

# Newsflash

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## Do You Need a Medical Alert System?

If you (or a loved one) are at risk of falling or have a condition that makes a future health emergency likely, you might want to consider a medical alert system. Wearing one allows people to contact a dispatcher or a friend or family member. There are a variety of options to choose from. The main considerations are:

### In-Home vs. Mobile

Home-based systems can operate over landlines or cellular networks, and may be a good choice for people who don't leave the house that often. Mobile systems allow people to call for help from anywhere and to be found using GPS.

### Monitored vs. Unmonitored

Monitored systems connect to a 24/7 line manned by trained dispatchers. Unmonitored systems, which are generally cheaper, allow people to contact friends and family on a programmed emergency call list.



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## TIPS FOR EXERCISING WITH ALLERGIES

As the weather warms, it is exhilarating to shift your daily exercise routine from inside to outside. Here are some tips to consider to help assure you can stick to your exercise regimen during pollen season.

1. **Consider the weather.** If it is dry and windy, you should opt for the indoor treadmill. During high pollen season, the best time to exercise outdoors is during or right after the rain.
2. **Consider the time of day.** In addition to staying out of peak sun, early morning affords the added benefit of dew to keep the pollen at bay.
3. **Consider the type of exercise.** Outdoor yoga is easier than something more strenuous like long runs or CrossFit, but definitely consider your options to maintain your regimen during allergy season. If not, shower to get any lingering pollen off your skin and hair. It is also wise to wash your exercise clothing to remove pollen from those, as well. Consider using nasal saline spray or rinse after outdoor exercise during pollen seasons to remove allergens from your nose.
4. **Pollen exposure can trigger your asthma.** Exercise-induced asthma is caused by a narrowing of the airways in the lungs that is triggered by strenuous exercise. It can cause shortness of breath, wheezing, coughing, and other related symptoms caused by bronchoconstriction. Consider some preventative measures such as using your asthma medications (short-acting beta-2 agonists such as albuterol inhaler) 10 minutes prior to exercising. These medications can help prevent the airways from contracting. Another asthma treatment that may be useful taken 15-20 minutes before exercise is inhaled cromolyn sodium, such as Intal® or Tilade®.
5. **It goes without saying...**that if you are using over-the-counter antihistamines such as Zyrtec®, Allegra®, and Claritin®, you should use these as directed on the package or by your physician to help manage your allergy symptoms during exercise.
6. **Try to avoid lawn mowers.** While you may wish to use this tip to get out of mowing your own lawn, lawn mowers kick up a lot of pollen and even mold, you should try to steer clear whenever possible, even if it is just crossing the street.

## If you have type 2 diabetes, it's time to get tested for chronic kidney disease



Our goal is to help you take the best care of your health. We know you're doing all you can to manage your type 2 diabetes. That's why we want you to understand the importance of getting tested at least once a year for chronic kidney disease in type 2 diabetes (CKD in T2D).



**Diabetes is the #1 cause of kidney failure—up to 40% of people with T2D develop CKD.**

### How can I find out my risk for developing CKD?



There are generally no symptoms of chronic kidney disease until you reach the later stages of CKD. Once you experience symptoms of CKD, the disease is usually in an advanced stage and, in some cases, you may be close to needing kidney dialysis or transplant. A urine albumin-to-creatinine ratio (UACR) urine test checks for protein in the urine, one of the earliest signs of CKD or kidney damage. This test should be conducted annually, along with an estimated glomerular filtration rate (eGFR) blood test, which measures your kidney function. The earlier you find out if you have CKD in T2D, the more you can do to slow the progression and prevent further kidney damage.



### Where can I get screened for CKD?

Talk with your doctor about taking a UACR test and an eGFR test. If you're scheduled for any lab work, ask your healthcare provider to include these 2 important tests. You can review the results together at your next appointment.

**Make an appointment today to ask about taking a UACR test and an eGFR test. Learn more at [CKDinT2D.com](https://www.CKDinT2D.com)**

This information has been developed through a collaboration of Bayer and the National Kidney Foundation.

