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You should consult your health care professional if you are taking any prescription or over-the-counter drugs (including any herbal medicines or supplements), or following any treatment or regimen. Only your doctor or pharmacist can provide you with advice on what is safe and effective for you. You should consult your health care professional if you are making significant health-related changes.

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The information in this magazine is intended as an educational aid only, not as medical advice for individual conditions or treatment. This information is not a substitute for a medical exam, nor does it replace the need for services provided by medical professionals. Talk to your doctor or pharmacist before taking any prescription or over-the-counter drugs (including any herbal medicines or supplements), or following any treatment or regimen. Only your doctor or pharmacist can provide you with advice on what is safe and effective for you.

Staying healthy during the winter months can be difficult, which is why getting vaccinated is as important for adults as it is for children. Our cover story on page 8 explains how immunization can help prevent disease and illness and which vaccines you might need, based on age and medical conditions.

Caring for a loved one with dementia? Find out about this condition and how it differs from normal aging on page 10.

It’s normal to slow down a little during winter. A good night’s sleep can reenergize you, but if you’re feeling unusually tired despite several hours of sleep, you may be suffering from a common disorder called sleep apnea, described on page 16.

We strive to provide you and your family with useful health content and hope that this issue helps you achieve your health goals.

www.costopharmacy.ca
Health Fad?

A closer look at milk alternatives

What is a milk alternative?

Cow’s milk is a great source of the important nutrients that we require on a daily basis, such as protein, calcium, and other vitamins and minerals. However, some people prefer to avoid cow’s milk altogether due to lifestyle, taste, or allergies. These people may opt for dairy-free alternatives, which are usually made from nuts, grains or legumes. While there are plenty of milk alternatives, not all are created equal.

Lactose-free milk

Lactose is a naturally occurring sugar in milk that causes uncomfortable digestive symptoms in people with lactose-intolerance or lactose-sensitivity. Lactose-free milk is regular cow’s milk that has had an enzyme called lactase added to it to make the lactose easier to digest. However, if you have an allergy to cow’s milk, or are trying to avoid dairy entirely, there are other options.

Soy milk

Soy milk is made from ground soybeans and water. It is similar to 1% milk, with its low fat and high protein content.

However, many flavoured soy milk options (such as chocolate and vanilla) have a very high sugar content. Also, soy contains oligosaccharides—a type of sugar that some people may have problems digesting. Soy is also considered to be a “phytoestrogen,” which behaves like the natural hormone estrogen in the body. This may be a concern for some women at risk of certain medical conditions, so it’s best to first consult your doctor if you have any health issues.

Nut milk

Nut milk is made from a mixture of water and ground nuts (e.g. almonds, walnuts). It is free from lactose, soy and gluten, and is low in calories and fat, but also lacking important nutrients such as calcium and protein. In the case of coconut milk, the fat content is much higher than that of low-fat milk, and protein is close to zero. Therefore, if you want to try this milk alternative, make sure to select a fortified version to get the nutrients you may need.

Grain and seed milk

Grain and seed milk alternatives are a common practice. However, it is important to consider that 30% of children with food allergies have other allergies, which may also include allergies to soy and nuts. Since many milk alternatives are made from these common allergens, it’s recommended to seek advice from a pediatrician before selecting a milk alternative for your child.

Grain milk

Grain milk is made from water and ground rice, oats, and vanilla. It contains oligosaccharides—a type of sugar that some people may have problems digesting. Grain milk is low in calories and fat, but also lacking important nutrients such as protein, calcium, and other vitamins. In the case of rice milk, the fat content is much higher than that of low-fat milk, and protein is close to zero. Therefore, if you want to try this milk alternative, make sure to select a fortified version to get the nutrients you may need.

