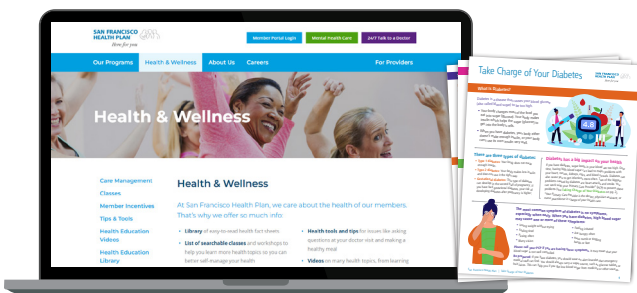




Diabetes: Medication Treatment

Diabetes is a disease that causes your blood glucose (also called blood sugar) to be too high

- Your body changes most of the food you eat into sugar (glucose). Your body makes insulin which helps the sugar (glucose) to get into the body's cells.
- When you have diabetes, your body either doesn't make enough insulin, or your body can't use its own insulin very well.



Learn more with a diabetes fact sheet from sfhp.org/health-wellness.

Goals of Diabetes Treatment

Taking medicine is often a part of managing diabetes, along with making healthy food and drink choices, staying physically active, getting 7-8 hours of sleep each night, and managing stress.

Medications help your body:

1. Lower blood sugar levels.
2. Prevent damage to other organs, such as your eyes, feet, and kidneys.



Types of Treatment



Medicine	Brand Name	Ways to Take it	Possible Risks or Side Effects
Metformin	Glucophage	Pill taken by mouth	<ul style="list-style-type: none"> • Stomach pain or heart burn • Diarrhea (loose stool) • Upset stomach and vomiting • Gas • Feeling tired or weak • Headache
Sodium-glucose cotransporter-2 (SGLT-2) inhibitor	Jardiance Farxiga Invokana	Pill taken by mouth	<ul style="list-style-type: none"> • Feeling thirsty • Kidney or bladder infection • Yeast Infection
Glucagon-like-peptide-1 (GLP1) receptor agonist	Ozempic Trulicity Victoza Rybelsus	Injection under skin; Pill taken by mouth	<ul style="list-style-type: none"> • Redness or soreness where you had the shot • Upset stomach and vomiting • Constipation (not able to pass stool) and/or diarrhea (loose stool) • Problems in your kidney, gallbladder, or pancreas • Blood in urine
Dipeptidyl peptidase-4 (DPP-4) inhibitor	Januvia Onglyza Tradjenta	Pill taken by mouth	<ul style="list-style-type: none"> • Headache • Cold symptoms • Itchy throat or nose
Sulfonylureas	Glipizide Glyburide Glimepiride	Pill taken by mouth	<ul style="list-style-type: none"> • Weight gain • Low blood sugar • Diarrhea (loose stool)
Insulins	Rapid-acting insulin: Novolog Humalog Apidra Long-acting insulin: Tresiba Levemir Lantus	Injection under skin	<ul style="list-style-type: none"> • Low blood sugar • Redness or soreness where you had the shot • Weight gain

Metformin

How does this medicine work?

Metformin is the most common medicine for lowering blood sugar if you have type 2 diabetes.

Metformin lowers blood sugar in 3 ways:

1. It works in your liver to lower how much blood sugar (glucose) is made.
2. It works in your gut to lower the amount of sugar your body absorbs when you eat.
3. It lowers your blood sugar by increasing your body's response to insulin.

How do I take this medicine?

Pill that you take by mouth. Take metformin with food to prevent an upset stomach. Taking your metformin dose 2 to 3 times a day can help prevent an upset stomach.

What side effects should I look out for?

- Stomach pain or heart burn
- Diarrhea (loose stool)
- Upset stomach and vomiting
- Gas
- Feeling tired or weak
- Headache

SGLT2 Inhibitor

How does this medicine work?

Sodium-glucose cotransporter-2 (SGLT-2) inhibitors help your kidneys get rid of sugar your body does not need. Sugar is removed from the body through urine.

Some brand names of SGLT2 inhibitors include:

- Jardiance
- Farxiga
- Invokana

What side effects should I look out for?

