

Confluence

Bayshore Specialty Rx Newsletter



Taking a proactive approach to diabetes education and management



Diabetes is one of the most serious health issues facing Canadians today. According to the Canadian Diabetes Association, nine million Canadians – or about one in four people – are already living with this disease or its precursor, a condition called prediabetes (in which blood sugar is elevated, but not high enough for a diabetes diagnosis). Research shows that the prevalence of diabetes is on the rise.

There are two forms of diabetes. About 10 per cent of cases are type 1, which is caused by the insufficient production of insulin, a hormone created in the pancreas. The body needs insulin to produce glucose (sugar) from foods and control blood sugar. Without insulin, sugar can build up in the blood to harmful levels, and this can contribute to serious health problems including heart disease, stroke, kidney disease and blindness.

Type 1 diabetes, often diagnosed during childhood or adolescence, is not preventable. People who have type 1 diabetes must manage the condition by taking insulin regularly. There are many types of insulin, and it is available in syringes, pumps and pens.

The vast majority of people with diabetes have type 2, in which the pancreas doesn't make enough insulin, or the body may not be using insulin properly. Unlike type 1 diabetes, type 2 can be prevented or delayed through interventions such as being physically active, maintaining a healthy weight and choosing nutritious foods. However, the disease is on the rise around the world, as the population ages and becomes increasingly sedentary, and obesity rates creep higher.

Diabetes causes over 40,000 deaths per year

People of Asian, Aboriginal, Hispanic, African or South Asian descent are at higher risk for type 2 diabetes. Other risk factors include high blood pressure; having an immediate family member who has diabetes; impaired glucose tolerance; and having high levels of cholesterol or fats in the blood. The Canadian Diabetes Association reports that diabetes is a contributing factor in the deaths of about 41,500 Canadians annually, and adults who have diabetes are twice as likely to die prematurely than people without the disease.

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Bayshore Specialty Rx offers a wide range of specialty pharmacy, infusion and patient support services to clients such as government care programs, pharmaceutical companies and other health care organizations. Our goal is to improve patient care through an integrated approach to home and community infusion services. We are a division of Bayshore HealthCare, Canada's largest provider of home and community health services.

Specialty Pharmacy

Our state-of-the-art pharmacy specializes in the preparation, storage and delivery of infusion, injection and specialty medications used in areas such as anti-infection therapy, chemotherapy and TPN (total parenteral nutrition). We also distribute infusion equipment and supplies and provide support services in this area.

Infusion Clinics

Our national network of over 25 community care clinics offers an alternative to the hospital setting for people who require infusion or injection of specialized medications.

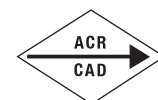
Patient Support Services

We assist pharmaceutical companies and health care organizations through services that include specialty nursing, clinical consultants, case management, reimbursement services, home infusions, injection training, clinical trials support, a clinical programs call centre, and drug warehousing and distribution.

COMPANY OVERVIEW



Bayshore Specialty Rx, 2155 Dunwin Drive, Unit 10, Mississauga, Ontario L5L 4M1



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Diabetes education and management (continued)



There is also a staggering financial cost to this disease. A person living with diabetes may spend up to \$15,000 per year on medication and supplies. It's estimated that in a decade, diabetes will cost our health care system nearly \$17 billion a year.

Health care providers are taking measures to educate their patients and the public about the impact of type 2 diabetes and what they can do to lower their risk, especially lifestyle changes such as exercising more and losing weight.

People who are at high risk or have been diagnosed with type 2 diabetes can benefit from the support of Diabetes Education Centres (DEC), which are located in hospitals and community health centres across Canada. DECs offer classes on topics such as meal planning, understanding food labels and managing stress. Educators also cover aspects of diabetes management, including how to monitor blood glucose, preventing complications and foot care.

Other organizations are also helping to raise diabetes awareness. Bayshore Specialty Rx has several nurses who are certified diabetes educators. It has also

partnered with a pharmaceutical company to provide education in diabetes management, and is planning additional programs over the next few years.

"We're expanding our diabetic expertise and the services we offer to clients with diabetes," says Suzanne Nagy, Director of Pharmaceutical Services at Bayshore Specialty Rx. "This year, we're developing support services for DECs across the country."

Bayshore also recently became a part owner of Diabetes Express, a company in Mississauga, Ont., that offers diabetic supplies such as insulin pumps and blood-sugar testing strips, online to diabetic patients (diabetesexpress.ca). With Bayshore's assistance, the company plans to increase client support and share its diabetes expertise through patient education (such as workshops on insulin pumps), explains Jean LeBlanc, Director of Sales and Marketing, who founded the company in 2005. Diabetes Express has the potential to reach many people through Bayshore's national network of branches.

As research on the impact of diabetes in Canada continues, many health care professionals are taking steps to combat what is already being called an epidemic. "We're committed to helping people manage chronic disease," says Nagy. "Diabetes is a major issue in Canada, and patient education is an essential part of effective disease management."

For more information, please contact snagy@bayshore.ca

*References:
<http://www.diabetes.ca>
<http://eatrightOntario.ca>
<http://tndms.ca>*

Bayshore Specialty Rx wins contracts with two Ontario CCACs

Bayshore Specialty Rx recently won a two-year contract (with renewal option) to be the sole provider of infusion equipment and supplies for Ontario's Central East Community Care Access Centre (CCAC), which serves a large area that includes Campbellford, Haliburton, Lindsay, Peterborough, Port Hope, Scarborough and Whitby. Bayshore will provide syringes, intravenous bags, tubing, pumps and poles.

The contract begins in April, and the company is hiring staff to accommodate the growth in business.

"We're pleased to offer care to people in their communities, so they don't have to stay at or return to the hospital," says Janet Daghli, Bayshore's Director of Community Partnerships.

Bayshore Specialty Rx, in partnership with Canada Care Medical, has also been awarded a contract with Ontario's Central CCAC to provide 50 per cent of infusion supplies, equipment and medication to clients in northern Toronto and York Region.

Specialty Rx pharmacy has been investing in people, technology and warehouse systems.

"We are very excited about continuing and expanding our services to meet the needs of Central East CCAC and its clients, as well as being selected as a new provider for Central CCAC," says Bill Perks, Director of Pharmacy for Bayshore Specialty Rx. "We are well-prepared to meet both CCACs' needs. Over the past several years we've made ongoing investments in people, pharmacy technology and warehouse systems."

For more information, please contact jdaghli@bayshore.ca or bperks@bayshore.ca

INFUSION CLINICS OFFER AN ALTERNATIVE TO HOSPITAL SETTING

Bayshore Specialty Rx operates over 25 infusion clinics across the country that offer a comfortable environment and alternative to the traditional hospital setting for individuals who require infusion or injection of specialized medications.

PLEASE CONTACT US FOR MORE INFORMATION

For more information about any of the services mentioned in this newsletter, please contact Bill Perks at bperks@bayshore.ca (specialty pharmacy) or Suzanne Nagy at snagy@bayshore.ca (infusion clinics and client support services).

Confluence is published by Bayshore Specialty Rx for the information of its clients and referral sources. For more information about this newsletter or to submit story ideas, please contact Mary Mamak at 1-800-668-9490, Ext. 339 or mmamak@bayshore.ca.

The logo for Bayshore Specialty Rx features the word "Bayshore" in a large, blue, serif font with a green wave-like graphic under the "y". Below it, "Specialty Rx" is written in a smaller, green, sans-serif font.