



**HAVE YOU BEEN PRESCRIBED
MEDICATION FOR TYPE 2 DIABETES?**



WHAT IS TYPE 2 DIABETES, AGAIN?

Type 2 diabetes is a common, chronic condition. It causes the **levels of sugar in your blood to get too high**.¹

When your blood sugar gets too high, you may experience:²



YOUR DOCTOR HAS PRESCRIBED YOU MEDICATION TO HELP CONTROL YOUR DIABETES³



The first step toward managing your condition is to make simple diet and lifestyle changes. It's important to **eat healthily** and **exercise regularly**.³



However, sometimes **these changes aren't enough** and **medication is needed** to keep your type 2 diabetes under control.³



But don't worry, **a lot of people end up needing to take medication**.

MEDICATION
WORKS BY
REDUCING:³

The risk of complications



Your blood sugar levels



IF YOU ARE STRUGGLING TO TAKE YOUR MEDICATION, TALKING TO YOUR DOCTOR WILL HELP^{5,6}



YOUR DOCTOR WILL:

1

Help you better **understand your medication** (and your condition)⁶

2

Make sure you're involved when deciding what treatment is right for you⁶

3

Give you tips and tricks to help you remember to take your medication⁶

TIPS AND TRICKS THAT CAN HELP YOU REMEMBER TO TAKE YOUR MEDICATION

Set an **alarm** on your phone.



Pair up your medication with **daily activities**. (eg, take it after you brush your teeth!)



Use a **pill box** with slots for the medication to take each day.



Put **sticky notes** in strategic places!



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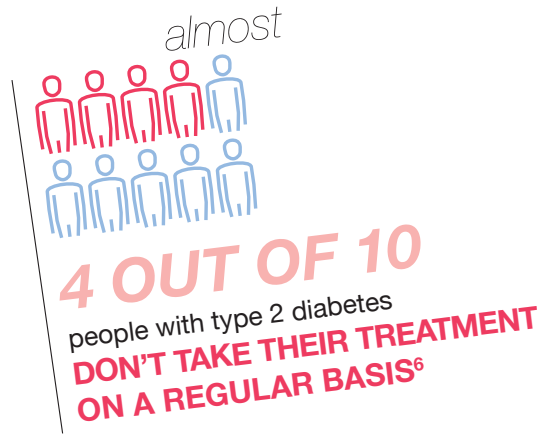
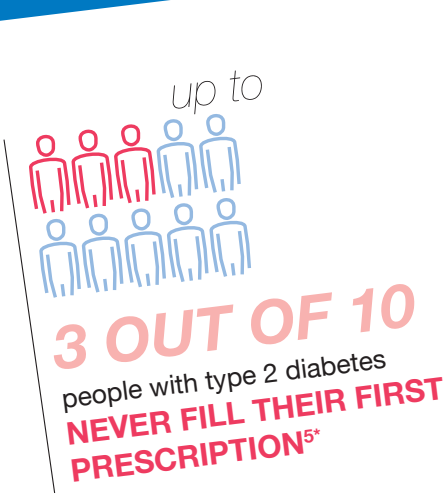
The risk of complications



Your blood sugar levels



BUT MANY PEOPLE STRUGGLE TO TAKE THEIR MEDICATION ON A REGULAR BASIS⁴⁻⁶



**Within
2 years**

**OF THEIR FIRST PRESCRIPTION
LESS THAN 50% OF PEOPLE WITH
TYPE 2 DIABETES CONTINUE
TO TAKE THEIR MEDICATION⁵**

up to
50%

Among those who aren't keeping their condition under control:
have uncontrolled type 2 diabetes because they are
not taking their medication⁴

*20-30% of new prescriptions are never filled at the pharmacy.

†The Centers for Disease Control and Prevention (CDC) estimates that non-adherence causes 30-50% of chronic disease treatment failures.

1. Smushkin G, Vella A. *Medicine (Abingdon)*. 2010;38:597-601. 2. Davies MJ et al. *Diabetes Care*. 2018;41:2669-2701. 3. Cosentino F et al. *Eur Heart J*. 2020;41:255-323. 4. FDA. Why you need to take your medications as prescribed or instructed. Accessed June 2022. <https://www.fda.gov/drugs/special-features/why-you-need-take-your-medicationsprescribed-or-instructed>. Accessed 16/06/2022. 5. Khan R, Socha-Dietrich K. OECD Health Working Papers No. 105. 2018. 6. Khunti K et al. *Diabetes Care*. 2017;40:1588-1596.

TAKING YOUR MEDICATION IS IMPORTANT: IT HELPS REDUCE THE RISK OF POTENTIALLY SERIOUS COMPLICATIONS¹



BY TAKING YOUR MEDICATION,
YOU HELP REDUCE THE RISK OF:

CARDIOVASCULAR DISEASE

Over time, high blood sugar levels can lead to heart problems¹



1 in 3 people
with type 2 diabetes
(worldwide) have
cardiovascular disease²

KIDNEY DISEASE

Over time, high blood sugar can make it difficult for your kidneys to do their job¹



≈40% of people
with type 2 diabetes
(worldwide) will develop
kidney disease³

BLINDNESS

Blurred vision is a common symptom of type 2 diabetes. If it isn't treated properly, it can lead to blindness¹



≈900,000 people
worldwide went blind
in 2020 due to diabetes
(among those aged 50 years
old and above)⁴

MISS OUT ON YOUR TREATMENT?
MISS OUT ON ALL THE FUN!



#ACTNOWFORDIABETES

Any questions?

Please note down any questions you have for your doctor here.

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Prepared by headquarters.
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All modifications of the content must be approved at local level.