



# Know **Diabetes** by **Heart**™

## Understanding Your Medications

A practical medication guide for managing your type 2 diabetes and risk for heart disease.



Know **Diabetes** by **Heart**.org

FOUNDING SPONSORS



NATIONAL SPONSORS



## The first way to treat type 2 diabetes is often with:



Meal planning



Weight loss



Exercise

**When these steps are not enough, the next step is taking medication.**

Your doctor will decide which medications are right for you. This depends on:



Your lifestyle



Physical condition



How you respond to the medication



Insurance coverage



### Diabetes and Pregnancy

If you're pregnant, talk with your doctor about which medications are right for you.

# Diabetes medications and how they work

There are different types, or classes, of drugs that work in different ways to lower blood sugar.

Medications work in different ways. They may be used together to manage your blood sugar and risk for heart disease.

You might take a medication that is not on the following lists. Your doctor and your diabetes care team are your best source of information. Talk to them about all of the medications you take.

**Never stop taking a medication or change your dose without talking with your doctor.**

**Important note:** *The generic names and brand names are shown to help you know what you take. The AHA and the ADA do not recommend or endorse any specific medication.*

Make your medication a part of your daily routine.

**Don't forget!**



Set a reminder



Make a chart



Drug class/how it works	Type	Generic name	Brand name
<b>Alpha-glucosidase inhibitors</b> block the breakdown of the starches you eat, like pasta.	Oral	meglitol	Glyset
<b>Amylin</b> slows the food moving through your stomach.	Injected	pramlintide	Symlin
<b>Biguanides</b> decrease the amount of glucose made by your liver.	Oral	metformin	available as a generic only
		metformin extended release	Glumetza
<b>Bile acid sequestrants</b> lower cholesterol and blood glucose levels.	Oral	colesevelarn	Welchol
<b>Dopamine-2 agonists</b> lower blood glucose level after a meal.	Oral	bromocriptine (quick release)	Cycloset
<b>DPP-4 inhibitors</b> prevent the breakdown of a certain compound in your body that naturally lowers your blood glucose.	Oral	alogliptin	Nesina
		linagliptin	Tradjenta
		saxagliptin	Onglyza
		sitagliptin	Januvia
<b>GLP-1 receptor agonists</b> help release insulin when you need it and lower the amount of glucose made by your liver. Some medications within this class have benefits for your heart and kidneys.	Injected	dulaglutide	Trulicity
		exenatide	Byetta
		exenatide extended release	Bydureon
		liraglutide	Victoza
		lixisenatide	Adlyxin
		semaglutide	Ozempic
	Oral	semaglutide	Rybelsus
<b>Meglitinides</b> help the cells in your pancreas release more insulin.	Oral	nateglinide	Starlix
		repaglinide	Prandin
<b>SGLT2 inhibitors</b> prevent glucose from being reabsorbed in your kidney. Some medications in this class have been shown to reduce heart failure and chronic kidney disease progression.	Oral	canagliflozin	Invokana
		dapagliflozin	Farxiga
		empagliflozin	Jardiance
		ertugliflozin	Steglatro
<b>Sulfonylureas</b> help the cells in your pancreas release more insulin.	Oral	glimepiride	Amaryl
		glipizide	Glucotrol/ Glucotrol XL
		glyburide/ glibenclamide	Micronase/ Glynase/Diabetas
<b>TZDs</b> help insulin work better in muscle and fat while lowering the glucose made in your liver.	Oral	pioglitazone	Actos

# Medications to reduce cardiovascular disease risk

Your doctor may prescribe a combination of medications to lower your blood glucose and reduce your risk for cardiovascular disease. You may be given medicines to manage high cholesterol or high blood pressure, commonly found in people who have type 2 diabetes.

## Blood pressure medications

If untreated, high blood pressure can damage blood vessels, the heart and other organs. The blood pressure medicine(s) your doctor gives you will depend on your blood pressure, medical history and other factors.

### Common blood pressure medications

#### ACE inhibitors

Examples: benazepril, captopril, enalapril, fosinopril, lisinopril, moexipril, perindopril, quinapril, ramipril and trandolapril

#### ARBs

Examples: azilsartan, candesartan, eprosartan, irbesartan, telmisartan, valsartan, losartan, olmesartan, entresto and byvalson

#### Beta blockers

Examples: Acebutolol, Atenolol, Betaxolol, Bisoprolol, Carteolol, Carvedilol, Labetalol, Metoprolol, Nadolol, Nebivolol, Penbutolol, Pindolol, Propranolol, Sotalol and Timolol

#### Calcium channel blockers

Examples: Norvasc, Plendil, DynaCirc, Cardene, Procardia XL, Adalat Cardizem, Dilacor, Tiazac, Diltia XL, Sular, Isoptin, Calan, Verelan and Covera-HS

#### Diuretics

Examples: Chlorthalidone, Chlorothiazide, Hydrochlorothiazide (HCTZ), Indapamide and Metolazone

## Cholesterol medications

Most adults with diabetes who are 40 years or older should be taking a statin. Statins help lower LDL levels and reduce your risk for heart attack or stroke. There are other medications that improve cholesterol. Ask your doctor about whether you should take a statin or another medication to lower your risk for heart attack or stroke.

