

## Exercising with Pain

By: William Sahy, PharmD

It is a well-known fact that it is important to exercise. Current recommendations say that we should be getting in 150 minutes of aerobic exercise per week and doing strength training exercises 2 to 3 times per week. Exercise is important to keep our heart and the rest of our body functioning well. In diabetes, exercise is even more important to stay healthy. When we exercise we are able to burn any excess sugar that we have. It also helps tone our muscles and increase our metabolism. This means we will not only burn more sugar while we are exercising, but we will also increase how much sugar our body burns all day long. These benefits are great, but sometimes we have to overcome some barriers to get our exercise. One of the most difficult barriers to overcome is pain. Pain can prevent many people from being active and getting their exercise. If you have pain, it is important to find the right exercise that still allows you to get and stay in shape but minimizes your pain. The table below lists some common types of pain and some recommended exercises that may help minimize your pain while exercising. Before starting any exercise routine, be sure to check with your doctor to make sure it is safe and healthy for you.

If You Have:	Consider:
Pain with standing and walking	<ul style="list-style-type: none"> <li>Stationary cycle (upright, recumbent, floor pedals)</li> <li>Sitting exercise (aerobic, strength exercise, toning)</li> <li>Swimming/water exercise</li> <li>Resistance/strength training</li> <li>Recumbent stepper</li> </ul>
Pain with prolonged walking	<ul style="list-style-type: none"> <li>Short bouts of walking or any other aerobic exercise, performed to the pain threshold</li> <li>Swimming and water exercise</li> <li>Sitting exercise (aerobic and strength exercise)</li> <li>Resistance/strength training</li> </ul>
Pain with sitting	<ul style="list-style-type: none"> <li>Walking (treadmill, outdoors, mall/indoor track)</li> <li>Elliptical/glider/arc trainer</li> <li>Dancing and aerobic dance class</li> <li>Swimming and water exercise</li> <li>Resistance/strength training</li> <li>Exercise video (aerobic and strength exercise)</li> </ul>
Pain in the shoulder with reaching	<ul style="list-style-type: none"> <li>Any aerobic exercise that doesn't involve painful upper extremity movements</li> <li>Resistance training within the limits of shoulder pain</li> </ul>
Pain in the knee when climbing stairs	<ul style="list-style-type: none"> <li>Walking on level surface</li> <li>Dancing and aerobic dance class</li> <li>Stationary bike (upright, recumbent, floor pedals)</li> <li>Recumbent stepper</li> <li>Swimming and water exercise</li> <li>Sitting exercise (aerobic and strength exercise)</li> <li>Resistance/strength training</li> <li>Exercise video (aerobic, sitting, toning)</li> </ul>
Balance dysfunction	<ul style="list-style-type: none"> <li>Exercise equipment that allows hand support or is done while sitting</li> <li>Balance exercise classes</li> <li>Tai Chi</li> <li>Swimming and water exercise</li> <li>Resistance/strength training</li> <li>Decrease risk of falls</li> </ul>
Foot pain with weight bearing	<ul style="list-style-type: none"> <li>Stationary bike (upright, recumbent, floor pedals)</li> <li>Recumbent stepper</li> <li>Swimming and water exercise</li> <li>Sitting exercise (aerobic and strength exercise)</li> <li>Resistance/strength training</li> </ul>
Visual impairment	<ul style="list-style-type: none"> <li>Treadmill or guided walking/running</li> <li>Elliptical/glider/arc trainer</li> <li>Stationary bike (upright, recumbent, floor pedals) or guided bicycling</li> <li>Recumbent stepper</li> <li>Swimming and water exercise</li> <li>Sitting exercise (aerobic and strength exercise)</li> <li>Resistance/strength training</li> <li>Exercise video/audiotape</li> </ul>

References:

Kemmis K. Increasing Exercise and Physical Activity: Overcoming Physical Limitations. AADE In Practice 2016;5:30-35. DOI: 10.1177/2325160316677956.

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# Diabetes Newsletter



## Xultophy® and Soliqua®: Newly Approved Combination Medications for Type 2 Diabetes

By: Lily Lin, PharmD Candidate

Are you or someone you know living with type two diabetes? If you are, are you having trouble remembering to take all your medications? Type two diabetes happens when your body does not make use of your insulin well. Diabetes can severely affect your health if it is not under control. It is important to ask your doctor for suggestions if you believe your medication is not working well or if you are having issues when taking them. Your doctor will determine the best therapy for you.

Recently, two new products have been approved for the treatment of type two diabetes in addition to diet and exercise. Xultophy® is a combination of the long acting insulin degludec with another active agent called liraglutide. The second product is called Soliqua®, which is a combination of the long acting insulin glargine with an active agent known as lixisenatide. Lixisenatide and liraglutide help decrease your hunger level, stop your liver from making more glucose, and increase insulin secretion when your glucose level is

high. Xultophy® and Soliqua® are given by injection once daily before your first meal. They are available in prefilled, disposable pens that are similar to insulin pens. Side effects for both products include low blood glucose, weight gain, injection site reactions, nausea, and vomiting. If you are taking a long acting insulin already or have episodes of low blood glucose, these products may not be recommended. However, if you are taking a long acting insulin, but still have difficulties managing your blood sugar, the combination products may be good options to consider.

