

Finding the Right Treatment for You

There are many tools in our toolbox.
Together, we'll choose the ones that are right for you.



WHY ARE THERE SO MANY DIABETES MEDICATIONS?

Because diabetes isn't the same for everyone. Your treatment may be based on:

-  Blood sugar levels
-  Weight goals
-  Heart health
-  Kidney health
-  Cost and insurance coverage
-  Lifestyle and preferences
-  Other medical conditions

♥ *There isn't one "best" medication for everyone. The best treatment is the one that's right for you.*



MEET THE MOST COMMON TREATMENT OPTIONS

Different tools work better for different people.

1 METFORMIN



- Usually the first medication for Type 2 diabetes
- Helps your body use insulin better
- Affordable
- Low risk of low blood sugar when used by itself

How it's taken: Pill (1–2 times daily)

2 GLP-1 MEDICATIONS



- Lower blood sugar
- Help you feel full longer
- Support healthy weight loss
- Help protect the heart and kidneys in many people

How it's taken: Injection once weekly or pill once daily (Rybelsus®)

3 DUAL GIP/GLP-1 MEDICATIONS



- Work with two natural hormones to improve blood sugar control
- Support significant weight loss
- Once-weekly injection

Example: Mounjaro®

4 SGLT2 INHIBITORS

- Help remove extra sugar through the urine
- Help protect the heart and kidneys
- May support modest weight loss and lower blood pressure
- Low risk of low blood sugar when used by itself

How it's taken: Pill once daily

5 OTHER TREATMENT OPTIONS

These may be the right choice for some people.



DPP-4 INHIBITORS

Examples: Januvia®, Tradjenta®, and others

- Help your body use natural hormones to improve blood sugar after meals
- Well tolerated
- Weight neutral
- Low risk of low blood sugar

How it's taken: Pill once daily



SULFONYLUREAS

Examples: Glipizide®, Glimepiride®, Glyburide®

- Help the pancreas release more insulin
- Effective at lowering blood sugar
- Very affordable
- Low risk of low blood sugar

How it's taken: Pill once or twice daily



INSULIN

- Sometimes the best choice to get blood sugar to goal
- May be temporary or long-term
- Many types and options available

How it's taken: Injection



Medication isn't failure.

Taking medication doesn't mean you've done something wrong.

Diabetes changes over time. So does treatment.

Sometimes we add, change, or adjust your medications.

The goal isn't to take more medicine. The goal is to help you stay healthy—today and for years to come.



Karen's Corner ♥

"One of the questions I hear most often is, 'Which diabetes medication is the best?' My answer is always the same: the best medication is the one that's right for you. My job isn't to choose the newest medication—it's to help you find the treatment plan that fits your health, your lifestyle, and your budget."



QUESTIONS TO DISCUSS WITH KAREN

- ☐ Why was this medication recommended for me?
- ☐ Will I need to take it forever?
- ☐ What side effects should I watch for?
- ☐ Are there lower-cost options?
- ☐ When should I let you know something isn't working?

