



GLOBAL HEALTH PHARMACY

ASK YOUR GLOBAL HEALTH PHARMACIST

News from Global Health Pharmacy Education Center Your Health and You: Vol.11 December, 2015

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MANAGING YOUR DIABETES MEDICATIONS

Your Diabetic medications:

It's not the kind of club you really want to belong to. Today, nearly *half* of all American adults have type 2 diabetes or are at risk of developing it.

If you count yourself among them, you know that managing your diabetes medications is something you can't afford to ignore. If not well managed, diabetes can lead to serious complications. They include cardiovascular disease; nerve, kidney, eye and foot damage; and hearing problems.

Recent research:

A study of 350,000 people with type 2 diabetes found that people with poorly managed diabetes were also 50 percent more likely to have dementia. Other recent studies have found that diabetes appears to take a particular toll on women's hearts. Looking at nearly 11 million people, one study found the risk was almost 40 percent higher in women than in men.

Whether women or men, however, staying on top of your medication management clearly needs to be top of mind.

Types of medications:

As you likely know, managing blood sugar (glucose) is at the heart of diabetes control. If you can't get the job done with diet and exercise alone, medications are essential. The drugs you take will depend upon the type of diabetes you have, along with other factors.

Insulin moves glucose from your blood into your cells. This helps keep glucose in the right range. If your body doesn't make enough insulin, you will need to take it by injection, pen, pump, jet injector, or infuser.



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There are also many types of diabetes medications, which work in different ways. For example, They may:

- a) Decrease the glucose released from your liver
- b) Stimulate the pancreas to release more insulin
- c) Make your body more sensitive to effects of insulin
- d) Slow absorption of carbohydrates into your bloodstream after eating

Some people take more than one kind one medication, a combination medication, or a combination of medication and insulin. There are also new types of injected medicines available to keep blood sugar from going too high after eating.

Your Medication review:

Be sure to follow your treatment plan, and let your doctor know if you experience any side effects. If you're a senior, this is more important than ever. Your body responds differently to drugs as you age. This means you're at greater risk of overtreatment, which can cause blood sugar levels to go too low. And this can cause problems such as confusion or falls.

You may need to cut back or change medications. Just because a drug worked well for you in the past doesn't mean it will continue to do so. If you have questions about this, a Global Health Pharmacist can go over your list of medications and see how they are working for you. Also, be sure to check in at least once a year with your doctor about your diabetes medications. *Never* stop or change your medications without first talking it over with your doctor.

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.

Sources:

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7500 Montpelier Road, Ste 106 Laurel, MD 20723 PHONE: (240) 786-6045 FAX: (240) 786-6054