- Feeling thirsty
- Not able to pee or peeing very little
- Blood in urine
- Yeast Infection
- Dark-colored pee
- Feeling dizzy
- Weight loss

How do I take this medicine?

Pill taken by mouth once a day before your first meal. Since this medicine works in your kidneys, it may make you go to the bathroom more often. It is important to drink water while on this medicine. If you have side effects, talk to your Primary Care Provider* (PCP).

To prevent kidney or yeast infections, practice good hygiene, such as wiping after using the restroom and wearing underwear made of cotton that absorbs moisture.

**Your Primary Care Provider (PCP) is the doctor, physician assistant, or nurse practitioner in charge of your health care.*

GLP1 Receptor Agonist

How does this medicine work?

Glucagon-like-peptide-1 (GLP1) receptor agonists lower blood sugar levels by causing your pancreas to make more insulin. It also lowers the amount of sugar made in your liver.

Some brand names of GLP1 receptor agonists include:

- Ozempic
- Trulicity
- Victoza
- Rybelsus

What side effects should I look out for?

- Redness or soreness where you had the shot
- Upset stomach and vomiting
- Blood in urine
- Severe upset stomach
- Constipation (not able to pass stool) and/or diarrhea (loose stool)

How do I take this medicine?

Injected under your skin with a needle pen. Can also come in a pill taken by mouth. Some GLP1 receptor agonists are also used for weight loss. This medicine makes you feel full for a longer amount of time, so you may eat less while on it. Eat smaller meals and stop eating when you feel 80% full to not upset your stomach.

DPP-4 Inhibitor

How does this medicine work?

Dipeptidyl peptidase-4 (DPP-4) inhibitors help your body produce more insulin. This medicine is a pill taken by mouth.

Some brand names of DPP-4 inhibitors include:

- Januvia
- Onglyza
- Tradjenta

What side effects should I look out for?

- Headache
- Signs of a cold
- Itchy throat or nose

Sulfonylureas

How does this medicine work?

Sulfonylureas helps your pancreas make more insulin. This medicine is a pill taken by mouth.

Some brand names of Sulfonylureas inhibitors include:

- Glipizide
- Glyburide
- Glimepiride

What side effects should I look out for?

- Weight gain
- Low blood sugar
- Diarrhea (loose stool)

Insulins

How does this medicine work?

Insulins are common medications used for people who have type 1 diabetes. The main types of insulin are rapid-acting insulin and long-acting insulin. Insulins can be given in different forms such as needle-pens, syringes, or continuous insulin pumps.

Rapid-acting Insulin is taken after meals because it can quickly lower blood sugar levels that rise from eating. It is also known as your “mealtime” insulin.

Some brand names of rapid-acting insulins include:

- Novolog
- Humalog
- Apidra

Long-acting Insulin is taken once daily at bedtime. It helps maintain your body’s insulin levels overnight. It can also be known as your “background” insulin. It can be used alone or along with other diabetes pills or rapid-acting insulin.

Some brand names of long-acting insulins include:

- Tresiba
- Levemir
- Lantus

How do I take this medicine?

Injected under your skin. It is important to inject insulin into the fat layer below your skin. Change where you inject your insulin each time. You can inject the insulin on your outer thigh, hips, butt, back of your arms, or 2 finger widths away from your belly button. Wait at least 1 week before injecting at the same place. If you inject your insulin at the same place each time, hard lumps of fat may form in that place.

Always log your blood sugar levels while on insulin. This can help you manage your blood sugar goals and prevent low blood sugar levels.

What side effects should I look out for?

