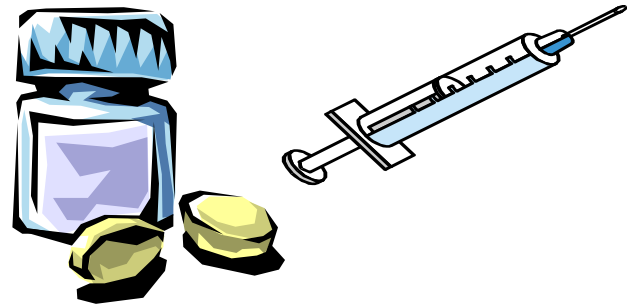


DIABETES CONTROL MATTER

A CLOSER LOOK AT COMBINATION THERAPY – *Patient's Edition*

Over a relatively short period of time, the options for treating Type 2 diabetes have been expanded by the addition of many new oral medications. The United Kingdom Prospective Diabetes Study (UKPDS) looked at the relationship between diabetes control with different medications and diet and the risk of the chronic complications in patients with newly diagnosed Type 2 diabetes. The UKPDS is another landmark diabetes study proving the value of diabetes control.



What Was Learned From the UKPDS

- ◆ Lowering blood glucose reduces the incidence of some complications in type 2 diabetes.
- ◆ Lowering blood pressure reduces the incidence of complications and leads to further reduction in the severity of complications.
- ◆ The use of insulin, sulfonylureas, & metformin does not appear to increase the risk of cardiovascular events (ie. heart attack, etc).
- ◆ It is time for all patients to take their diabetes seriously.

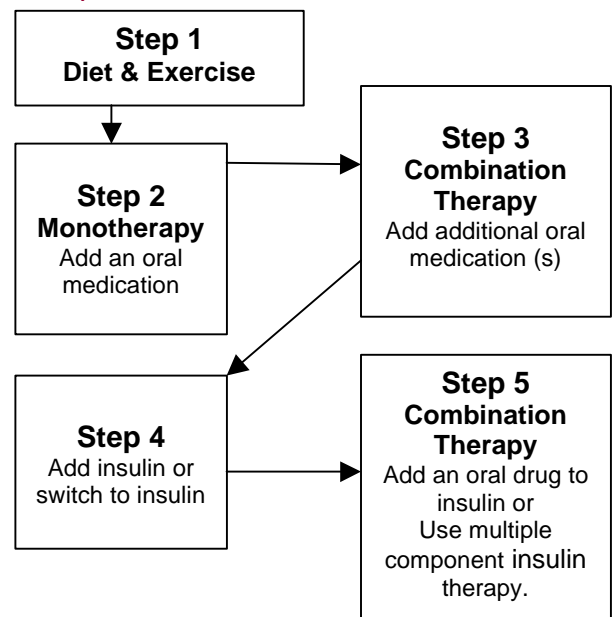
Currently, there are five classes of oral agents plus insulin, leaving multiple potential options for combination therapy and increasing the likelihood that satisfactory blood glucose control can be achieved in any patient. The choice of oral medications may be affected by multiple factors, such as their impact on:

- ◆ lipids (fats in the blood)
- ◆ weight
- ◆ blood pressure
- ◆ other Heart Disease risk factors
- ◆ as well as their own side effects
- ◆ cost of the medications

Taking Care of Yourself

- ◆ Review current medication regimens with your healthcare provider at every opportunity to assure correct type, dosage and timing of each medication.
- ◆ Be aware that multiple medication regimens are well accepted and may reduce your risk of side-effects and complications.
- ◆ Keep accurate records of blood sugars and medication so that future adjustments can be made more easily.
- ◆ Know your blood glucose goals.
- ◆ Know when to call your physician.

Simple Progression for Treatment (progress to the next step when glucose targets are not achieved)



Diabetes Control Matters!

AMERICAN DIABETES ASSOCIATION GOALS FOR BLOOD GLUCOSE

	GOALS	ACTION SUGGESTED
Pre meals	80-120 mg/dl	<80 or >140 mg/dl
Bedtime	100-140 mg/dl	<100 or >160 mg/dl
Hemoglobin A1c	<7%	>8%