



Diabetes Education

If your diabetes **CANNOT** be controlled with diet and exercise, you may be prescribed medicine. Diabetes medicines can be taken by mouth or injected through the skin. ALL medicines for diabetes work differently. You may be on more than one medicine. Pills **ONLY** work when the pancreas is making some insulin. They are only given to people with type 2 diabetes. All people with type 1 diabetes need insulin.



Important:

CHECK with your health care provider if you **DO NOT** see your diabetes medication here. It might be new.

MOST people with type 2 will start with pills and/or Exenatide or Pramlintide, and if blood sugars are still not controlled, insulin may be prescribed.

Pills ONLY work when the pancreas is making some insulin.

Medicines

Know Your ABC's of Diabetes:

(Reach Your GOALS)

A ✓ EVERY 3-6 MONTHS
• **A1c:** Below 7%

B ✓ EVERY VISIT
• **Blood Pressure:**
Below 130/80mmHg

C ✓ ONCE A YEAR
• **Cholesterol:**
LDL: Below 100mg/dL
HDL: Above 40mg/dL
for Men & Above
50mg/dL for Women

Ⓞ Blood Glucose Targets:
• Fasting, 90-130mg/dL
• 2 Hours after eating,
Less Than 180mg/dL

Oral Medications (Pills):

Brand Name	Generic Name	How It Works	Side Effects
Amaryl® Glucotrol® Glucotrol XL® Diabeta® Glynase™ Micronase® Starlix® Prandin®	Glimepiride Glipizide Glyburide Nateglinide repaglinide	Stimulates release of insulin from pancreas	Low blood sugar, weight gain
Fortamet® Glucophage® Glucophage® XR, Glumetza Riomet®	Metformin	Reduces amount of sugar made by liver	Stomach or intestinal problems, may cause lactic acidosis
Precose® Glyset®	Acarbose Miglitol	Slows digestion of carbohydrates	Stomach or intestinal problems
Actos® Avandia®	Pioglitazone Rosiglitazone	Helps cells use insulin better	Weight gain, liver problems, may cause heart attack
Januvia™	Sitagliptin	Increases release of insulin in response to a meal	Headache, upper respiratory infection, sore throat, runny or stuffy nose

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Medicines



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How Quickly Is Insulin Absorbed:

Insulin is also affected by absorption site. Insulin is absorbed **QUICKLY** in the abdomen and arm.

It is absorbed *MORE* slowly in the thigh and buttocks.

Some Medicines for Diabetes are Combinations of Medicines:

Brand Name	Generics
ACTOplus met®	Pioglitazone and metformin
Avandamet®	Rosiglitazone and metformin
Avandaryl™	Rosiglitazone and glimepiride
Glucovance®	Glyburide and metformin
Metaglip™	Glipzide and metformin

Types of Insulin:

Type	Brand Name	Generic Name
Rapid Acting Insulin	Apidra® Humalog® NovoLog®	Insulin glulisine Insulin lispro Insulin aspart
Short Acting Insulin	N/A	Regular
Intermediate Acting Insulin	N/A	NPH
Long Acting Insulin	Lantus® Levemir®	Insulin glargine Insulin detemir
Pre-mixed Insulins	N/A	70/30, 50/50, 75/25, 70/30

Other Injectables:

Brand Name	Generic Name
Byetta®	Exenatide
Symlin®	Pramlintide acetate

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Insulin Delivery Systems:

MOST insulins are usually given with a syringe. Some insulin is available in pen form. It is an easy way to use insulin. However, it may cost more money. Insulin pens fall into two groups:

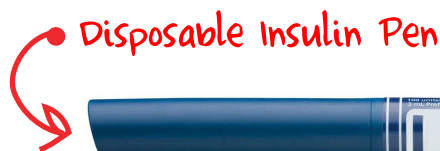
- **REUSABLE** insulin pens require you to load a cartridge of insulin. When the insulin is used, you replace the cartridge with a new one. A reusable pen can often be used for several years.
- **DISPOSABLE** insulin pens come filled with insulin. They are thrown away when they are empty. These are easier to use than reusable pens, but they cost more.

Insulin and other Injectable Medications:

Insulin is a **HORMONE** that is made in the pancreas. Insulin allows glucose to enter most body cells. This lowers the level of glucose in the blood. In diabetes, there is either not enough insulin or the body makes insulin but it is not working properly. If you have type 2 diabetes, insulin may be prescribed along with diabetes pills or other diabetes injectables to manage blood sugar.

There are MANY Types of Insulin. They Differ by 3 Different Characteristics:

1. **Onset** is the length of time before insulin reaches the bloodstream and begins lowering blood glucose
2. **Peak time** is the time during which insulin is at its maximum strength in terms of lowering blood glucose levels; and
3. **Duration** is how long the insulin continues to lower blood glucose



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Storage of Insulin:

If insulin is *NOT* stored properly, it will not work. Check the expiration date before using it. Insulin does not have to be stored in the refrigerator. Once it is opened, the bottle can be kept at room temperature (*less than 86°F*) for 30 days. Extra bottles should be stored in the refrigerator. Read the directions that come with your insulin.

CHECK your insulin for any change in color, or if “flaking” or “clumping” are observed. **DO NOT** use the insulin if it does not mix or the color does not look right. Estimate how much insulin you will need so that is used by the expiration date.

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Insulin Pumps:

The insulin pump delivers insulin in **TWO** ways; in a steady, measured, and continuous dose (*also called the “basal” dose*), and as a surge (*or “bolus” dose*) usually before mealtime. Insulin pumps are computerized devices about the size of a pager, that you can wear on your belt or in your pocket.

Pumps can help some people achieve better control. Doses are delivered through a small flexible plastic tube called a cannula. With the aid of a small needle, the cannula is inserted just under the skin into the fatty tissue and is taped in place. In the newer insulin pumps, the needle is removed and only a soft cannula remains in place. It is recommended that this be replaced **EVERY** 2 to 3 days to prevent infections.



Insulin Pump

Continuous Glucose Monitoring Systems:

Unlike traditional glucose that provide one-time snapshots of your blood glucose, continuous glucose monitors deliver readings every few minutes around the clock. This enables patients and their doctors to constantly measure trends in blood sugars to help them identify problems and make adjustments to insulin, meal, or exercise regimens. The monitors have alert systems to let you know if your blood glucose is on its way up or down.

Although each product has unique features, all continuous glucose monitors work in a similar way. A tiny flexible catheter, similar to the catheters used with insulin pumps, is inserted under the skin. The glucose sensor, which measures changes in glucose levels, is inside the catheter. The sensor sends the information either to a beeper-sized box or to a compatible insulin pump which stores the results.

Because it sometimes takes a while for the glucose level in the tissue fluid to match the glucose level in your blood, you should double-check your results with a fingerstick reading before treating a **HIGH** or **LOW** blood sugar that shows up on your continuous glucose monitor.

Blood Glucose Meter



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