

The Importance of Using Medicine Early in the Management of Type 2 Diabetes

If you have Type 2 diabetes, **you may need medicine** to help you **reach your glucose management goals**. **Starting medicine early** after you are diagnosed with diabetes may help ensure you stay healthier over time.

What Role Do Medicines Play in Helping You Reach Diabetes Management Goals?

In addition to healthy eating, staying active, and coping in a positive way, taking medication may also be important. This is because Type 2 diabetes **changes over time**, and taking medicine is often necessary to keep you healthy.

You should not wait to add medicines that you are prescribed. It is not a sign of weakness on your part, instead, medicines are a good tool to help you live well with diabetes. There are many types of diabetes medications, each with its own pros and cons. Choosing one depends on your individual needs.



What Are the Benefits of Medicines for Diabetes?

As diabetes changes over time, some complications such as eye, kidney, or heart problems may appear.

Keeping glucose levels in check helps **prevent** these complications from occurring. Using the right medicine for you **when** your care team recommends it will go a long way in helping with your long-term health.

What Steps Can You Take to Get the Most From Your Medicine?

- ...>> Keep **eating healthy and being active**, as these go hand in hand with taking medicines and will help to keep you healthy.
- ...>> Ask your healthcare team about your **long-term health** and any risk factors you should consider.
- ...>> **Understand the medicines you have been prescribed**, how they benefit your health, and how and when to use them.
- ...>> **Inform your healthcare team** about any side effects you may have from a prescribed medicine. They may provide helpful suggestions or discuss other options.



DID YOU KNOW?

In addition to helping you manage glucose levels, some Type 2 diabetes medicines may also:



**Lower high
blood
pressure**



**Protect
against heart
disease**



**Protect
against kidney
damage**



**Help with
weight
reduction**