

## 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

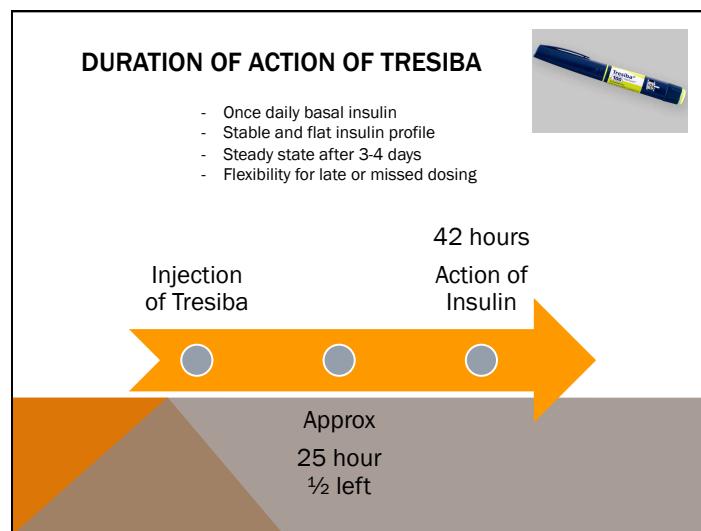
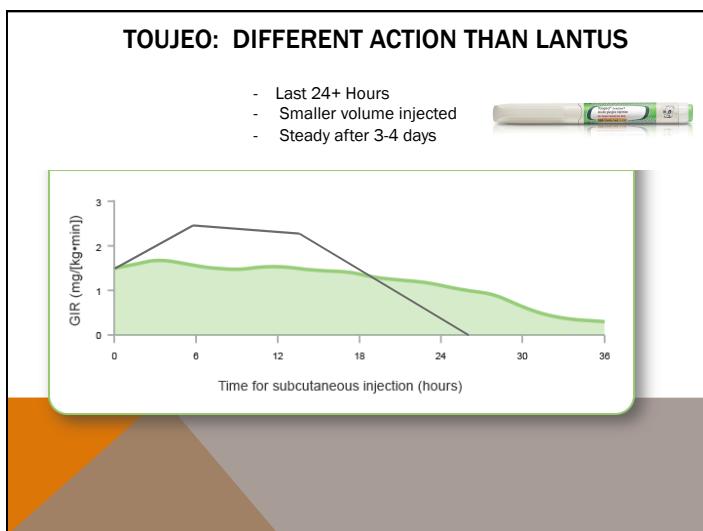
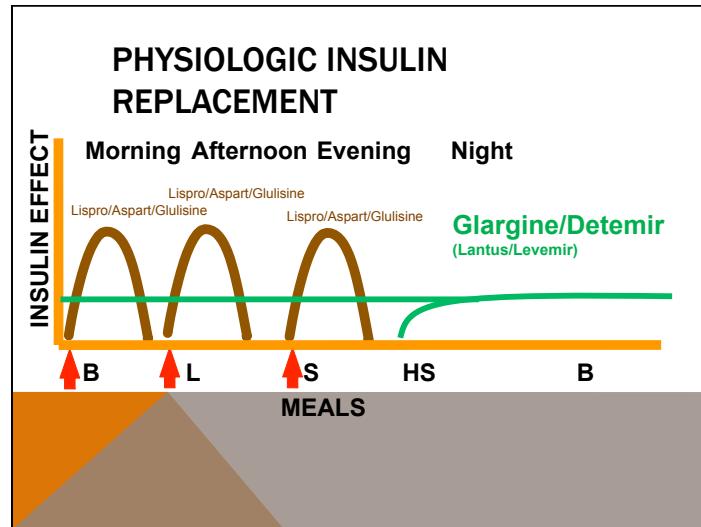
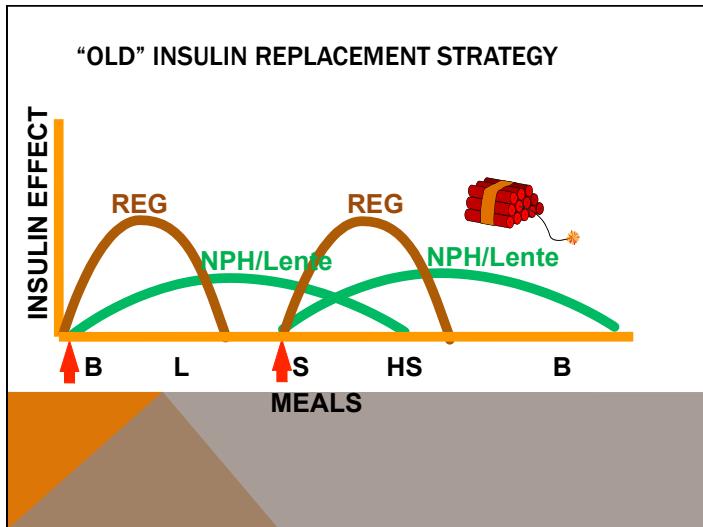
### • GLUCOSE TARGETS

- 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, *Diabetologia* 2012;55:1577-1596  
*Diabetes Care* 2015;38:140-149, *Diabetologia* 2015;58:429-442





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