Nutrient per 250 mL (1 cup)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Low-fat cow’s milk</th>
<th>Plain soy milk</th>
<th>Almond milk</th>
<th>Coconut milk</th>
<th>Rice milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>110</td>
<td>110</td>
<td>60</td>
<td>80</td>
<td>120</td>
</tr>
<tr>
<td>Protein</td>
<td>8 g</td>
<td>8 g</td>
<td>1 g</td>
<td>&lt;1 g</td>
<td>1 g</td>
</tr>
<tr>
<td>Fat</td>
<td>2.5 g</td>
<td>4.5 g</td>
<td>2.5 g</td>
<td>5 g</td>
<td>2.5 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>12 g</td>
<td>9 g</td>
<td>8 g</td>
<td>7 g</td>
<td>23 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>365 mg</td>
<td>450 mg</td>
<td>450 mg</td>
<td>450 mg</td>
<td>450 mg</td>
</tr>
</tbody>
</table>

*DV = % daily value based on a caloric intake of 2,000 calories per day.
Costco Pharmacy
Delivering health care beyond your expectations

At Costco Pharmacy, taking care of our patients is important to us and we take pride in the many services that we offer to make the lives of our patients just a little bit easier. We understand this and offer more than just prescription services. The health and wellness of our patients is the cornerstone of our business. We provide a variety of quality services that make us your trusted health and wellness centre. From health promotion clinics, medication reviews and immunization services, to online prescription home delivery, we have everything you want and need in one place.

HEALTH AND WELLNESS CLINICS
We offer pharmacist-led clinics on a variety of topics that may interest you, such as diabetes, heart health, osteoporosis and more. We use the latest devices to get real-time information about your health and how well your medicines are working for you. For example, with our diabetes clinic, we can determine within a few minutes how well your diabetes is managed by using a device that measures your A1C. This is a percentage that tells us how well controlled your blood sugars were in the past three months. The pharmacist’s knowledge and expertise can help you make sense of the test results and develop well-tailored action plans to become healthier.

IMMUNIZATION SERVICES
Costco pharmacy makes fighting the flu easier than ever. Every fall, we host several flu shot clinics in each of our locations to fit your busy schedule, and if you don’t have time to make an appointment, just come in. Our pharmacists can also conveniently administer other vaccines, such as the shingles vaccine or vaccines needed for travel. Come in today and ask about how our pharmacists can help keep you and your family up to date on immunization.

PRESCRIPTIONS BY MAIL
We are also committed to providing the most convenient and cost-effective ways for you to receive your prescription medications. This is why we have implemented our prescription home delivery by mail service. You can now order your prescriptions online and have them delivered straight to your doorstep in just three to five business days. This service is accessible 24 hours a day, from the comfort of your home or even through your mobile device. With free expedited shipping, this cost-effective program even provides a tracking number so you can follow your prescription from the pharmacy straight to your home.

INTERACTIVE VOICE RESPONSE SYSTEM (IVR)
With our interactive voice response system (IVR), you can also order your prescriptions over the phone for pick-up at the pharmacy at the time that is most convenient for you.

MEDICATION REVIEWS
As the medication experts, pharmacists can help you get the most out of your medicines. Our friendly and knowledgeable dedicated pharmacists offer comprehensive medication reviews to help you better understand your medicines, so that you can get the best results with the least side effects. By looking through all of your prescription medicines, as well as over-the-counter supplements you are taking, they can identify drug-related concerns and work with you and your doctor to offer solutions.

MEDICATION MANAGEMENT
Our pharmacists can authorize prescription refills for your chronic use medications so that you don’t miss a single dose. They can even adapt your doctor’s prescription so that it better suits your needs. This could mean changing the dosage form from, for example, a tablet to a liquid, so that it’s easier for you to take your medicine. In some provinces, we can also substitute your prescription for another drug within the same class to help make it more affordable. The pharmacist will then notify your doctor about the change.

MEDICATION ORGANIZER
Our pharmacies also offer blister packaging, which organizes all of your medications for you. To get your supplements and vitamins in the blister packs, you need to have them on a prescription. All of your prescriptions can be inserted into easy-to-use packages that clearly show when each dose needs to be taken, whether it’s in the morning, at noon, in the evening or at bedtime. This helps give you the peace of mind and confidence that your medications are being taken as intended.

At Costco Pharmacy, we put patient care at the forefront of our values, which means we are committed to ensuring that our pharmacists are supported with the most up-to-date knowledge and tools to provide you with the care you deserve. Our pharmacists and their teams provide motivated, passionate care, and are there for you when you need them, with no appointment needed.

