



initiators

IMA cRCT

INFORMATION ON

Antidiabetic drugs

INJECTABLE

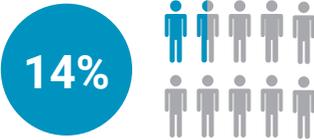


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Diabetes in Catalonia



14 out of 100 people are diabetic.

The estimated number of people with diabetes is around 600,000. 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.

Injectable antidiabetic drugs



Benefits



Adverse effects



Duration

Ultra-fast insulin

→ Insulin aspart / Insulin lispro	
✔ Lowers blood sugar	
★★	Sudden drop in sugar (hypoglycaemia)
	Insulin aspart: 3-5 h
	Insulin lispro: 2-5 h

Fast insulin

→ Regular insulin	
✔ Lowers blood sugar	
★★	Sudden drop in sugar (hypoglycaemia)
	6-8 h

Intermediate insulin

→ NPH insulin / Insulin detemir	
✔ Lowers blood sugar	
★★	Sudden drop in sugar (hypoglycaemia)
	16-24 h

Long insulin

→ Insulin glargine	
✔ Lowers blood sugar	
★★	Sudden drop in sugar (hypoglycaemia)
	18-24 h

Fast and intermediate insulin blends

→ Regular + NPH insulin / Insulin Lispro + NPL / Insulin Aspart + Aspart-Protamine	
✔ Lowers blood sugar	
★★	Sudden drop in sugar (hypoglycaemia)
	24h

GLP-1 agonists

→ Dulaglutide / Exenatide / Liraglutide	
✔ Lowers blood sugar	
✔ Weight loss	
✔ Protects against cardiovascular events	
★★	Sudden drop in sugar (hypoglycaemia)
★★	Gastrointestinal disorders
	Dulaglutide: 7 days
	Exenatide: 12h
	Liraglutide: 24h

★★ Very common. Can affect more 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