You may find that taking multiple medications on top of using your insulin is too tedious and hard to remember. It's all too easy to miss doses and skip refills. The once daily injections for glucose control, Xultophy® and Soliqua®, will allow you to keep track of your medications better. When using either product, it is important to rotate the sites for injection to prevent severe skin reactions. If you are interested in learning more about

Xultophy® or Soliqua®, feel free to ask one of our Fagen Pharmacy pharmacists for more information!

References:

Xultophy. Drug Facts and Comparisons. Facts & Comparisons eAnswers. Wolters Kluwer Health, Inc. Riverwoods, IL. Available at: <http://online.factsandcomparisons.com>. Accessed May 17, 2017.  
 Soliqua. Drugs Facts and Comparisons. Facts & Comparisons eAnswers. Wolters Kluwer Health, Inc. Riverwoods, IL. Available at: <http://online.factsandcomparisons.com>. Accessed May 17, 2017.  
 Xultophy 100/3.6 [package insert]. Plainsboro, NJ: Novo Nordisk Inc; November 2016.  
 Soliqua. 100/33 [package insert]. Bridgewater, NJ: Sanofi-Aventis U.S. LLC. November 2016.

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## Diabetes Education Class Schedule

Fagen Pharmacy's Diabetes Education Program is recognized by the American Diabetes Association. We offer comprehensive group and individual diabetes education. Ask a member of the Fagen Pharmacy staff for more information.

"[Our review] revealed a thorough understanding of your patient population and evidence of individualized teaching methods used to best serve your population. Your participants are fortunate to have such qualified educators working with them."

### - Recent CMS Audit

### July:

**Tuesdays** 10am-12pm: 7/11, 7/18, 7/25, 8/1 | **Wednesdays** 6pm-8pm: 7/12, 7/19, 7/26, 8/2

### August:

**Mondays** 5:30pm-8pm at Franciscan Clinic on the third floor: 8/7, 8/21, 8/28  
**Tuesdays** 10am-12pm: 8/8, 8/15, 8/22, 8/29 | **Wednesdays** 6-8pm: 8/9, 8/16, 8/23, 8/30

### September:

**Tuesdays** 10am-12pm: 9/5, 9/12, 9/19, 9/26 | **Wednesdays** 6-8pm: 9/6, 9/13, 9/20, 9/27

## Classes located at Fagen Pharmacy:

3400 N. Calumet Avenue, Valparaiso, IN 46383

### For more info, contact:

Marjie Laciak, PharmD, BC-ADM, CDE

219-462-4381 x12026 | diabetes@fagenpharmacy.com



\*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

## Traveling with Medication

By: Jessica McElfresh, PharmD Candidate



Long car rides and traveling by plane can be stressful and uncomfortable. There are a million things to remember to pack. One of the most important things to remember to pack is your medications. You can stop to buy most things that you pack. However, getting your medications if forgotten can be hard. Questions you might ask yourself when preparing to pack medication is how much should I bring, where should I put it, or what am I allowed to bring? Let's find out!

### Car rides

Non-liquid medications, such as tablets or capsules, can be kept in any container (including a pill box). However, some medications need to be refrigerated. Unopened and unused vials or injectable pens should be kept in a cooler with some ice packs. You do NOT want to freeze your medication! Most open vials and pens can be kept at room temperature for at least 28 days.

### Plane trips

Traveling by plane can be more complicated due to strict rules. The best place to keep medications is in your carry-on bag. This is important in case your luggage gets lost, your flight is delayed, or you need to use your medication on the plane. Insulin should

never go in your checked-in luggage, as it can be affected by pressure and temperature changes. All medications should be in a separate bag in your carry-on so that it can be easily removed during the security process. Non-liquid medications, such as tablets or capsules, should be kept in the original vial with the prescription label. Your medication is not required to be in a labeled vial. However, leaving your medications in the original prescription vial or having documentation from your doctor of your medications is recommended. Unopened and unused vials or injectable pens should be stored with ice packs to keep cool. The liquid limitation in carry-on luggage does not apply to medications. Don't be worried if your medication is greater than 3.4 ounces or 100 milliliters.

Before screening begins, be sure to tell security about medications and anything that goes with those medications, such as freezer packs, pumps, and syringes. Your diabetes medications, most pumps, and supplies can go through the X-ray scanner. However, you can request a different inspection (ex. pat down) before the screening process begins.

### Helpful Tips

A helpful habit to have during traveling is to pack a snack with about 15 grams

of carbohydrates for low blood sugar in the car or carry-on. Good options include 3-4 glucose tabs, 3 pieces of hard candy, or a packet of sugar. These options are easy because they do not require refrigeration or interfere with liquid limits at the airport. If you are traveling outside of the country, be sure to check that country's laws regarding medications and travel. Some medications can be considered illegal in other countries. To speed up the security process, you can sign up for TSA Pre<sup>®</sup> to avoid removing shoes, laptops, and liquids. To sign up you must complete a 5-minute application online followed by a 10-minute background check in person. This membership is \$85.

### References:

Transportation Security Administration. Disabilities and Medical Conditions. Available at: <https://www.tsa.gov/travel/special-procedures>. Accessed March 8, 2017.

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