SO MANY DRUGS.........WHICH IS RIGHT FOR ME

What are my goals?
- Lower blood sugar and improve A1c (What should my target be)
- Reduce my low blood sugars
- Lose weight
- Reduce my costs
- Prevent or reduce progression of complications

How to ??
- Educate yourself... You are your greatest advocate
- Treatment is personalized. Diabetes management is NOT "ONE SIZE FITS ALL"
- Talk to your physician

• GLUCOSE TARGETS
  - HbA1c < 7.0% (mean PG =150-160 mg/dl [8.3-8.9 mmol/l])
  - Pre-prandial PG <130 mg/dl (7.2 mmol/l)
  - Post-prandial PG <180 mg/dl (10.0 mmol/l)
  - Individualization is key:
    ➢ Tighter targets (6.0 - 6.5%) - younger, healthier, may be appropriate for those without significant risk of hypoglycemia or other adverse effects of treatment.
    ➢ Looser targets (7.5 - 8.0%) - older, comorbidities, hypoglycemia prone, etc.
  - Avoidance of hypoglycemia

PG = plasma glucose

Diabetes Care 2012;35:1364–1379; Diabetes Care 2015;38:140-149; Diabetes Care 2015;38:429-442
“OLD” INSULIN REPLACEMENT STRATEGY

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<tr>
<th>TIME</th>
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<th>NPH/Lente</th>
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MEALS

PHYSIOLOGIC INSULIN REPLACEMENT

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<th>TIME</th>
<th>Lispro/Aspart/Glulisine</th>
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<th>Lispro/Aspart/Glulisine</th>
<th>Glargine/Detemir (Lantus/Levemir)</th>
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MEALS

TOUJELO: DIFFERENT ACTION THAN LANTUS
- Last 24+ Hours
- Smaller volume injected
- Steady after 3-4 days

DURATION OF ACTION OF TRESIBA
- Once daily basal insulin
- Stable and flat insulin profile
- Steady state after 3-4 days
- Flexibility for late or missed dosing

Injection of Tresiba: 42 hours
Action of Insulin: Approx 25 hour ½ left
Technosphere® Insulin Inhalation System (TI) (AFREZZA®)

- Regular human insulin formulation
- Easy to use inhaled system
- Ultra rapid action profile

Summary of GLP-1 (Incretins - Victoza, Trulicity, Tanzeum, Bydureon, Byetta) Effects in Humans

- Stomach: Regulates gastric emptying
- Liver: Glucagon reduces hepatic glucose output
- \( \alpha \) cell: Secretion post-meal
- \( \beta \) cell: Enhances secretion of glucose-dependent insulin

Pathophysiology Based Therapy

- \( \downarrow \) Glucose Production
- \( \uparrow \) CNS Effect
- \( \uparrow \) Insulin Secretion
- \( \downarrow \) Insulin Resistance
- \( \uparrow \) Incretin Effect
- \( \downarrow \) Glucose Absorption
- \( \uparrow \) Glycosuria

Type 2 Diabetes Medications and How they work

- Soliqua
- Adlyxin
- Basaglar
- Trulicity
- Tresiba
- Ryzodeg
- Toujeo
- Tanzeum
- Jardiance
- Afrezza
- Farxiga
- Invokana
- Nesina
- Xultophy
- Bydureon
- Tradjenta
- Victoza
- Onglyza
- Januvia

2010-2016

2006-2010

2000-2006

Levemir
Lantus
NovoRapid
Novamin
Byetta
Symlin
