



WHAT'S AVAILABLE AT THE PHARMACY FOR DIABETES AND OBESITY

Pharmacies – mediators between doctor and patient

Jovel Johnson

One of the main functions of a pharmacy is to help in facilitating proper health care in the community by way of dispensing medication to those who seek them. Obesity and Diabetes are two conditions that require services of pharmacies to help keep patients on their medications and give supporting advice.

Linton Oliver, pharmacist at Best Care Pharmacy in Falmouth, Trelawny, told The Times some of the medications that are taken for obesity and diabetes.

"One medication used for obesity is Dininpel. That is an appetite depressant. This is \$20 per capsule and it's to be taken two times per day before meals to effectively suppress the appetite. Duromine is another appetite depressant. That is \$40 per capsule. That is to be taken once per day before meals," he said.

Xenical is a powerful and effective drug which helps immensely in the fight against obesity. "With Xenical, whatever fat you eat (30%) is passed. It gets rid of the excess fat. It doesn't work immediately. In about three months, results are noticed. It's very expensive though. It's \$105 per capsule and it should be taken three times per day with meals," he said. Side effects associated with Xenical are diarrhea and flatulence.

All medication mentioned above must be prescribed by a medical doctor.

Xenical



OVER-THE-COUNTER

Over the counter diet pills are also available. These include products such as Hydroxy Cut, Xenadrine and Fat Burner. "These increase metabolism. Whatever you eat, the pills will burn off fat. Results will vary, as people's metabolic rates are different. It depends on the person, but what it does is it makes a fat person's metabolism speed up. Some of the side effects from the pills are sweating, headaches and dizziness. Hydroxy Cut is \$360 per dozen (pills), Xenadrine is \$300 per dozen and Fat Burner is \$240 per dozen," Mr. Oliver said.

An alternative to the pills is what is called the Dieter's Tea. This is a tea bag which is drunk one to two times a day with or after meals. This costs approximately \$250. One main side effect is very loose bowels due to the product's laxative qualities. Also, this not

only gets rid of fats, but it gets rid of everything which includes good nutrients. Therefore, the body does not get a chance to hold on to anything.

DIABETIC MEDICATION

Mr. Oliver stated that there are two types of Diabetes and they call for different types of medications. "Insulin is used for Type 1 Diabetes. Novoline 70/30 and Humuline are the different types of insulin. The Novoline 70/30 costs \$1,145 and the Humuline costs \$1,150. They should be used in the morning just before meals," he said. The needles are available at the pharmacy.

He continued, "Type II Diabetes means that the body is producing a small amount of insulin, but not enough to control the glucose level in the body. Tablets that are available for that are Daonil and Metformin. The Daonil is \$13 per tablet and should be taken before meals and Metformin is \$5 per tablet and should be taken after or during meals." Mr. Oliver said the frequency in which both drugs are taken depends on the severity of this type of Diabetes. "Both can be taken one to three times per day," he said.

There are always new developments in medicine and for Diabetes, it is no different. According to Mr. Oliver, finer point needles are now out with the advantage being that it is less painful for sufferers injecting insulin in the body. It is approximately \$12 per needle. There are gadgets that may be used at home for testing blood sugar levels. "One Touch", "Prestige", "Sure Step" and "Precision" are very popular devices used by diabetics. "These are more accurate because blood is used instead of urine and it is less painful," Mr. Oliver said. One Touch goes for \$1,150; Prestige, \$1,050; Sure Step, \$1,100 and Precision, \$1,200.

Mr. Oliver said that diabetes is a very common and widespread condition in Jamaica. "More than 65% of our clientele comes in for medication for diabetes and we look after over a hundred."

He also said that obesity wasn't so bad in the past. "I think it's because we have adopted the American way of life with all the fast food restaurants and that type of diet is bad."

Duromine



Complications associated with Diabetes

If Diabetes is not well controlled, you may be at risk for developing health complications related to your Diabetes. These include problems with your:

Heart: People with Diabetes have extra reason to be mindful of heart and blood vessel disease. Diabetes carries an increased risk for heart attack, stroke and complications related to poor circulation.

Skin: As many as one third of people with diabetes will have a skin disorder caused or affected by diabetes at some time in their lives. In fact, such problems are sometimes the first sign that a person has Diabetes. Luckily, most skin conditions can be prevented or easily treated if caught early.

Foot: People with Diabetes can develop many different foot problems. Foot problems most often happen when there is nerve damage in the feet or when blood-flow is poor.

Mouth: People with Diabetes are at increased risk for gum disease and other mouth-related problems.

Eyes: Diabetes can cause eye problems and may lead to blindness. However, early detection and treatment of eye problems can prevent serious problems from developing.

Kidney disease: Diabetes can damage the kidneys, which not only can cause them to fail, but also make them lose their ability to filter out waste products.

Nerve damage: One of the most common complications of Diabetes is Diabetic Neuropathy. Neuropathy means damage to the nerves that run throughout the body, connecting the spinal cord to muscles, skin, blood vessels and other organs.

With proper care and vigilance on your part, many Diabetes-related complications can be prevented.