

Heartland Medical Equipment offers affordable quality solutions for all of your home health care needs. With a full range of medical equipment and supplies, Heartland Medical Equipment will provide you with both superior products and a knowledgeable staff. Rediscover the confidence that comes with independence—venture to work, play, school, or wherever your imagination takes you. With the right products, nothing will slow you down!

At Heartland Medical Equipment, we understand that living with certain medical conditions and disorders or recovering from injuries and surgeries can be difficult to cope with, and that shopping for specialty products can be frustrating. It is this understanding that leaves us confident that our trained and experienced consultants will help you find the right solution for managing your condition and regaining your independence. We have been providing quality care and products for 20 years in a comfortable and professional setting and offer educational information designed to help you come to a better understanding of your condition and its methods of treatment.

When you're recovering from surgery or learning to live with a chronic condition, it's important to keep your energy focused on your health. You shouldn't have to worry about your medical supplies or whether you have the right equipment to help ease your transition home. At Heartland Medical Equipment, we'll do all of that for you and more. We provide you with the latest and best in home health care equipment to make your life more enjoyable.



**"Where your health comes first"**



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Visit our Website at:  
[www.heartlandmedequip.com](http://www.heartlandmedequip.com)

Heartland Medical Equipment makes getting your Diabetic Supplies easier than ever. You can reorder by phone and have supplies shipped to your home; or you can personally purchase supplies in store. Internet ordering will be available soon.

If prescriptions and information on your account are current, most orders ship within 24 hours.



**DIABETIC SUPPLIES**



## All About Diabetes



Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

There are 20.8 million children and adults in the United States, or 7% of the population, who have diabetes. While an estimated 14.6 million have been diagnosed with diabetes, unfortunately, 6.2 million people (or nearly one-third) are unaware that they have the disease.

In order to determine whether or not a patient has pre-diabetes or diabetes, health care providers conduct a Fasting Plasma Glucose Test (FPG) or an Oral Glucose Tolerance Test (OGTT). Either test can be used to diagnose pre-diabetes or diabetes. The American Diabetes Association recommends the FPG because it is easier, faster, and less expensive to perform.

With the FPG test, a fasting blood glucose level between 100 and 125 mg/dl signals pre-diabetes. A person with a fasting blood glucose level of 126 mg/dl or higher has diabetes.

In the OGTT test, a person's blood glucose level is measured after a fast and two hours after drinking a glucose-rich beverage. If the two-hour blood glucose level is between 140 and 199 mg/dl, the person tested has pre-diabetes. If the two-hour blood glucose level is at 200 mg/dl or higher, the person tested has diabetes.



## Major Types of Diabetes

### Type 1 diabetes

Results from the body's failure to produce insulin, the hormone that 'unlocks' the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5-10% of Americans who are diagnosed with diabetes have type 1 diabetes.

### Type 2 diabetes

Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes.

### Gestational diabetes

Gestational diabetes affects about 4% of all pregnant women - about 135,000 cases in the United States each year.

### Pre-diabetes

Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. There are 54 million Americans who have pre-diabetes, in addition to the 20.8 million with diabetes.

**Heartland Medical Equipment** provides diabetic patients with the items they need to properly manage their diabetes. Our expert staff will show patients how to use their meters and assist them with any issues that arise while they manage their diabetes to help keep them on track.

## Diabetic Products & Supplies

- Glucose Meters and Strips
- Lancets and Lancet Devices
- Diabetic Supply Organizers
- Carrying Cases
- Sharp Containers
- Diabetic Shoes and Inserts
- Diabetic Socks
- Compression Stockings

## Diabetic and Orthopedic Shoes

Foot care is an important part of managing diabetes to stay healthy. According to Juvenile Diabetes Association, foot disease is the most common diabetes complication leading to hospitalizations. By starting preventive measures early, it is possible to avoid later foot complications and enable you to maintain an active, independent lifestyle.

Our selection of diabetic shoes are not only comfortable, but look great as well. They were designed by a team of podiatrists and pedorthists to provide extreme comfort and protection of the foot.



Most shoes come with one to three insoles with each pair. Plastazote insoles (moldable insoles) are also available. These insoles are heated and molded to each foot to assure a custom fit. If Medicare approved for diabetic shoes, Medicare will pay for three pairs of molded insoles per year.

### **Advantages of Diabetic Shoes**

- Hidden-depth rocker soles
- Removable conform orthotics
- Seamless spandex uppers

### **Advantages of Moldable Insoles**

Moldable insoles limit stress to the most susceptible area of the foot; relieving tension in the lower back. Moldable insoles are recommended for diabetics, people with arthritis, or anyone seeking comfort and extra support.