

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 blood sugar 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, being active, and coping in a healthy 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 your physician recommends. 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 pros and cons for each of the many diabetes medications available, and choosing one depends on your individual needs.



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

->> Keep up **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.
->> **Let your healthcare team know** if you are having side effects from a medicine you have been prescribed. They may have suggestions to help, or they may discuss other options.

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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 blood sugar 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.



DID YOU KNOW?

In addition to helping you manage blood sugar levels, some type 2 diabetes medicines may also:



Lower high blood pressure



Protect against heart disease



Protect against kidney damage



Help with weight reduction