There are nine types of diabetes pills. They all work in different ways and some are combined so you get the benefit of two drugs in one pill.

This article will address one of the drugs that is often the first pill prescribed to people with type 2 diabetes. This drug is Metformin also known as Glucophage, Glucophage XR, Fortamet, Glumetza or Riomet. Metformin helps your cells use your insulin by making them more sensitive; it also tells your liver to stop releasing too much glucose.

Here are some recommendations that will assist you when taking this drug.

When your first start taking this drug, it can upset your stomach causing gas and diarrhea. If you take Metformin with your meals the symptoms will be less.

The doctor will usually start you on a lower dose of Metformin and gradually increase the dose. This also helps to lessen the side effects.

There are regular and extended release Metformin. Regular is usually taken twice a day and extended once at night. Follow your doctors orders as the may be different.

Ask your doctor to check your vitamin B12 levels periodically as Metformin can affect the way B12 is absorbed in your stomach causing you to have a low B12 level.

Use alcohol sparingly. When alcohol is taken with Metformin it can cause a rare but serious condition called lactic acidosis (a buildup of acid in your system).

If you are having a CAT scan and take Metformin tell your doctor especially if they are using contrast or a dye, it can affect the results of the scan.

If you take the extended release Metformin and see a pill in your stools don’t be concerned it is just the outer shell left after your body has absorbed the medication.

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Researchers have found that confident people tend to achieve success, and this is true for weight loss and management.

If you increase your confidence you can improve your performance. Let’s look at some tips that will help you increase your confidence.

Build your success over time. If you can walk for 15 minutes, keep building on it until you can walk for an hour. Begin with baby steps, start with 15 minutes, three days a week and each week add 5 minutes and each month add another day a week to walk.

Work with a friend or loved one. They can act as your cheerleader and you can be theirs. If you go out to eat together you can both look for healthy food choices. If you walk together you can encourage each other to not miss days and increase the length of time you walk.

Fatigue and stress can affect your mood, lowering confidence levels. Try to avoid this or learn to manage it. You might do Yoga, meditation or deep breathing when you start to feel stressed. Psychologist have found that you can boost the hormone that makes you feel better and decrease the hormone cortisol that is caused by stress, just by changing your bodies position. If you stand taller, widen your chest, and put your chin out you will decrease stress.

Remember if you master small challenges and build toward bigger challenges will increase your confidence.

If you would like to read more about this consider reading psychologist Nicola Davies, PhD book “I Can Beat Obesity! Finding the Motivation, Confidence and Skills to Lost Weight and Avoid Relapses.”

Brought to you by Diabetes Self-Management Magazine

May/June 2018
Come and join our diabetes support groups!

English: Dublin Senior Center 7600 Amador Valley Blvd, Dublin
1st Tuesday of every other month beginning 2/6/18,
10:00 am – 12:00 pm.

English: Livermore Parks & Rec. 4444 East Ave, Livermore
2nd Tuesday of every other month beginning 1/9/18,
10:00 am – 12:00 pm.

English: Oakland Eastmont Mall 7200 Bancroft Ave., Ste. 202, Oakland
3rd Tuesday of every other month beginning 1/16/18,
10:00 am – 11:30 am

English: Alameda Recreation and Parks, Mastick Senior Center
1155 Santa Clara Avenue, Alameda
4th Wednesday of every other month beginning 1/24/18, 1pm - 3 pm

English: San Leandro Senior Community Ctr 13909 E. 14th St, San
Leandro
4th Tuesday of every other month beginning 1/23/18,
10:00 am – 12:00 pm

Spanish: Hayward La Familia Counseling Service 22366 Fuller Ave, Hayward
1st Tuesday of every other month, 10:30 am – 12:00 pm

Spanish: Oakland Eastmont Mall 7200 Bancroft Ave., Ste. 202
1st Thursday of the month, 10:00 am – 12:00 pm Also Quarterly May 19,
2018 10:00 am – 12:00 pm

For details go to our website http://www.acphd.org/diabetes.aspx