

#WeightInDiabetes

**Break the  
partnership**

between diabetes and obesity\*

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# Know your Medications

Your guide to medications and  
treatment possibilities in diabetes

\*Carbone S. Prog Cardiovasc Dis. 2019 Jul-Aug;62(4):327-333.



# Diabetes medicines<sup>1</sup>

Diabetes changes over time. At some point, eating healthy and being active may not be enough to manage your blood glucose. Your treatment may need to change too. You might need to take a medicine for diabetes if:

- Your daily blood glucose levels stay above your goal range
- Your HbA<sub>1c</sub> level over the past 3 months is still too high



- You use a continuous glucose monitor, or CGM, and you do not spend enough time in your target blood glucose range

The more you know about the medicines you take and how to take them, the easier it may be for you to manage your diabetes.

There are 2 main types of diabetes medicines to treat type 2 diabetes:

- Medicines that are taken by mouth in the form of a pill
- Medicines that are taken as an injection

The American Diabetes Association recommends different medicines that may help lower blood glucose levels. Learning about the different types of diabetes medicines may help you talk with your diabetes care team about treatment options. Together you can decide what type of medicine is right for you.<sup>2</sup>

## Diabetes medicines work in different ways in the body to help manage blood glucose levels including:

**GLP-RAs** act on brain to reduce hunger and increase satiety

Help improve the body's response to insulin

**Biguanides**

Help improve the liver, muscle, and fat cells' response to insulin

**TZDs, GLP-1 RAs**

Lower the amount of glucose the liver releases

**Biguanides, TZDs, GLP-1 RAs**

Slow down digestion and absorption of food

**AGIs, GLP-1 RAs**

Help prevent the breakdown of GLP-1, a hormone produced in the intestines **DPP-4 inhibitors**

Help the kidneys to get rid of extra glucose in the urine

**SGLT-2 inhibitors**

Help the pancreas release more insulin  
**Sulfonylureas, GLP-1 RAs**

Helps to inhibit glucagon release from pancreas  
**GLP-1RAs**

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# Talk to your doctor about new possibilities in diabetes management

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