

# Type 2 Diabetes and Understanding My Medications

In any treatment plan, your doctor will likely ask you to start with lifestyle changes first, but over time you may also need medications to reach your targets.



A visit with your doctor will get you on the right treatment plan to minimize your risks. Yes, you can do this.

## Medications to manage your diabetes.

If lifestyle changes alone aren't working to manage your blood glucose levels, you may need medications to help you reduce your risk for heart disease and stroke.



Some medications work to decrease the glucose produced by your liver.



Some medications slow the food moving through the stomach.



Some work to reduce the absorption of glucose via the kidneys.



To learn more about how medications for heart disease may help you manage your risk and your blood glucose levels, talk to your doctor. It is important for you to stick to your medication plan. If you have difficulty taking your medications as prescribed, talk to your doctor to find a plan that works for you.



### Medication delivery

Your doctor may prescribe a pill, injection, or combination



if you need insulin regularly, your doctor may prescribe an insulin pump.

**If you cannot tolerate the side effects of your medication, don't stop taking it. Talk to your doctor about an alternative.**

**IF YOU HAVE DIABETES, THERE IS A LOT MORE YOU CAN DO TO REDUCE YOUR RISK FOR STROKE.**

Talk to your doctor about your next steps. You're not in this alone. Find answers to your questions and join the initiative: [KnowDiabetesbyHeart.org/join](https://www.knowdiabetesbyheart.org/join)