When you choose Costco Pharmacy, you are choosing more than just quality products and low prices—we provide value through good service and convenience. Take charge of your health and come see for yourself what we have to offer. You can depend on our pharmacy teams to support your best, healthy self!
FOR CHILDREN WITH ATTENTION-DEFICIT HYPERACTIVITY DISORDER (ADHD), it may feel like their brains are on fast-forward, and that they are unable to remember where the remote is to press “pause.” This behavioural disorder affects children’s day-to-day functioning and development. Worldwide, 5% to 12% of school-age children have ADHD, and boys are about three times more likely to be affected than girls.1

Children with ADHD may appear overly excited, impulsive, unfocused and disorganized. While it is normal for a child to be restless sometimes, when such behaviour becomes an ongoing pattern that can have ill effects on a child’s life, it should be assessed by a medical professional.2 What’s more, 60% of diagnosed children are still affected by symptoms in adulthood.3 However, when recognized and treated effectively in childhood, it can be more successfully managed in adulthood. Here is a short summary on understanding the disorder and helping your child cope with his or her ADHD symptoms.

Symptoms and diagnosis
ADHD can be broken down into three subtypes based on a distinct pattern of behaviours.1,2

- **Inattention**
  - Difficulty paying attention to details
  - Making careless mistakes
  - Trouble staying focused and organized
  - Forgetting and losing things
  - Getting easily distracted

- **Hyperactivity-impulsivity**
  - Fidgeting and extreme restlessness (i.e., seeming to be always on the go)
  - Difficulty waiting or being patient
  - Excessive talking, interrupting, bursting out answers
  - Making rash decisions without considering the consequences

- **Combined**
  - The most commonly diagnosed type of ADHD
  - A combination of the two subtypes

Since there is no single test to diagnose ADHD, the doctor may need to perform a complete health evaluation, and interview you and even school staff to learn more about your child’s health and behaviour.3

**Behavioural and lifestyle changes**
Raising children with ADHD can be challenging, but it is important to remember that day-to-day life can be just as hard for them as they struggle with their own behaviour. On a positive note, effective techniques exist that can help you and your child learn how to better manage this condition, such as embracing certain lifestyle changes and learning new coping skills.4

One effective treatment is behavioural therapy. It is facilitated by a licensed therapist who aims to provide a child with practical skills to help with tasks that he or she may struggle with, such as being more organized and completing detailed work. The therapist also educates parents and caregivers about the condition and helps them learn ways to assist their child and manage the behaviour effectively.4

Here are some lifestyle changes that may be suggested during behavioural therapy sessions:
- **Create a routine.** Together with your child, create a daily schedule that includes time for play, homework and chores, and try to follow it every day. This can help add some structure to your child’s day.
- **Be more organized.** Put everyday items in the same place so that it’s easy for your child to find them and to prevent misplacing or losing them.
- **Manage distractions.** Turn off devices and the television when a child is focusing on a task. Reduce screen time. The Canadian Paediatric Society recommends no television watching time to children under the age of 2 and suggests that children 2 years of age and older be limited to less than one to two hours per day.3
- **Simplify.** Break down complicated tasks into smaller, simpler steps.
- **Healthy lifestyle.** A balanced diet and spending more time outside exercising can help your child manage his or her symptoms by burning off excess energy.

**Drug treatment**
While behavioural therapy can be very helpful, sometimes it’s not enough, and your child may need some extra help to cope. Your child’s doctor may prescribe ADHD medication, which generally comes in two types: stimulants and non-stimulants.

Stimulants are the most commonly used medicines. They get to work fast and help your child by balancing chemicals in the brain responsible for thinking and attention. Non-stimulants take a bit longer to start working, but may help to manage ADHD symptoms by improving focus, attention, and decreasing impulsive behaviour.4

Dealing with ADHD behaviour can be challenging for both children and caregivers. Although ADHD can’t be cured, it can be successfully managed through lifestyle strategies, behavioural therapy, and/or medication, so that your child can lead a productive, happy and successful life as an adult.4

**References**

As with any drug, there are benefits as well as serious risks that need to be discussed with your child’s doctor or pharmacist. If your child is currently taking any ADHD medication or has been prescribed one, speak to your Costco pharmacist today to learn more about the medication, its effects, risks, and any other special instructions you should know.4
Vaccines can help shield you from disease and illness

How the immune system works

The immune system is the body's natural defense against illness from bacteria and viruses (germs). When germs invade, they cause an infection. The immune system, which is designed to fight infection, is made up of many types of white blood cells. They are primarily composed of the following: T-lymphocytes, B-lymphocytes, macrophages, and natural killer cells.

