

# Learn how to take charge of your diabetes with healthcare team

## November is National Diabetes Month

SPRINGFIELD -- Newer drugs, easier glucose monitoring, focusing on a healthy lifestyle and a coordinated approach working with your health care team is resulting in better outcomes for diabetes patients.

According to Dr. Cecilia A. Lozier, chief, Division of Endocrine and Diabetes at Baystate Health, managing diabetes takes a team to help you identify the right tools to live well with diabetes. Often this includes a primary care provider or diabetes specialist who helps match the right medications to your needs, and a registered dietitian, or certified diabetes educator who assists patients in understanding the way diabetes impacts their lives while guiding them to make small, but powerful, progressive steps towards a healthy lifestyle.

"A diabetes diagnosis most often begins with your primary care provider who will then work with you to manage your diabetes over your lifetime through matching the right medication to your body's needs to keep you healthy and maintain your blood sugars at a safe level," said Lozier. "They will also provide you preventative care by monitoring the other parts of the body most impacted by diabetes complications including your eyes, heart, kidneys and feet. Maintaining good blood sugar values while monitoring for and responding to a complication of diabetes should it occur is key to living a long, healthy life with diabetes."

Diabetes educators, who are nurses or other healthcare professionals trained in diabetes care and education, are an essential part of the health care team.

"There is a lot to learn following a diagnosis of diabetes and diabetes educators provide patients with comprehensive

education. They guide diabetes patients on adopting a healthy lifestyle and personalize their diet and exercise plan. They can advise you on monitoring your blood sugar and how to respond to your numbers. And, they can look over your blood sugar patterns and help you learn to recognize how food and other things influence your sugars," said Lozier.

Primary care providers can also refer their patients to a diabetes and endocrinology specialist like Lozier in more complex cases.

"At Baystate Endocrine and Diabetes, we see about 10% of the patients in the area with diabetes. Often our patients have complex needs or have difficulty controlling their diabetes. Our role is to work with them to stabilize their diabetes while ensuring they get the comprehensive education needed to better understand their diabetes. Once this is achieved, we transition their care back to their primary care provider to continue monitoring and evaluating their diabetes," she said.

Diabetes is a chronic disease that happens when your blood glucose, also called blood sugar, is too high. The pancreas makes insulin, which is a hormone that helps glucose get into your cells to be used for energy. But when your body doesn't make enough-or any-insulin (type 1 diabetes), or doesn't use insulin well (type 2 diabetes), then glucose then stays in your blood and can cause health problems.

Symptoms of diabetes include frequent urination and thirst, extreme hunger, unusual weight loss, extreme fatigue and irritability. Those with uncontrolled diabetes may have frequent infections, blurred vision, cuts and bruises that are slow to heal, tingling/numbness in the hands or feet, and recurring skin, gum or bladder infections.

November is National Diabetes Month and its theme - "Take Charge of Tomorrow" - focuses on taking action to pre-

vent diabetes-related complications such as heart disease, stroke, blindness, kidney damage and limb amputations.

Newer ways to monitor blood sugar, called continuous glucose monitoring which do not require pricking the finger for a blood sample, a deterrent for many, are helping people with type 1 and type 2 diabetes to "take charge."

Continuous glucose monitors - including the Dexcom G7 and Abbott Freestyle Libre 3 -are sensor-based systems that continuously provide glucose readings day and night. Dr. Lozier and her colleagues have a lot of experience helping patients with diabetes by starting them on a continuous glucose monitoring system.

"The benefit of this technology is twofold. First, it is a painless system and the bar to see what your sugar is becomes quite low in doing so. Secondly, and most importantly, you can see how your sugars respond to different foods or conditions. I had a patient tell me recently how the sensor she was wearing helped her attain excellent sugar values by seeing how her body responded to different foods and by using that feedback to drive lifestyle changes," said Dr. Lozier.

There have been new diabetes medications coming to market recently which target not only improvement in your blood sugars, but also protect the heart and the kidney from the long-term impact of diabetes. These medications include the GLP1 agonists and the SGLT 2 Inhibitors.

Non-insulin injectable medications including Ozempic, Trulicity, and Victoza belong to the GLP-1 agonists medication class and they have been growing in popularity over the last few years designed for people with type 2 diabetes. Victoza is a daily injection while Ozempic and Trulicity are weekly injections designed to trigger insulin release, block sugar production in your liver, and slow the metabolism and absorption of sugar from your gut making

you feel full. Commonly, these medications have the additional benefit of aiding in modest weight loss.

SGLT-2 inhibitor medications are pills which you take daily. These pills help the kidneys release sugar into the urine and out of the body. They are used for people with type 2 diabetes, but because of their powerful benefits on the kidney and heart, they have been studied for and are helping patients with kidney failure and heart failure without diabetes stay out of the hospital and slow their disease progression.

Mounjaro, similar to GLP-1 agonists, is a more recent drug in the class GLP-1/GIP agonists. It's the first medication available in the United States that activates both the GLP-1 receptor and the glucose-dependent insulinotropic peptide (GIP) receptors.

"Mounjaro is a new medication, so we are still learning about it, but it appears to be a powerful aid in management of blood sugars and weight loss," said Lozier.

She noted there are many tools available to help you on your journey with diabetes to

"Take Charge of Tomorrow.

"Get connected with a team of health care professionals. Most importantly, actively engage with your primary care provider to be on top of monitoring your diabetes and establishing a smart medication regimen suited for you. Establish a relationship with a diabetes educator to understand how to live a long happy and healthy life with diabetes. Get set up with a continuous glucose monitor to receive and respond to feedback from your body to make health choices. You can do this," Lozier said.

