

Louisiana Pharmacists Association

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FOR IMMEDIATE RELEASE

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Louisiana Pharmacists Association Promotes Safe Holidays for Patients

Pharmacists are the key to success in managing chronic disease. Patients with chronic disease states, such as diabetes, hypertension and hyperlipidemia, can enjoy the holiday season while successfully managing their condition. Here are a few tips that can aid patients when navigating holiday parties, dinners, and travel.

When Attending Holiday Parties and Dinners

- Remember to maintain a healthy diet on days between events.
- Never starve the day of the event in order to later binge while attending the planned function. Eat regular healthy meals prior to the event, then you will eat less when tempted to splurge.
- Bring a healthy dish to the party thereby giving you and others a healthy option.
- Use a smaller plate, such as a salad plate, in order to limit portions.
- Balance what you eat by selecting some fruits and vegetables with your meal.
- Opt for lean meats like turkey, ham, and even beef, instead of sausage, salami, and chorizo.
- Remember that many casseroles and dressings are loaded with fat, salt and salt-containing seasonings: Vegetables can be a better option.¹

When Travelling

- Be sure to pack enough testing supplies to ensure that you don't run out.
- Place supplies in a carry-on. Fingertick devices are legally allowed aboard airlines!

- Pack healthy snacks in the carry-on and keep the bag at your seat for easy access.
- If you are going on an extended trip with an airline or train that will be serving a meal, contact the company in advance to see if they can arrange for a healthy meal option such as a low fat or low sodium dinner.
- Be sure that all medications are packed in your carry-on and are clearly labeled with the original packaging.¹

General Tips

- It is important to perform more frequent tests due to the deviation from routine that is likely to occur during the holidays.
- Incorporate a minimum of 30 minutes of exercise five days a week into the holiday schedule.

The holidays should be a time of happiness for all to spend with family and friends. Be sure to have fun, spread some joy and receive some cheer. There are no bad foods only bad amounts! Choose small amounts, enjoy them slowly and remember to check your blood sugar or blood pressure after the party just in case. Speak to your pharmacist today if you have any concerns about your holiday travels or events.

1. "CDC Features - Managing Diabetes During the Holidays." *Centers for Disease Control and Prevention*. Web. 28 Nov. 2011. <<http://www.cdc.gov/Features/DiabetesManagement/>>.

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The Louisiana Pharmacists Association, established in 1882, strives to promote the interests of all pharmacists of the State of Louisiana. For more information

**about the LPA and its benefits, contact Phyllis Perron, LPA Executive Director
at 225/346-6883 or visit our website at www.louisianapharmacists.com.**

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