- T-lymphocytes attack cells in the body that have been infected by a germ.
- B-lymphocytes produce antibodies that protect you from getting the disease a second time.
- Macrophages eat and digest germs, then leave parts of the germ on its surface. This allows the immune system to recognize it as a germ and create antibodies against it.

Vaccines explained

Vaccines take advantage of the body's ability to produce memory T-lymphocytes, and help the body develop immunity by imitating a specific infection without causing an illness. This way, the body can remember how to fight the disease again. Normally, the process of producing a targeted attack can take several days or weeks to happen. With the presence of memory T-lymphocytes, this process can be reduced to a matter of hours or days—so fast that illness doesn't even occur.

Vaccines are made from the same germs that cause the disease. However, they are either killed or weakened so that they won’t cause any illness. The vaccine can come in different forms: it can contain a dead germ, a piece of the germ, an inactivated toxoid made by the germ, or a live, weakened form of the germ. Sometimes it’s enough to get one dose of a vaccine to protect a person for life, but many vaccines require a booster shot. For instance, the antibodies produced by the measles vaccine can last a lifetime; however, antibodies for tetanus can fall below protective levels and require another injection to remind your body to keep itself protected. Some viruses, like the flu virus, change enough that the existing antibodies will not recognize the virus and respond, which is why a new flu vaccine is needed every year.

Immunization is recognized as one of the world’s most successful and cost-effective health discoveries. In fact, vaccines have saved more lives in Canada in the past 50 years than any other medical intervention. Even though vaccines have nearly eliminated diseases that were once common, there are still instances of vaccine-preventable conditions occurring. Getting vaccinated and keeping up to date on your vaccinations is the best way to prevent diseases that could be life-threatening.

Available vaccines

Different vaccines are recommended for different ages and medical conditions, and children and adults should get vaccinated for common diseases at certain stages of their life. For more information on your immunization schedule, contact your doctor or local pharmacist.

Vaccine-preventable diseases for which an adult (18+ years) may need a vaccine include:
- Diphtheria and tetanus (booster every 10 years)
- Hepatitis A and B
- Herpes zoster (shingles) especially for adults ≥ 50
- Human papillomavirus (HPV)
- Measles, mumps and rubella (German measles)
- Meningitis
- Pertussis (whooping cough)
- Pneumonia especially for adults ≥ 65
- Poliomyelitis (polio)
- Varicella (chickenpox)

Unlike those listed above, an important vaccine recommended once a year seasonally for anyone 6 months and older is the influenza vaccine (flu shot).

Your risk of disease can increase when you travel to another country. To prevent infections, discuss your travel plans with your pharmacist or health care provider at least four weeks prior to your departure.

Diseases common in other parts of the world that may be prevented by vaccination are:
- Cholera
- Hepatitis A and B
- Encephalitis
- Meningitis
- Rabies
- Typhoid fever
- Yellow fever

Getting vaccinated is easy

Getting vaccinated is an easy and simple process. To get started:

1. Talk to your doctor, pharmacist or local public health unit about the vaccines you need. To determine if a vaccine is needed, a health care provider may ask you:
   - what vaccines and diseases you had as a child or adult
   - your current age and if you have certain medical conditions
   - if you are pregnant, planning to become pregnant or breastfeeding
   - if you have certain risks resulting from your lifestyle, type of work or if you are travelling

2. Obtain and safely store your personal immunization record used to keep track of all the immunizations you have received. This can either be your yellow immunization card or an app called CANImmunize, which can be downloaded to your smart phone or other mobile device. You can also visit your local public health unit to acquire a summary of your current vaccination status.

Your pharmacist’s role in immunization

Pharmacists are accessible health care professionals who can provide you with valuable information on getting vaccinated. Your Costco pharmacist can provide education, counselling, monitoring and administration of certain vaccines such as flu or travel vaccines.

Immunization is one of the best ways to prevent serious illness and death. Speak to your local pharmacist or doctor today to make sure you are up to date on your vaccines.

