

NEWS RELEASE

For Immediate Release



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MEDICINE SHOPPE® PHARMACIES OFFER NUTRITIOUS RECIPES AND HEALTHY TIPS FOR PEOPLE WITH DIABETES

For the fourth year, Medicine Shoppe® Pharmacies and the American Diabetes Association team up to provide free recipe booklets

November 17, 2006 — Thanksgiving marks the beginning of a season of overeating. From family gatherings to office functions, the holiday season is filled with delectable dishes that tempt us to abandon healthy eating habits. However, for the 20.8 million children and adults in the United States that have diabetes, the season's savory treats can be a luxury they can't afford. For this reason, Medicine Shoppe® Pharmacies and the American Diabetes Association (ADA) are offering free "Healthy Lifestyle Recipe and Nutrition Cards" full of recipes and meal-planning tips for people with diabetes. Participating Medicine Shoppe Pharmacies across the country will be providing these cards free throughout the holiday season.

"The Healthy Lifestyle Recipe and Nutrition Cards are an excellent resource for people with diabetes," said Bill Bailey, director of specialized care centers for Medicine Shoppe International, Inc (MSI). "The ADA-approved recipes take into consideration the amount of carbohydrates, fats and proteins that are being consumed, all of which play a vital role in blood sugar levels and overall health."

For those with diabetes, maintaining a healthy diet and following a proper meal plan will result in manageable blood sugar levels. Medicine Shoppe Pharmacies and the ADA are offering the following general tips for individuals with diabetes.

- **Plan Ahead.** Decide ahead of time what and how much you will eat and how you will handle peer pressure ("No thanks, I'm full").
- **Bring Your Own.** Consider bringing your own favorite low-sugar dessert to the gathering, such as plain cookies, baked apples or sugar-free puddings.
- **Less is More.** People with diabetes usually can eat a little of everything during a Thanksgiving meal. The problem is the amount of food consumed. Eating smaller meals throughout the day keeps blood sugar more stable than eating one large meal.
- **Keep it Low-Fat.** Choosing low-fat products such as skim milk, low-fat cheese, nonfat yogurts, margarine instead of butter and reduced-fat vegetable cooking sprays will keep lean meals healthy throughout the preparation stages.
- **It's OK to Enjoy.** If your family looks forward to your grandmother's sweet apple pie every year – go ahead and have a piece, but first talk to your dietician or pharmacist about ways to work in a piece into your meal plan. It might mean eating fewer other treats, getting more exercise, increasing insulin doses, or a combination of all three.

- **Help from Friends and Family.** Let people know about your food plan and testing schedule. They may try to prepare things you can eat and will understand if you turn down something they've made.

The Healthy Lifestyle Recipe and Nutrition Cards, which are made possible in part by the Bayer HealthCare Diabetes Care Division, offer 10 ADA-approved recipes for the holidays and throughout the year. Recipes include candied yams, pumpkin cider bread, pot roast, apple cinnamon cobbler and spiced tea. For more information on diabetes or to find a Medicine Shoppe Pharmacy near you, please visit www.medicineshoppe.com.

About Medicine Shoppe International.

Medicine Shoppe International, Inc. www.medicineshoppe.com, a Cardinal Health Company, is the largest franchisor of independent community pharmacies in the U.S. In 2003, Medicine Shoppe International acquired Medicap Pharmacies Incorporated www.medicap.com, which franchises independent community pharmacies in the U.S. under the trade name Medicap Pharmacy®. Medicine Shoppe(R) and Medicap Pharmacy(R) locations are distinguished for their commitment to providing expert, personalized health care. There are nearly 1,000 domestic Medicine Shoppe® Pharmacies and Medicap Pharmacy® locations and more than 400 pharmacies in six other countries.

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