

How Diabetes Pills Work

Type II diabetes affect multiple organs in the body and diabetes pills work on specific organ(s) to lower blood glucose and HbA1c, which measures average level of blood sugar over 3 months. You will learn about different function, usage and benefit of the diabetes pills below. **Consult with your doctor about the best diabetes medication for you.**

Liver

Metformin (Glucophage)/
(Glucophage XR)

Function: Lower the glucose release from liver to the blood

Usage: Take medication with meals to reduce stomach upset

Benefit: Lower A1c 1.0 - 2.0%

Liver and Pancreas

Sitagliptin (Januvia), Saxagliptin (Onglyza), Linagliptin (Tardjenta), Alogliptin (Nesina)

Function: Help extend the action of the gut hormones and slow down digestion

Usage: Take at the same time each day

Benefit: Lower A1c 0.6- 0.8%

Stomach

Semaglutide (Rybelsus)

Function: Making you feel full, lowering liver glucose output, preventing glucose formation in the liver and stimulating glucose uptake by cells

Usage: Take it on empty stomach when you first wake up with a sip of plain water

Benefits: lowering A1c 0.9-1.4%, weight lost > 4 lb

Muscle Cell

Pioglitazone (Actos)

Function: Require less insulin to process glucose or increase insulin sensitivity

Usage: Take at the same time each day

Benefit: Lower A1c 0.5 - 1.0%

Pancreas

Glimepiride (Amaryl), Glipizide (Glucotrol, Glucotrol XL), Glyburide (Micronase, Diabeta, Glynase), Nateglinide (Starlix), Repaglinide (Prandin)

Function: Increase insulin release

Usage: take medication before meals to reduce side effect

Benefit: Lower A1c 1.0 - 2.0%

Kidneys

Canagliflozin (Invokana), Dapagliflozin (Farxiga), Empagliflozin (Jardiance)

Function: Allow kidneys to urinate the excess sugars from the body

Usage: Take medication before breakfast

Benefit: Lower A1c 0.8 - 1.0%, lower weight 1-3 lbs

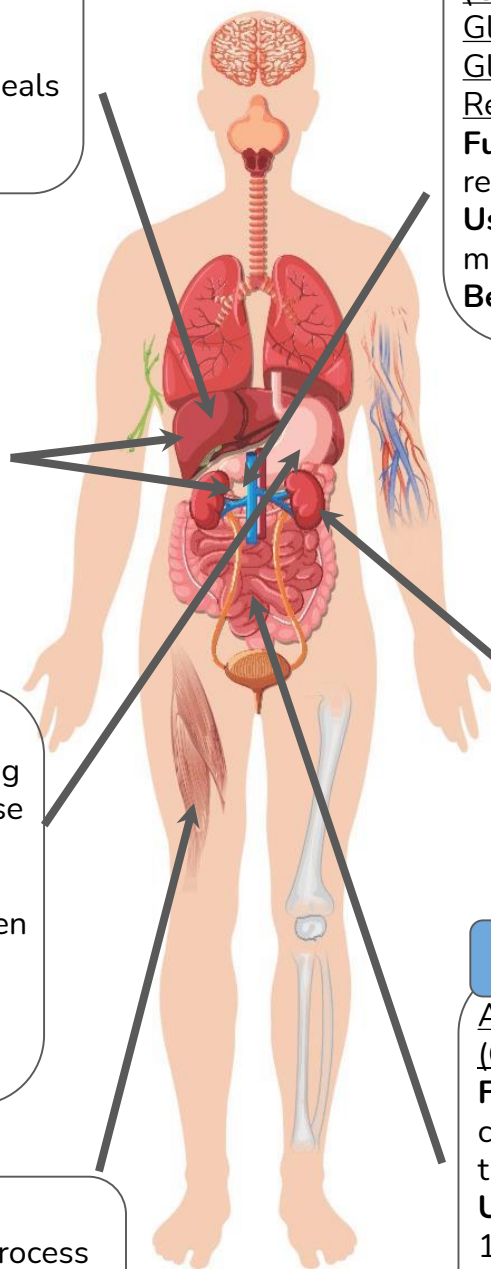
Intestines

Acarbose (Precose), Miglitol (Glyset)

Function: Slow down the carbohydrate absorption from the intestine

Usage: Take medication with 1st bite of the meal to improve the benefits of medication

Benefit: Lower A1c 0.5 - 1.0%



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