References


Did you know

As the body builds immunity, it’s possible to experience some minor symptoms of illness. These minor symptoms are normal after taking a vaccine, and often resolve within 24 hours of getting the shot.
What is dementia?
Dementia is a term used to describe a set of symptoms related to brain function such as a decrease in memory or a decline in thinking skills. These symptoms lower a person's ability to perform everyday tasks.1 Even though dementia mostly affects older people, it is not a normal part of healthy aging.2 Here is a quick guide to understanding this condition and to providing caregivers with tips that may help them cope when caring for a loved one with dementia.3

Age-associated memory loss and dementia can be told apart in a number of ways:3

<table>
<thead>
<tr>
<th>Normal aging</th>
<th>Dementia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not being able to remember details of a conversation or event that took place a year ago</td>
<td>Not being able to recall details of recent events or conversations</td>
</tr>
<tr>
<td>Not being able to remember the name of an acquaintance</td>
<td>Not recognizing or knowing the names of family members</td>
</tr>
<tr>
<td>Forgetting things and events occasionally</td>
<td>Forgetting things or events more frequently</td>
</tr>
<tr>
<td>Person may be worried about their memory but relatives are not</td>
<td>Relatives are worried about the person's memory, but the person is not aware of any problems</td>
</tr>
</tbody>
</table>

Sometimes, people in the early stage may not need much help,4 and they may understand how they are changing and wish to help plan and direct their future care.5 As the disease gets worse, the person may have less control over their emotions and behaviour.6 Their behaviour and personality may change, and they may need more help taking care of themselves.

How can caregivers manage the behaviour changes that happen in a person with dementia?
Behaviour and personality changes from dementia are a major source of distress to people with the disease and their caregivers. The chart (opposite page) shows strategies to help caregivers manage these common behaviours.6

What tools can be used by people with dementia to help them remember to take their medication?
People with dementia may need to take a number of medications for various medical conditions. Dementia can make it difficult for them to remember to take their medications every day. Certain habits may help a person cope with memory problems so that they remember to take their medication regularly.4

• Keeping a routine (taking the medication at the same time each day)
• Setting an alarm as a reminder to take the medication
• Organizing the medication (e.g., with a dosette or blister pack)

Your pharmacy may be able to help by preparing blister packs. These packages organize each dose of medication by time of day and day of the week. Speak with your Costco pharmacist to learn more about this packaging system that can help patients take their medication regularly and as prescribed.

Dementia is a progressive condition that gets worse with time. While it may progress faster for some people, it usually takes years to reach the advanced stages. If you or someone you love has symptoms that cause you concern, discuss them with your doctor or pharmacist. For more information and advice on how to recognize and manage dementia, visit the Alzheimer Society of Canada at www.alzheimer.ca.

References

BEHAVIOUR
Wandering: walks away from home unattended with the risk of becoming lost (even in familiar places)
Restlessness: paces nervously, drums fingers, etc., for long periods of time
Repetitive actions: repeats words and actions over and over again (e.g., repeating questions)
Suspicion: thinks others are trying to hurt him/her, accuses others of stealing possessions

STRATEGIES FOR THE CAREGIVER
• Keep a diary of when and where the person wanders to identify a pattern and possible triggers
• Consider camouflaging doors with posters or wallpaper
• Consider purchasing an alarm that alerts you when the person has opened a door or window
• Notify neighbours about the situation
• Have your loved one wear an ID bracelet (e.g., MedicAlert)
• Ensure regular walks and exercise
• Distract the person with a meaningful activity
• Provide a healthy balanced diet with limited intake of caffeine and sugar
• Calm the person with music or touch
• If the behaviour does not bother you, do nothing
• Change the subject and stay calm
• Provide comfort
• Don’t argue or try to reason with him/her
• Don’t take accusations personally
Management Solutions for an Uncomfortable Problem

Understanding benign prostatic hyperplasia

IT IS NORMAL to notice some health changes as we get older. One such age-related health concern, common among men, is called benign prostatic hyperplasia (BPH), also known as an enlarged prostate. In fact, it is so common that approximately 40% of men in their 50s will have it.1 Here is more information on how to recognize BPH and help treat its uncomfortable symptoms.

Understanding the prostate gland and BPH

The prostate gland is a part of the male reproductive system. This walnut-sized organ sits around the urethra, the tube that carries urine and semen through the penis.1 The main function of the prostate is to add nutrients and fluid to sperm to create semen as it flows through the tube.

