

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.



Talk to your health care professional about adjusting your treatment plan.

Medications to manage your diabetes.

Medications help you manage your diabetes and lower 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 talk to your health care professional. It is important for you to stick to your medication plan. If you have difficulty taking your medications as prescribed, talk to your health care professional 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.

**Talk to your doctor about your next steps.
You're not in this alone. For more information please visit
<https://www.heart.org/en/health-topics/diabetes>**