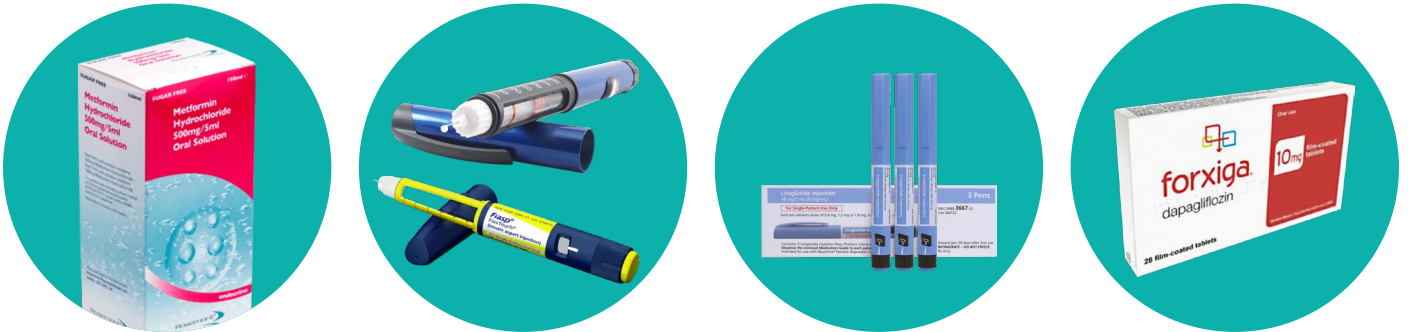


Treatment Options Introduction

If you are at risk of developing, or have been diagnosed with Type 2 diabetes you may need to take medication. There are several options for medication and your healthcare provider will recommend which ones are most suitable for you.



Here is a brief introduction to the treatment options, you will find more information in the individual treatment resources. Examples of different medications commonly prescribed to young people can be found in the DigiBete app.

Metformin

Metformin has a small effect on blood glucose and no effect on body weight. There is no risk of hypos (low blood glucose). It is available in tablet, powder sachets and liquid form.



GLP-1 Agonists

GLP-1 Agonists have a large effect on blood glucose and help with weight loss. There is no risk of hypos. They are available in the form of pre-filled injection pens.



SGLT-2 Inhibitors

SGLT-2 Inhibitors have a medium effect on blood glucose and can result in some weight loss but less so than GLP-1 agonists. There is no risk of hypos. They are available in the form of tablets.



Insulin

Insulin has the greatest effect on blood glucose and can cause weight gain. Insulin has a high risk of hypos. It is available in the form of an injection pen.



Diet and Lifestyle Changes

Although medications for insulin resistance, pre diabetes and type 2 diabetes will help you achieve your personal goals, they are not meant to be a replacement for a healthy balanced diet and regular exercise. The medications are meant to go together with these positive lifestyle changes to help you achieve your personal targets for HbA1c level, glucose levels, and body weight.



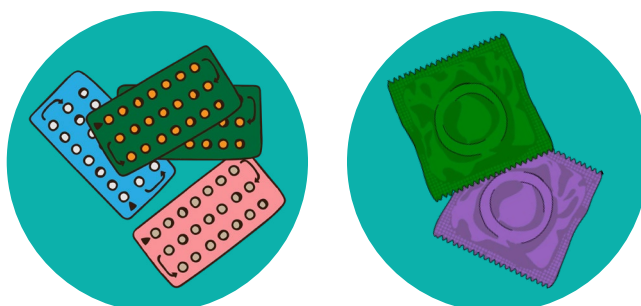
Combination of medications

Your healthcare provider may recommend one or more medications. In many cases, the benefits of taking these together are more than using each individual one alone. It is important to take all medications as agreed with your team, and to let them know if you have stopped taking any of them.

If you have any worries about side effects, and are not sure which medication might be causing them, speak with your team. They will know which one they can adjust or change.

Pregnancy

If you are sexually active and not planning to become pregnant, we advise that you use suitable contraception. Some forms of contraception can be affected by medications, so speak to your healthcare provider to make sure you are using the right one (for example do you need barrier methods as well as an oral contraceptive pill).



The effects of some diabetes medications on unborn babies are unknown. If you are planning to become pregnant or you know or think that you might be pregnant, please contact your team as soon as possible.