For more information on Baystate Health, visit baystatehealth.org, and for assistance in finding a primary care provider if you do not have one, click on "find a provider" on the front page then enter primary care.

# Lower your taxable income while supporting WFOL

WILBRAHAM -- According to the Philanthropy Roundtable, 90% of people ages 61 to 75 donate either time, money or goods like food and clothing. Charitable giving is the lifeblood of non-profit organizations like the Wilbraham Friends of the Library which qualifies under Internal Revenue Code 170(b) (1)(A). Current tax laws allow you to donate directly from your

Individual Retirement Account when taking your annual Required Minimum Distribution. Such a qualified charitable distribution is excluded from (and therefore lowers) your gross income subject to tax. It gives the donor some say in how one's tax dollars are used. It's a triple win for the donor: the money grows tax free while in the IRA, is not taxed when given directly as a

gift, and the non-profit doesn't pay tax on it, thus putting all the funds directly to the cause. Consult your tax advisor for details.

Since 1973 WFOL has funded Wilbraham Public Library programming for children, teens and adults; the Museum Pass Program; furnishings and other library equipment. This "heart" of library service is not provided by property taxes, which cover

basic overhead of the facility and staff. Charitable giving is a great way to demonstrate and pass on a family value to children and grandchildren. More than 300 local residents, friends, and families donate regularly to WFOL. Libraries have been called "beacons of civilization" and we are fortunate to have one in our town.

other source by check should be made out "Wilbraham Friends of the Library" and mailed to WFOL, 25 Crane Park Drive, Wilbraham, MA 010095. Donations can also be made online via the secure link on the WPL web page, <http://www.wilbrahamlibrary.org/friends.asp>.

Taxable donations from any

## PUBLIC NOTICES

### LEGAL NOTICE PUBLIC HEARING: APPLICATION FOR A TRANSFER OF LIQUOR LICENSE

The Wilbraham Select Board will hold a public hearing under Massachusetts General Laws Chapter 138, Section 12 on **Monday, December 11, 2023, at 7:05 PM** at the Town Office Building, 240 Springfield Street, Wilbraham, to hear public comment on an application to transfer a Section 12 On Premises All Alcoholic Beverages license submitted by Posh Eastern Fusion, Inc., located at 2391 Boston Road, Wilbraham with Daniel P. Belanger II as the Manager of Record. Anyone wishing to comment on the application will be heard. This meeting will be conducted in person and virtually (see meeting agenda for details).

WILBRAHAM SELECT BOARD  
Local Licensing Authority  
11/23/2023

### Wilbraham Community Preservation Committee Annual Public Hearing

The Wilbraham Community Preservation Committee will hold its Annual Public Hearing on **Thursday, December 14, 2023, at 6:30 PM** at the Town Hall, 240 Springfield Street. The purpose of this hearing is to get input from the general public as it relates to Community Preservation efforts in Wilbraham in the categories of Open Space, Historic Resources, Recreational Land and Community Housing. Members of other municipal boards and committees as well as Town employees are also welcome to attend. This hearing will be followed by a regular meeting of the Community Preservation Committee. The agenda for the hearing/meeting will be posted on the Town Hall outdoor bulletin board and on the Town's website at <https://www.wilbraham-ma.gov/> at least 48 hours prior to the meeting time and date.

The Committee may be contacted at [cpchair@wilbraham-ma.gov](mailto:cpchair@wilbraham-ma.gov).

Tracey Plantier  
Chair CPC  
11/16, 11/23/2023

### LEGAL NOTICE REQUEST FOR PROPOSALS OPEN ACCESS PROVIDER SERVICES FOR WILBRAHAM FIBER

The Town of Wilbraham Broadband Committee, on behalf of the Wilbraham Select Board, issues a Request For Proposals (RFP) from qualified Bidders for Open Access Provider Services. The successful Bidder will provide a platform and all related hardware and software capable of supporting a minimum of one gigabit symmetrical active Ethernet services to business and residential customers for a Town-wide Municipal Fiber Network. While the primary focus of this platform is the delivery of internet services,

the Town recognizes the platform will be capable of delivering many diverse services.

Copies of the RFP will be available beginning November 8, 2023 on Commbuys, the Town's website at: [www.wilbraham-ma.gov](http://www.wilbraham-ma.gov) ("Government, Bids") and from the Select Board Office, 240 Springfield St., Wilbraham MA 01095.

Sealed Proposals must be received by December 6, 2023 at 2:00 p.m. in the Select Board Office. Proposals will be opened and recorded in the Select Board Meeting Room at 240 Springfield Street on December 6, 2023 at approximately 2:05p.m.

The Broadband Committee reserves the right to reject any and all proposals, to waive informalities and to recommend award of the contract to the Select Board, in the best interest of the Town of Wilbraham. All questions regarding this RFP should be directed to Nick Breault, Town Administrator, at: [nbreault@wilbraham-ma.gov](mailto:nbreault@wilbraham-ma.gov).

gov.  
Thomas Newton, Chairman  
Wilbraham Broadband  
Committee  
11/16, 11/23/2023

**PUBLIC NOTICE**  
This ad is pursuant to MA  
Gen. Law Ch.255, Sec. 39A  
as of **November 24, 2023** the

following motor vehicle will be for sale to satisfy a garage keepers lien:  
Vehicle: 1994 Chevrolet S-10  
VIN: 1GCCS442RK181386  
COLOR: Blue  
LKO: Unknown

R & S Assoc. Inc.  
Wilbraham MA 01095  
413-596-4374  
11/09, 11/16, 11/23/2023

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