It is common for the prostate to grow as men age, particularly for men over the age of 40.1,2,3 In some instances, this growth may not lead to any symptoms. However, in some men, this may cause the prostate to press on the urinary tract and the bladder, resulting in some uncomfortable urinary symptoms. Approximately 50% of men with BPH experience some or all of these unpleasant symptoms:2,3

- Difficulty passing urine/trouble starting to urinate
- Frequent and/or uncontrollable need to urinate (especially at night)
- Weak, slow or interrupted urinary stream or straining to urinate
- Inability to empty bladder completely
- Dribbling of urine

While the exact cause of BPH is not completely understood, it appears to be related to changes in testosterone hormone production that come with aging.3

What to expect at a doctor’s appointment

To check if you have BPH, your doctor will likely start by asking detailed questions about your symptoms and request some tests and physical exams, which can include a digital rectal exam, urine and blood tests, and a 24-hour urine voiding diary. If you have a higher risk for prostate cancer, your doctor may order an additional test called a prostate-specific antigen (PSA) blood test. PSA is a substance produced in your prostate which increases when you have an enlarged prostate or when cancer is present. It is important to note that PSA tests aren’t foolproof, and it’s possible to have a high PSA level when cancer isn’t present. Talk to your doctor about whether a PSA test is right for you.1

What options do I have to treat BPH?

You don’t have to suffer through unpleasant and uncomfortable BPH symptoms. Fortunately, there are several options available to you. Your doctor will suggest the best treatment for you based on the size of the prostate, age, overall health, and the level of discomfort caused by your symptoms.3

In some cases, your doctor may recommend a combination of these medication classes to better manage your symptoms.

Watching your health more closely as you get older is an important habit. Although you may find it awkward to speak about this topic, paying attention to any new symptoms and speaking about them with your doctor or pharmacist can help you lead a happy and healthy life.7

Are herbal remedies a good option?

One herbal option often marketed to manage BPH is a supplement called saw palmetto. Saw palmetto is made from the ripe berries of a native plant in America. However, most studies have shown that taking saw palmetto does not help with BPH symptoms.2,3 Stay safe and talk with your doctor or pharmacist before starting any herbal therapy, as some of your current medical conditions or the medications you take can be affected by herbal remedies.

Having blood in your urine may be a red flag for a more serious condition. You should see your doctor immediately in this situation.5

References

A New Breed of Diabetes Drugs

SGLT2 inhibitors: Are they right for you?

DIABETES IS A COMMON HEALTH CONDITION that affects about 3.5 million Canadians, with the cost to the health care system estimated at $3.4 billion. It’s a condition in which the body does not manage blood glucose (sugar) properly because it cannot effectively produce or respond to insulin. Insulin is an important hormone produced in the pancreas that helps to move sugar out of the bloodstream and into the cells that need it.1

When diabetes is not properly managed, the extra sugar in the blood can eventually cause health problems to the eyes, kidneys, heart and nerves. In addition to exercising regularly, eating healthy and shedding some pounds, diabetes medications are often required to help keep blood sugars in check.2

While a number of different types of diabetes medications have been available for some time now, a completely new class of agents is now available in Canada, called sodium-glucose co-transporter 2 inhibitors (SGLT2 inhibitors). This article sheds some light on this newer medication class which may have other benefits besides just reducing your blood sugar.

What are SGLT2 inhibitors?

SGLT2 inhibitors work differently than other diabetic medications. SGLT2 is a protein in the kidney that helps move sugar back into your blood.3 SGLT2 inhibitor drugs stop the protein from doing this, allowing the kidneys to remove extra sugar through the urine, resulting in lower blood sugars.3,4

Are they right for you?
The SGLT2 inhibitors in Canada are known as Invokana® (canagliflozin), Forxiga® (dapagliflozin), and Jardiance® (emagliflozin). They are only approved for use in people with type 2 diabetes. They can be used on their own, along with diet and exercise, or with other medications to decrease blood sugar levels.3

Besides being effective in helping to reduce blood sugar levels, these drugs have added benefits. Taken only once a day, these medications may also help lower blood pressure and contribute to weight loss.4

Jardiance® (emagliflozin) is the only diabetes drug on the market that has also been proven to protect the heart in people with type 2 diabetes and heart disease.5

Because SGLT2 inhibitors increase the amount of sugar in the urine, one of the most common side effects includes bladder infections in both men and women.5 Another concern with this medication, more commonly affecting women, are yeast infections.6 An easy way to lower your risk of these side effects is to drink plenty of fluids and practice good bathroom hygiene.

