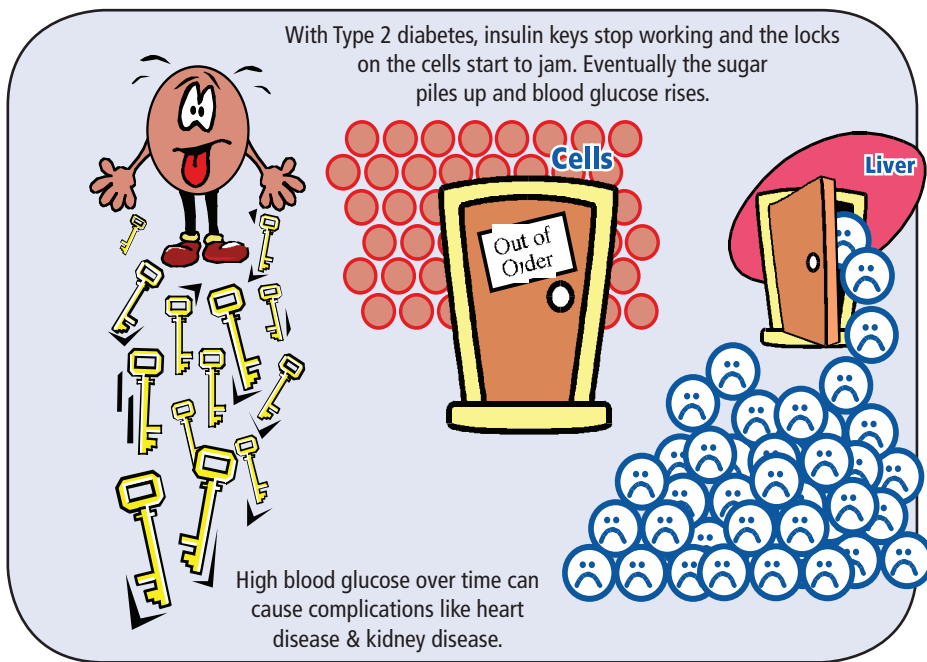
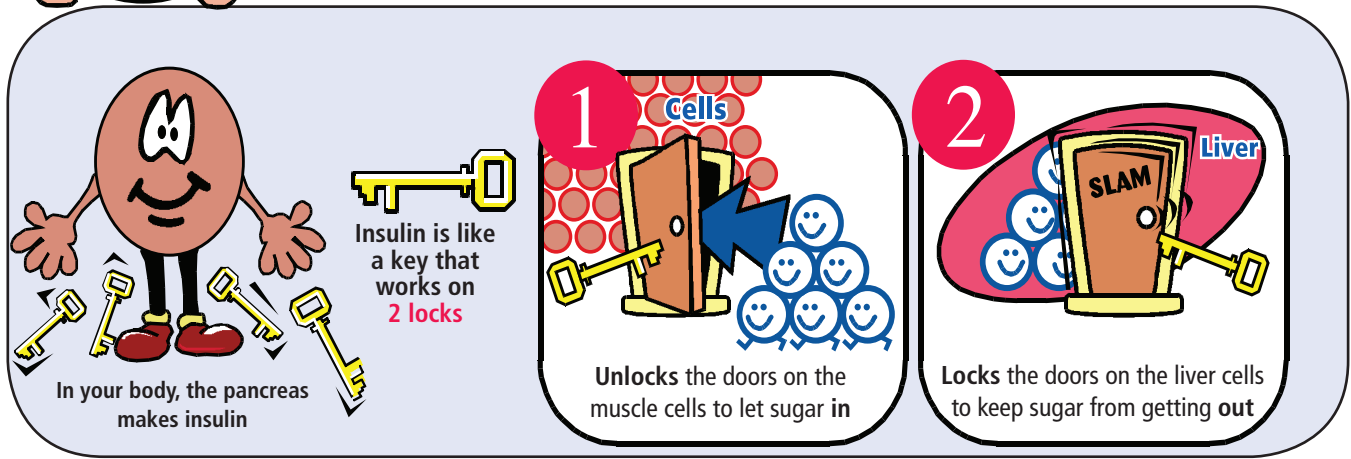
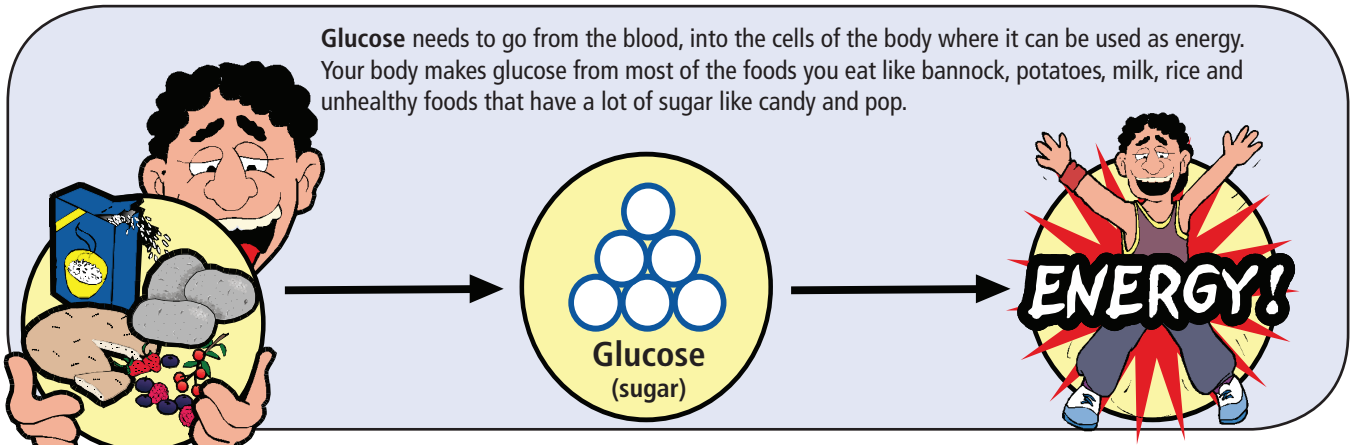