### Common cholesterol medications

#### Statins

Examples: atorvastatin, fluvastatin, lovastatin, pravastatin, pitavastatin, simvastatin and rosuvastatin

#### Sterol transport inhibitor

Example: Ezetimibe

#### PCSK9 inhibitor

Examples: alirocumab, evolocumab, Praluent and Repatha

#### Apob inhibitor

Example: Mipomersen

#### MTP inhibitor

Example: implitapide

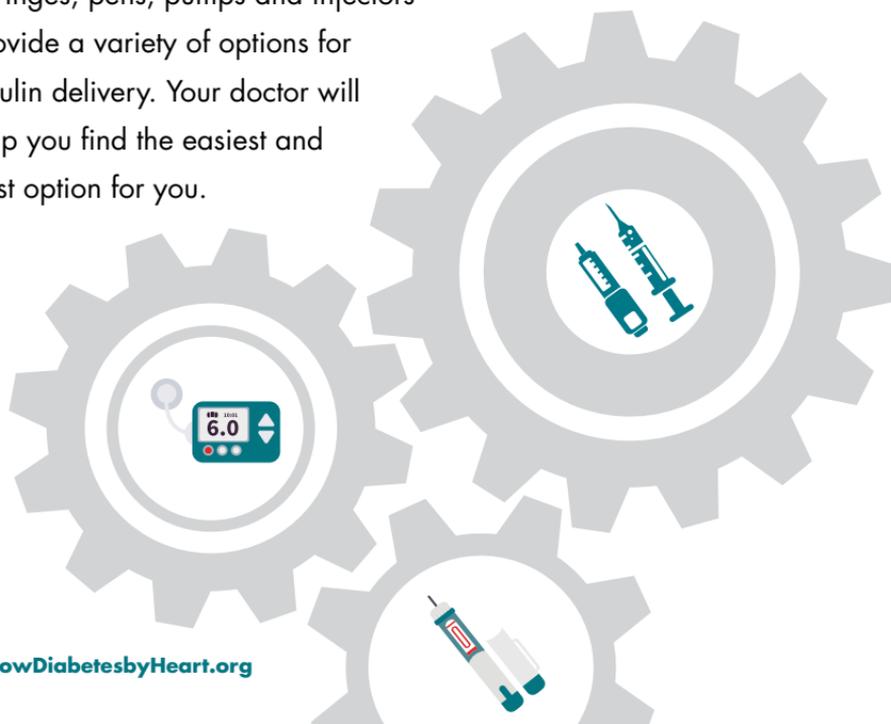
# Do I need insulin?

Our bodies make insulin naturally. When you have type 2 diabetes, your body doesn't produce enough. Your doctor may prescribe insulin in addition to other blood glucose-lowering medications.

## You have options

There are different ways to inject insulin into your body; this is called insulin delivery.

Syringes, pens, pumps and injectors provide a variety of options for insulin delivery. Your doctor will help you find the easiest and best option for you.



# Types of insulin

The types of insulin vary on how they lower your blood sugar levels. Your doctor will decide which is best for you.

Insulin type	Generic name	Brand name
Rapid-acting	aspart	Fiasp
		Novolog
	glulisine	Apidra
	lispro	Admelog
Humalog		
Regular or short-acting	human regular	Humulin R
		Novolin R
		Velosulin R
Intermediate-acting	human nph	Humulin N
		Novolin N
		ReliOn
Long-acting or basal insulin analogs	detemir	Levemir
	glargine	Basaglar
		Lantus
Ultra long-acting	degludec	Tresiba
	glargine u-300	Toujeo
Inhaled insulin	technosphere insulin-inhalation system	Afrezza

Some types of insulin work very quickly and are taken with meals. Others are long-acting and are used just once or twice a day. Follow your doctor's instructions on dosage and frequency.





A visit with your doctor will get you on the right treatment plan to minimize your risks.

## **You're not in this alone.**

Find answers to more of your questions and join the initiative at:

<https://KnowDiabetesbyHeart.org/join>