If any unusual or serious symptoms occur that include difficulty breathing, nausea, vomiting, abdominal pain, confusion or tiredness, seek a doctor’s advice.7 These symptoms are signs of diabetic ketoacidosis (DKA), a more serious, but rare, side effect of SGLT2 inhibitors.5

Living with diabetes does not have to be overwhelming. If you or a loved one has type 2 diabetes, speak to your Costco pharmacist or doctor about your options. There are many lifestyle tips and medication options that can help you have the quality of life you deserve.

If you’re experiencing weight gain with your current diabetes medications and/or are having problems controlling your blood sugars, make sure to speak with your Costco pharmacist about conducting a diabetes medication review. This one-on-one consultation allows the pharmacist to assess all your current medications, including your diabetes medicine, to determine the right treatment plan for you in conjunction with your doctor. This way, your doctor can also assess whether SGLT2 inhibitors would be an appropriate option within your diabetes treatment plan.
Overcoming SLEEP APNEA

Sleep better, feel sharper

IT IS WELL KNOWN that a good night’s sleep plays an important role in health and wellbeing. However, despite getting enough sleep at night, a person may still feel tired and sleepy the following day. While there could be many possible causes for this, one issue worth looking into is a common type of sleep disorder called sleep apnea. It’s estimated that about 850,000 Canadian adults have this condition.1

What is sleep apnea?
The word “apnea” means “no breathing,” so as the name suggests, sleep apnea is when breathing pauses during sleep.1 A person may temporarily stop breathing from between just a few times up to hundreds of times each night, with each apnea episode usually lasting from 10 to 30 seconds.2 Every time an apnea episode occurs, your brain detects lowered oxygen levels and makes you wake up for a brief moment to resume breathing. Usually, you will not even realize that you are waking up many times at night. Loud snoring followed by silent pauses is common in people with this sleep disorder; simple snoring may not mean that you have sleep apnea.2

Some common signs and symptoms of sleep apnea include:2,4

- Fatigue, daytime sleepiness
- Irritability/mood changes
- Gasping/choking during sleep
- Difficulty concentrating/memory problems
- Morning headache

What causes sleep apnea and who’s at risk?
The most common type of sleep apnea is obstructive sleep apnea (OSA). This happens when a muscle in the throat, or even the tongue, relaxes during sleep and leads to a blockage in the airways. Common causes that may put a person at risk for developing OSA include obesity, large tonsils and/or adenoids (glands), male gender, and being over the age of 40, among others.2,4

How does your doctor confirm if you have sleep apnea and what can be done?
You may have sleep apnea without even knowing it. Therefore, it is important to recognize the symptoms and promptly seek professional medical attention. Your doctor may refer you to a sleep clinic for an overnight sleep test to find out how often you stop breathing during sleep and to measure several other body functions such as brain activity, oxygen levels, heart rate and breathing rate.

Treatment depends on the severity of the condition. Although there are no medications that treat sleep apnea, a Continuous Positive Airway Pressure (CPAP) machine is one of the most common and effective treatments for moderate to severe OSA. Through a mask, the machine supplies a consistent flow of air into your nose and down to the airways to hold them open while you sleep.

Sleep should not be ignored! If left untreated, it can, over time, lead to serious illnesses such as high blood pressure, diabetes, stroke, heart attack and depression. One could even risk falling asleep while driving, causing a motor vehicle collision.2

You can also help to manage sleep apnea by making changes to your lifestyle and how you sleep. This includes:2

- Maintaining a healthy weight
- Exercising regularly
- Quitting smoking
- Limiting alcohol
- Following a regular sleep schedule
- Sleeping on your side and not on your back

If you think you might have sleep apnea, make an appointment with your doctor. Effective options and lifestyle tips are available to help you get the restful sleep you need!1

References

Some medications can interfere with sleep and make sleep apnea symptoms worse. To learn how the medicines and supplements you are taking may affect your sleep, talk to your Costco pharmacist today.
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