# How does type 2 diabetes affect my body?

## Problem with the lock & keys



blood glucose = blood sugar

Medication	How does this work in my body?	When to take?	Side effects
<b>Sulfonylureas:</b> <ul style="list-style-type: none"> <li>Glyburide (Diabeta®)</li> <li>Gliclazide (Diamicon®) (Diamicon MR®)</li> <li>Glimepiride (Amaryl®)</li> </ul>	<ul style="list-style-type: none"> <li>Helps the body produce more insulin (keys)</li> </ul>	<ul style="list-style-type: none"> <li>Usually take with a meal</li> </ul>	<ul style="list-style-type: none"> <li>Low blood sugars (hypoglycemia)</li> <li>Allergic reactions; people with Sulfa medication allergies may react to these drugs</li> <li>Weight gain</li> </ul>
<b>Non-Sulfonylureas:</b> <ul style="list-style-type: none"> <li>Repaglinide (Gluconorm®)</li> <li>Nateglinide (Starlix®)</li> </ul>		<ul style="list-style-type: none"> <li>Take with a meal. (If you miss or skip a meal, <b>do not</b> take this medication)</li> </ul>	<ul style="list-style-type: none"> <li>Low blood sugars (hypoglycemia)</li> </ul>
<b>Biguanides:</b> <ul style="list-style-type: none"> <li>Metformin (Glucophage®) (Glumetza®)</li> </ul>	<ul style="list-style-type: none"> <li>Helps the body's insulin (keys) <b>unlock</b> the cells of the body</li> </ul> <ul style="list-style-type: none"> <li>Helps to <b>lock</b> the door of the liver</li> </ul>	<p>Always take with a meal to lower the chance of side effects</p>	<ul style="list-style-type: none"> <li>Stomach upset, bloating, diarrhea</li> </ul>
<b>Insulin Sensitizers:</b> <ul style="list-style-type: none"> <li>Rosiglitazone (Avandia®)</li> <li>Pioglitazone (Actos®)</li> </ul>	<ul style="list-style-type: none"> <li>Helps the body's insulin (keys) unlock cells of the body</li> </ul>	<ul style="list-style-type: none"> <li>Take with or without a meal</li> </ul>	<ul style="list-style-type: none"> <li>Water retention (bloating)</li> <li>Weight gain</li> <li>May take up to 2 months before working</li> </ul>
<b>Alpha-Glucosidase Inhibitors:</b> <ul style="list-style-type: none"> <li>Acarbose (Glucobay®)</li> </ul>	<ul style="list-style-type: none"> <li>Slows down sugar getting into the body</li> </ul>	<ul style="list-style-type: none"> <li>Take with the first bite of every main meal</li> </ul>	<ul style="list-style-type: none"> <li>Stomach upset, bloating, diarrhea</li> <li>Low blood sugar (treat with glucose tablets, milk, or honey)</li> </ul>

Note 1: Some diabetes medications can cause adverse reactions when taken with other pills. This is not a complete list of medications. See your pharmacist, nurse or doctor for more information.

Note 2: Side effects like stomach upset usually get better over time.

**See handout #2 to know how to treat low blood sugars**