



**initiators**

IMA cRCT

INFORMATION ON

# Antidiabetic drugs

## ORAL



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# Diabetes in Catalonia



14 out of 100 people are diabetic.

The estimated number of people with diabetes is around 600,000 cases. Diabetes affects **8% of the population over the age of 15 and 20% of people over the age of 65.**

Diabetes is asymptomatic and many believe they do not have a problem. **“Doing nothing” is not an option, diabetes does not cure itself.**

## Complementary measures

to decrease cardiovascular risk



Blood pressure control \*



Healthy and balanced diet \*



Regular exercise \*



Avoid tobacco and alcohol \*







Weight control \*




# The evolution of diabetes

Poor control **doubles the risk of mortality and vascular complications.** Complications can be classified according to the affected arteries:

## Small arteries

	Loss of sight
	Kidney disease
	Loss of sensitivity
	Diabetic foot

## Large arteries

	Risk of stroke
	Risk of heart attack
	Risk of amputation

## Treatment

- 1** A healthy lifestyle, a balanced diet and exercise are always necessary.
- 2** If this is not enough, treatment will be supplemented with oral or injectable drugs to help control diabetes.
- 3** If the above steps are not enough to control diabetes, treatment will be supplemented with other oral or injectable drugs.

# Oral antidiabetic drugs



Benefits



Adverse effects



Administration

## Biguanides - Initial option

→ <b>Metformin</b>	
✔	Lowers blood sugar
✔	Decreases eye, kidney and neurological damage
✔	Protects against vascular events
★★	Abdominal discomfort or diarrhoea at first
⏰	During or after meals

## Sulfonylureas - Second option

→ <b>Gliclazide / Glipizide / Glimepiride</b>	
✔	Lowers blood sugar
✔	Decreases eye, kidney and neurological damage
★★	Nausea or diarrhoea at first
★★	Sudden drop in sugar (hypoglycaemia)
⏰	During or before meals

## Glinides - Third option

→ <b>Repaglinide</b>	
✔	Lowers blood sugar
✔	Decreases eye, kidney and neurological damage
★ ★	Sudden drop in sugar (hypoglycaemia)
★ ★	Abdominal discomfort or diarrhoea
⏰	Before meals

## DPP-4 inhibitors - Third option

→ <b>Sitagliptin *</b>	
✔	Lowers blood sugar
✔	Decreases eye, kidney and neurological damage
★ ★	Sudden drop in sugar (hypoglycaemia)
★ ★	Headache
⏰	With or without food

## Glitazone - Third option

→ <b>Pioglitazone *</b>	
✔	Lowers blood sugar
✔	Decreases eye, kidney and neurological damage
★ ★	Weight gain
⏰	With or without food

## SGLT-2 inhibitors - Third option

→ <b>Empagliflozin / Canagliflozin / Dapagliflozin *</b>	
✔	Lowers blood sugar
✔	Decreases eye, kidney and neurological damage
✔	Weight loss
✔	Protects against vascular events
★★	Vulvovaginal candidiasis
★★	Urinary tract infection
⏰	With or without food

## Alpha-glucosidase inhibitors

### - Third option

→ <b>Acarbose</b>	
✔	Lowers blood sugar
✔	Decreases eye, kidney and neurological damage
★★	Abdominal discomfort
⏰	With meals

\* Alone or in combination with Metformin

★★ **Very common.** Can affect more than 1 in 10 people

★ ☆ **Common.** Can affect less than 1 in 10 people

## We decide together

Are you considering an option that we have not discussed yet?

Do you agree to take a medicine?

Do you have any questions?

## Follow-up

Customised plan

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Next checkup

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## Want to know more?

Pharmacy

Nurse

Web page



Use the QR Code to access the website  
[www.iniciadores.es](http://www.iniciadores.es)