

The future for glycemic control and weight loss in type 2 diabetes and obesity: Optimizing patient education

Practice aid for diabetes education

For more information, visit www.touchendocrinologyime.org

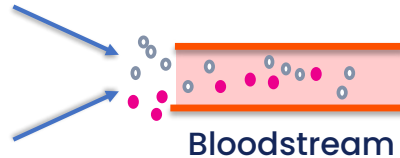
What is type 2 diabetes?



Food converted to glucose (sugar)¹



Pancreas



Bloodstream



Muscle

Liver

Your pancreas doesn't make enough insulin...¹

...or your cells can't effectively use insulin ('insulin resistance')¹

In type 2 diabetes, the level of glucose in the blood becomes too high¹

Incretin hormones (GLP-1 and GIP) are released in the body after eating and cause an increase in insulin levels. In type 2 diabetes, the effect of incretin hormones is reduced, resulting in low insulin levels²

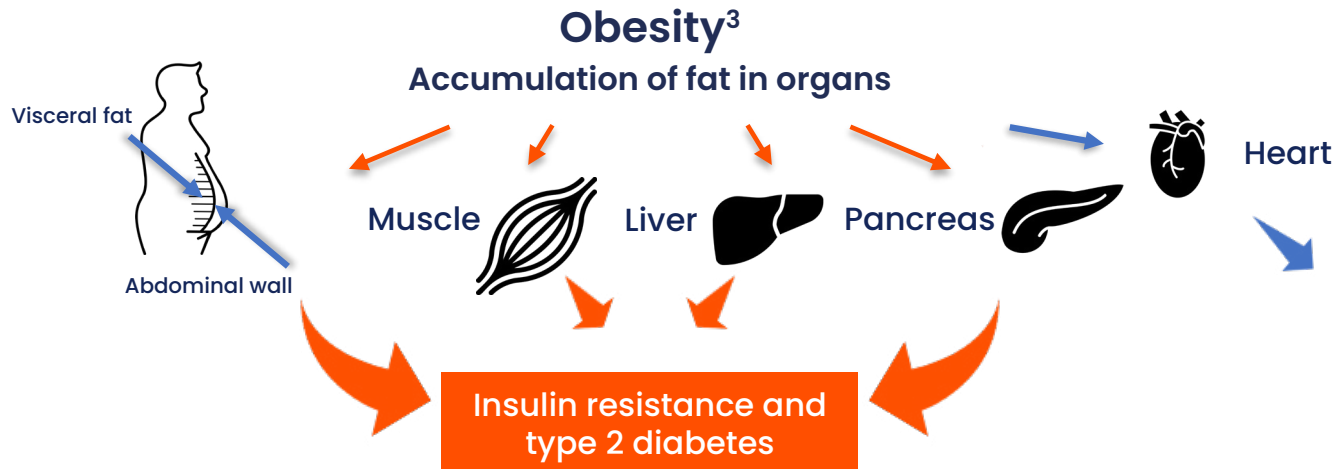
Body tissues become resistant to insulin, so glucose is unable to leave the blood and enter tissues effectively, resulting in high blood sugar levels¹

 Insulin

 Glucose

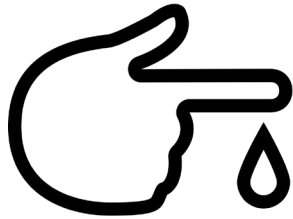
How is obesity linked to the development of type 2 diabetes?

Accumulation of fat in the organs is linked to insulin resistance and type 2 diabetes³



Why is weight loss important for people with type 2 diabetes and obesity?

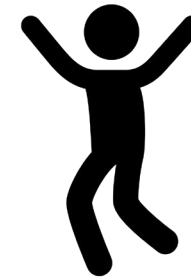
Losing weight has health benefits and can help your type 2 diabetes



Improves blood sugar control⁴



Reduces complications and cardiovascular risk⁴



Maintains quality of life⁵

Are there diabetes medications that can help with weight loss?

Diabetes medications that can help with weight loss⁶

SGLT2 inhibitors⁶

- Canagliflozin
- Dapagliflozin
- Empagliflozin
- Ertugliflozin



How they work^{1,6}

- ✓ Help the kidneys to reduce the amount of sugar in the blood^{1,4}
- ✓ Excess sugar is removed from the body in the urine^{1,4}

GLP-1 RAs⁶

- Dulaglutide
- Exenatide
- Liraglutide
- Lixisenatide
- Semaglutide



How they work⁶

- ✓ Help to release insulin
- ✓ Slow down emptying of the stomach, helping you to feel full soon after eating



What else can I do to help manage my type 2 diabetes and obesity?

Lifestyle and diet changes⁷



Adopt healthy eating patterns

Focus on vegetables, whole grains and fruits



Get active

Do something you enjoy



Keep track of goals and progress

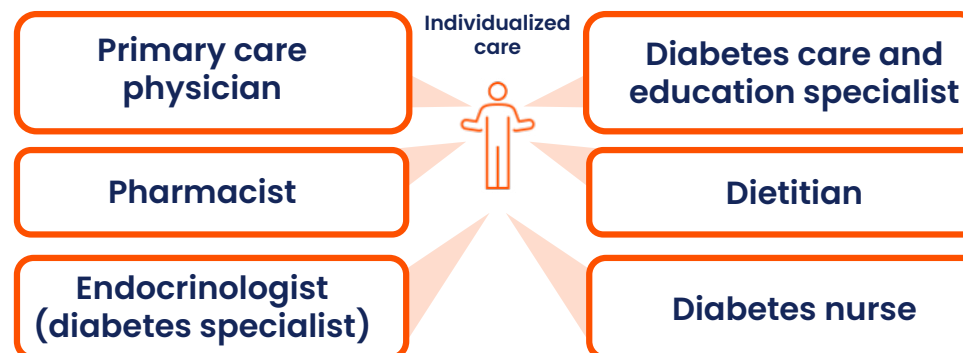
Tracking apps on your smartphone can help



Don't do it alone

Get peer support, both online and in person

Education and support from your healthcare team^{8,9}



To find out how a DCES can help you, visit diabeteseducator.org/DCEShelp

Abbreviations & References

DCES, Diabetes care and education specialist; GLP-1, glucagon-like peptide-1; GLP-1 RA, GLP-1 receptor agonist; GIP, glucose-dependent insulinotropic polypeptide; SGLT2, sodium-glucose cotransporter-2.

The guidance provided by this practice aid is not intended to directly influence patient care. Clinicians should always evaluate their patients' conditions and potential contraindications, and review any relevant manufacturer product information or recommendations of other authorities prior to consideration of procedures, medications, or other courses of diagnosis or therapy included here.

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