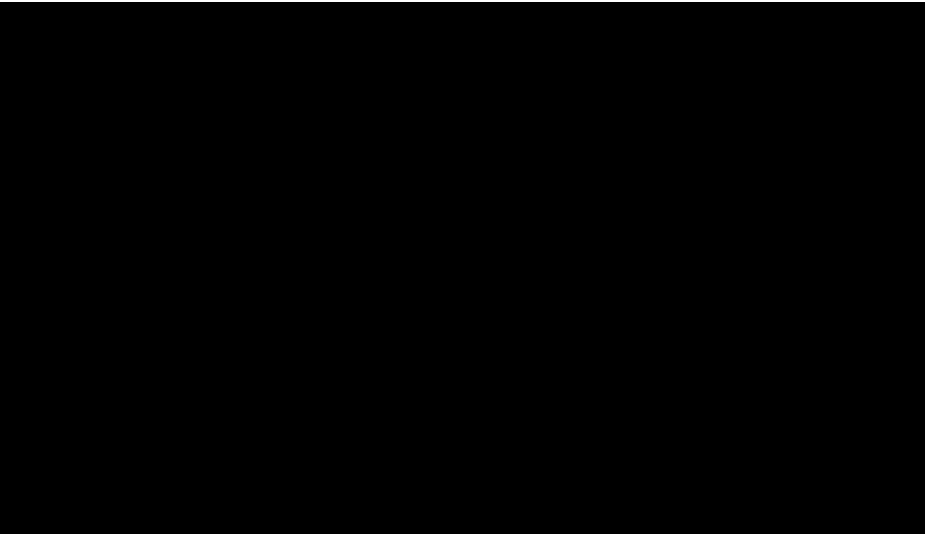
GOODRX.com

It's TOO MUCH!

Pills:

\$4 per month or

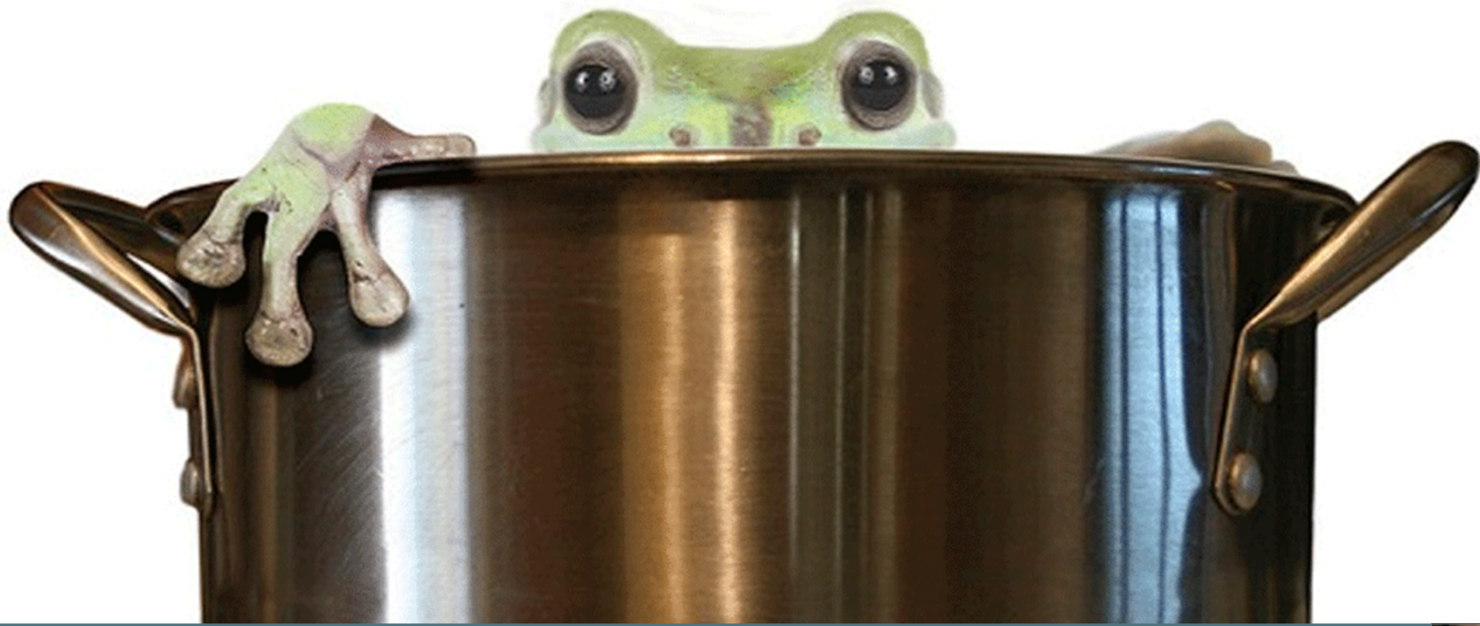
\$10 per 3 months



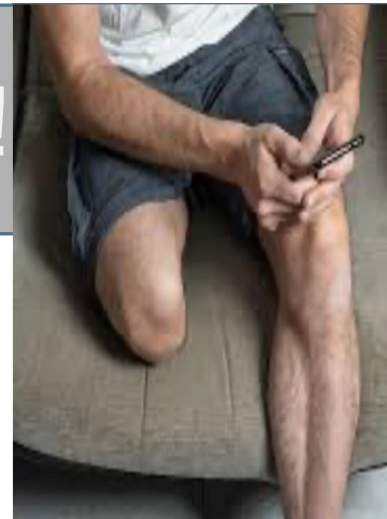
I need an appointment!



