**This is information on diabetes for………………………………. A simple guide to treatment options for Type 2 Diabetes**

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| Diabetes is a lifelong condition that means the level of sugar in your blood is too high. This is because your body can't produce enough insulin, or the insulin doesn't work properly and the blood glucose levels rise. If untreated, it can cause serious health complications.  It is a progressive disease so your treatment with medication is likely to change with time but diet and exercise remain the main treatments.  HbA1c is a blood test that shows your blood sugar levels over the last 3 months and is used to see how good your diabetic control is. This is important as with good control you will feel better, have more energy and less likely to get foot, kidney and eye complications  Your nurse will discuss the level to aim for. If diet and exercise on their own do not achieve this level, medication may be needed but the choice your doctor makes depends on if you have any other medical problems, employment, weight, your preferences and current guidelines.  This guide is designed to help you discuss what options are available to help you reach your target HbA1c.  It is also important to control your blood pressure and cholesterol levels for a healthy heart.  Ask about help with stopping smoking  It is often a silent condition but it is important to get it under control before it causes irreversible damage. You can still live life to the full with diabetes as long as your diabetes is controlled.  An excellent source of further information is at [www.diabetes.org.uk](http://www.diabetes.org.uk) |  | **Non drug treatments** | | **Usual first line drug treatment** |
| **What is it?** | Healthy diet and BMI- a measure which helps work out if your weight is healthy | Exercise | Metformin |
| **Effectiveness** | If overweight losing weight will improve your health. | Being active is good for your physical and emotional health. It will also improve your diabetes management | A tablet that aids weight loss and is heart protective. |
| **Advantages** | Eating a healthy balanced diet is good for all the family and helps your blood glucose, cholesterol and blood pressure.  You are more likely to stick to a diet if you enjoy it and it fits in with your lifestyle. Moderation is the key. | It reduces your risk of heart disease, cancer, joint and back pain, depression and dementia.  Aim for 30 minutes a day of an activity that makes you breathe a little quicker. Try to do this five times a week.  . | It helps your body to respond more normally to insulin.  Good choice if you are overweight  It does not cause your blood sugars to fall too low. |
| **Disadvantage** | Achieving a healthy weight, and maintaining it, is often easier said than done and it’s one of the hardest things to do for some people.  Top Tips:  To lose weight set small and realistic changes. Ask what weight loss schemes are available in your area.  Try grilling instead of frying.  Can you reduce the size of your plate to help you lose weight?  Try to eat five portions of fruit and vegetables a day.  Oily fish twice a week is good for blood fats. | It can take time to build up fitness levels so you need to  find an activity you enjoy so you can stick to it.  Top Tips:  Set yourself goals.  Walking is free but all activity is good.  Ask what exercise schemes are available in your area.  Use the stairs instead of the lift. Get off the bus 1 stop earlier so you can walk to the shops. | You might get some wind, nausea or loose motions when first starting this treatment.  Top Tips:  Start slowly to build up the dose helps settle this if it is a problem. |
| **[Right Arrow Icon](https://www.bing.com/images/search?q=Right+Arrow+Icon&FORM=IRBPRS)Add drug name** |  |