- Low blood sugar
- Redness or soreness where you had the shot
- Weight gain

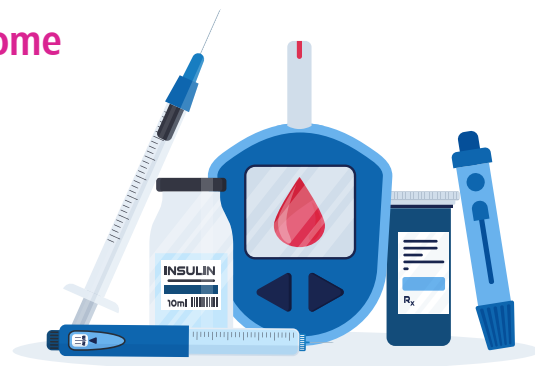
How to Manage Low Blood Sugar Levels

Use a glucose meter to track your blood sugar at home

You can get a glucose meter at no cost with Medi-Cal. Keep a log of your blood sugar levels and share it with your PCP on your next health visit.

Signs of low blood sugar include:

- Sweating
- Shaking
- Headache



Use the 15-15 rule

Eat 15 grams of carbs and check your blood sugar after 15 minutes. If your blood sugar is still low, eat another 15 grams of carbs and check again in 15 minutes.

15 grams of carbs can look like:

- Half a cup of juice or regular soda
- 1 tablespoon of sugar
- 3-4 glucose tablets

Stay prepared

You should always carry a sugar source, such as glucose tablets or fruit juices. This can help you if you get low blood sugar from medicine or other sources.

Diet



What you eat can change how you feel and how your medicine works. Ask your PCP what foods you should eat based on your health conditions. Your PCP can help you learn if eating certain foods can help your health.

Choosing healthy foods helps you to:

- Feel better each day
- Manage your chronic condition
- Lower your risk for heart disease, diabetes, and other problems

Learn more with a healthy eating fact sheet at sfhp.org/health-wellness.

Visit Your PCP and Get a \$50 Gift Card



If you are diagnosed with diabetes, you can get a \$50 gift card after you visit your PCP. Ask your PCP how you can best manage diabetes. You will automatically get a \$50 gift card in the mail from SFHP after your visit! You do not have to fill out any forms to get the gift card.

The gift card will be mailed to you in 5 weeks. If you have yet to get your gift card, please call Customer Service at **1(415) 547-7800**, **1(800) 288-5555** (toll-free), or **1(415) 547-7830** (TTY), Monday through Friday, 8:30am to 5:30pm.

Learn more at sfhp.org/incentives.

Medically Tailored Meals Program with Project Open Hand

There is a special program for SFHP members who have a chronic health condition and need help buying, making, or eating healthy foods.



Project Open Hand
meals with love

Please ask your PCP for a referral if you have one of these conditions:

- Diabetes or pre-diabetes
- Chronic kidney disease
- Other complex chronic conditions

If you are eligible, you can get:

- Meals or groceries for 12-26 weeks designed for your chronic condition
- 4 nutrition counseling sessions with a registered dietician nutritionist

Keep Track of Your Medicines

Make a list of all the prescription and non-prescription medicine you are taking right now. Bring this to your next PCP visit and show them your list.



	Medication	Dose	When to Take?				Start Date	Side Effects Noted
1			AM	Noon	PM	Bedtime		
2			AM	Noon	PM	Bedtime		
3			AM	Noon	PM	Bedtime		
4			AM	Noon	PM	Bedtime		
5			AM	Noon	PM	Bedtime		
6			AM	Noon	PM	Bedtime		
7			AM	Noon	PM	Bedtime		
8			AM	Noon	PM	Bedtime		
9			AM	Noon	PM	Bedtime		
10			AM	Noon	PM	Bedtime		

Learn More



American Diabetes Association
diabetes.org/healthy-living/medication-treatments



CDC: Low Blood Sugar Treatment
cdc.gov/diabetes/basics/low-blood-sugar-treatment.html



Cleveland Clinic: Oral Diabetes Medications
my.clevelandclinic.org/health/articles/12070-oral-diabetes-medications



National Institute of Diabetes and Digestive and Kidney Diseases: Diabetes Treatments
niddk.nih.gov/health-information/diabetes/overview/insulin-medicines-treatments



SFHP Health Education
sfhp.org/health-wellness/health-education-library

For more information call Customer Service at **1(415) 547-7800** or visit sfhp.org/health-ed
24/7 Nurse Advice Line **1(877) 977-3397** | Talk to a doctor 24/7 sfhp.org/teladoc