But I feel good!



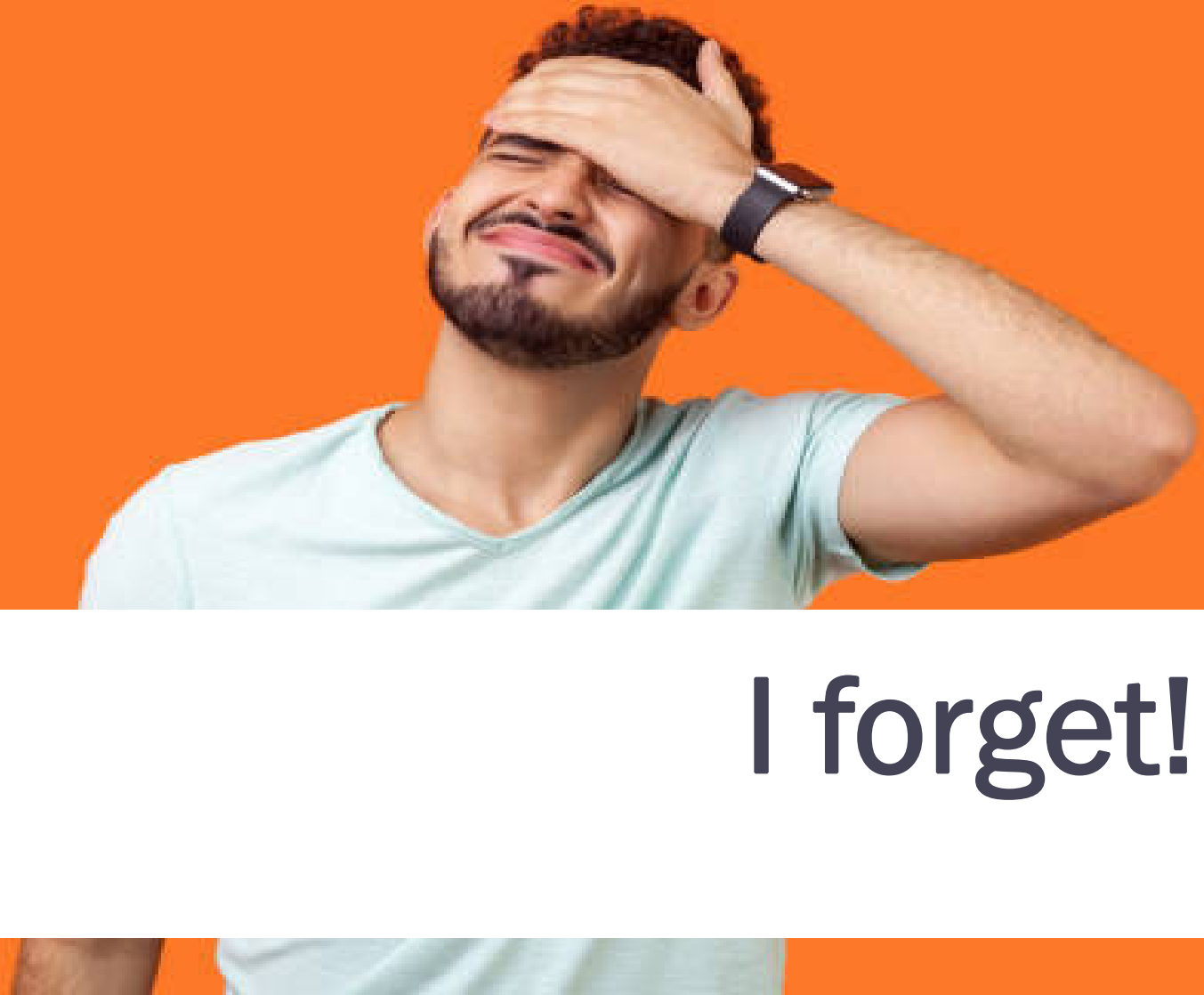
THE SAD STORY OF A FROG!







BUT THE SIDE EFFECTS?



I forget!