**Treatment options continued**

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| **Second line drug treatment** | | | | **Third line drug treatment- Injectables** | |
| Sulfonylureas | DPP- 4 inhibitors | Pioglitazone | SGLT2 Inhibitors | GLP-1 analogues | Insulins |
| A tablet that helps the pancreas to make more insulin. | Incretin is a hormone that helps the body produce more insulin when it is needed at meal times to lower the blood sugar level.  This is a tablet that stops incretin from being broken down in the body keeping the levels up. | A tablet that allows the insulin produced by the body to work more effectively. | A tablet that stops the kidney absorbing as much sugar so this passes out in the urine. | An injection that increases the hormone incretin allowing the body to produce more insulin when needed. It also slows the rate the stomach digests food and empties which reduces appetite. | Insulin is a hormone made in your pancreas which helps our bodies use glucose for energy. Everyone with Type 1 diabetes and some people with Type 2 diabetes need to take insulin – either by injection or a pump – to control their blood sugar levels. |
| Can be used on its own.  When sugars are very high you will have thirst and pass a lot of urine. This tablet can help bring down sugars rapidly.  Good if you are slim and don’t want to lose weight. | Can be used on its own.  Weight neutral. | Can be used in combination with other medication. | You can lose 200-400 calories a day of sugar so it aids weight loss. | Aids weight loss as well as sugar control  An injection that can be daily or weekly. Comes as n a ready filled pen device. | Insulin is injected using a syringe and needle, or as a ready filled insulin pen. The needles used are very small as the insulin is injected under the skin – not into a muscle or vein. Once it's been injected, it soaks into small blood vessels and is taken into the bloodstream.  You will feel much better in yourself taking insulin. |
| There is a risk of hypoglycaemia (hypos) where your blood sugars fall too low and you might feel light headed, shaky or sweaty. This means you test your blood sugar level with a fingertip test.  It may encourage weight gain. | * Usually they are well tolerated and on rare occasions could cause abdominal pain. Seek advice if this occurs. | * Cannot be used in patients with heart failure or high risk of fractures. Seek advice if you develop swelling of the hands or feet; shortness of breath; or sudden, unexplained weight gain. | Slightly increased chance of thrush or urine infection which are easily treated. | Nausea is not uncommon the first two weeks because you will feel fuller and the stomach empties slower but having a smaller portion size helps this | There is a risk of hypos where the blood sugars fall too low. This means you test your blood sugar level with a fingertip test. It may encourage weight gain. |
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**My current BP is ……………. and target BP is……………….. My current Cholesterol is…………….. and my target Cholesterol is ………….**

**Both Good for your [Image result for heart symbol](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjn3M-Zm5TPAhWLK8AKHc4GAogQjRwIBw&url=http://www.whats-your-sign.com/symbols-for-saints.html&psig=AFQjCNFIySoOVqSX3lkX5mlI2tz_lvUtUA&ust=1474126476099768)**

**My current weight is………….. I will aim to loose …………….Kg/stone My current HbA1c is …………… and my target HbA1C is …………**

**Good for your [](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjJkIe9m5TPAhVIL8AKHU-6BGsQjRwIBA&url=http://www.vectors4all.net/vectors/right-foot-print-clip-art&psig=AFQjCNHBL3wS_ymJkLwMkYs7hQ_ymxpl8w&ust=1474126551832028)Kidneys symbol, vector illustration[Image result for eye symbol](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwieiNzPnJTPAhXnKMAKHeknCI4QjRwIBw&url=http://www.freepik.com/free-icon/eye-view-interface-symbol_732127.htm&bvm=bv.133053837,d.ZGg&psig=AFQjCNG-Rwo03oABtao8O-rOlS7dEPSwVg&ust=1474126853788295)**

**Medicine groups**

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| Select your current or suggested diabetic treatment from the coloured column below. Then add your drug name into the blank coloured box on the treatment options guide to find out more about it. | | | | | | |
| **Metformin** | **Sulfonylureas** | **DPP- 4 inhibitors** | **Pioglitazone** | **SGLT2 Inhibitors** | **GLP-1 analogues** | **Insulins** |
| Metformin | Gliclazide | Sitagliptin | Pioglitazone | Canagliflozin | Exenatide | Insulins |
|  | Glibenclamide | Alogliptin |  | Dapagliflozin | Liraglutide |  |
|  | Glimepiride | Linagliptin |  | Empagliflozin | Lixisenatide |  |
|  | Glipizide | Saxagliptin |  |  |  |  |
|  | Tolbutamide | Vildagliptin |  |  |  |  |

**JM & JeM Shotfield Medical Practice**