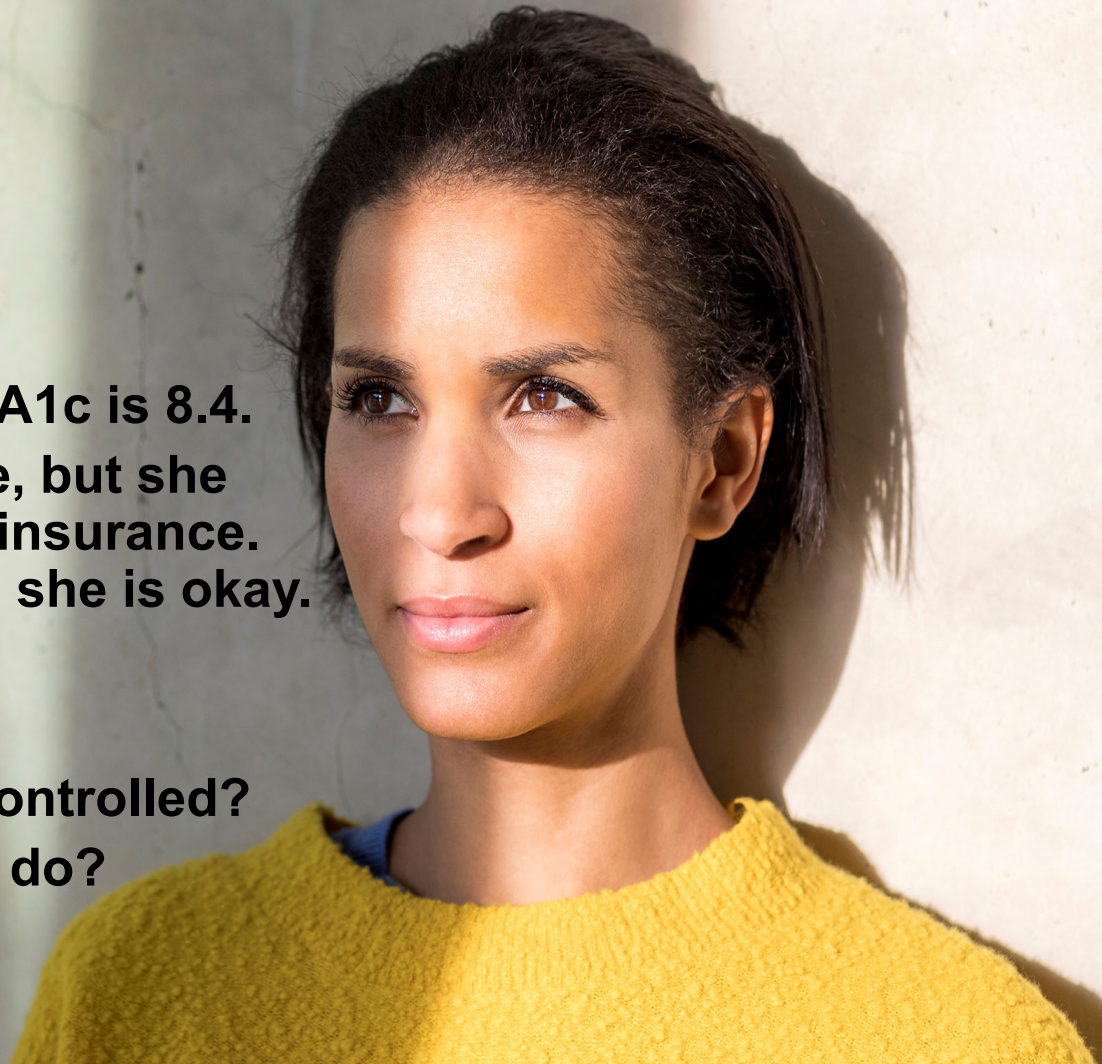
Tell us!

Patient Story

**Maria is 53 years old. Her A1c is 8.4.
She used to take medicine, but she
lost her clinic and has no insurance.
She feels good and thinks she is okay.**

Questions:

- Maria has diabetes. Is it controlled?**
- What do you suggest she do?**





-Is Maria's diabetes controlled?

-No, her A1c is more than 7

-What do you suggest she do?

-She needs

- insurance/eligibility
- clinic/appointment
- medications



Let's take action

References

- Banday, M. Z., Sameer, A. S., & Nissar, S. (2020). Pathophysiology of diabetes: An overview. *Avicenna Journal of Medicine*, 10(4), 174–188.
- American Diabetes Association. (n.d.). Medications and treatments. Research, education, and advocacy. Last accessed: September 15, 2022.
- Centers for Disease Control and Prevention. (March 2, 2022). Type 2 diabetes. Last accessed: September 15, 2022.
- American Diabetes Association Professional Practice Committee. (2025). 6. *Glycemic Goals and Hypoglycemia*:
- American Diabetes Association Professional Practice Committee. (2025). 8. *Obesity and Weight Management for the Prevention and Treatment of Type 2 Diabetes: Standards of Care in Diabetes—2025*. *Diabetes Care*, 48(Supplement_1), S167-S180. <https://doi.org/10.2337/dc25-S008>
- Gow, K., Rashidi, A., & Whitehead, L. (2024). *Factors Influencing Medication Adherence Among Adults Living with Diabetes and Comorbidities: A Qualitative Systematic Review*. *Current Diabetes Reports*, 24(2), 19-25. <https://doi.org/10.1007/s11892-023-01532-0>