Cherokee Nation HEALTH SERVICES

Cherokee Nation Shared Decision Making Tool

Diabetes Patients with Poor Blood Sugar Control:

Treatments to Improve Glucose Control

This short decision aid is to help you decide what other medications may help you control your type 2 diabetes when your A1C is 9.0 or higher.

You have a say in the treatment you choose to receive. The purpose of this decision aid is to help you make an informed decision.

What are your treatment options?

The main options for additional medications to improve your blood sugar control in type 2 diabetes are:

- **Metformin** is a pill that reduces the amount of sugar your liver makes. It can improve your A1C by 1-2%. The **possible** side effects are weight loss, abdominal cramps, and possibly diarrhea. Please call your health care team if you have these symptoms.
- **Insulins** are injected and can be long or short acting. Insulin can make a big improvement in your A1C. The possible side effects are weight gain (4.5-9 pounds) and hypoglycemia (blood sugar that is too low). Being physically active and watching what you eat can decrease your risk of weight gain and lower your blood sugar levels. Monitoring your blood sugar regularly is important when you are on insulin. You will be taught what to do if your blood sugar is too low.
- **Pioglitazone** is a pill that improves the way your body uses the insulin it makes. It can improve your A1C by 1%. The **possible** side effect is weight gain (1-6 pounds). Being physically active and watching what you eat can decrease your risk of weight gain and can lower your blood sugar levels.
- **Januvia** and **Tradjenta** are pills that help your body make more insulin naturally. They can improve your A1C by 0.5-1%. The **possible** side effect is weight gain (0-1 pound). Being physically active and watching what you eat can decrease you risk of weight gain and lower your blood sugar levels.
- **Glyburide** and **Glipizide** are pills that increase the amount of insulin released by your pancreas. They can improve your A1C by 1-2%. The possible side effects are weight gain and hypoglycemia. Being physically active and watching what you eat can decrease your risk of weight gain and lower your blood sugar levels. These drugs can cause your blood sugar to become too low. Monitoring your blood sugar regularly is important when you take these medicines. You will be taught what to do if your blood sugar is too low.

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- **Please see your care plan (also called the Patient Wellness Handout) for a current list of your medications.**

Your treatment choices may depend on many things, including your: current medications, medical problems, lifestyle, weight, occupation, and your feelings about some medications.

Please talk to your health care team today to discuss how you can improve your poorly controlled diabetes (A1C >9%)!

Questions and concerns that people with poorly-controlled diabetes (A1C >9%) often have include:

- My diabetes control is getting worse. What is the best extra treatment for improving it?
- I don't like the thought of injections. Are they as bad as I think they might be? Don't pills work just as well?
- I'm worried about side effects. How can I prevent them?
- I have a family history of heart disease. What's the best treatment to prevent heart disease?

It's OK to ask your doctor or nurse these questions.

I have looked at the different treatment options. I would like to try to add a new medication. I'm ready to let my care team know I want to start the treatment I circled <u>if my provider agrees</u>. (Circle the one you think is the best for you.)

Metformin

Insulin

Pioglitazone

Januvia or **Tradjenta**

NO, I am not ready to start any treatment at this time because:

I want to think about it

I don't know enough to make a decision

_____ _____

Name **Date**

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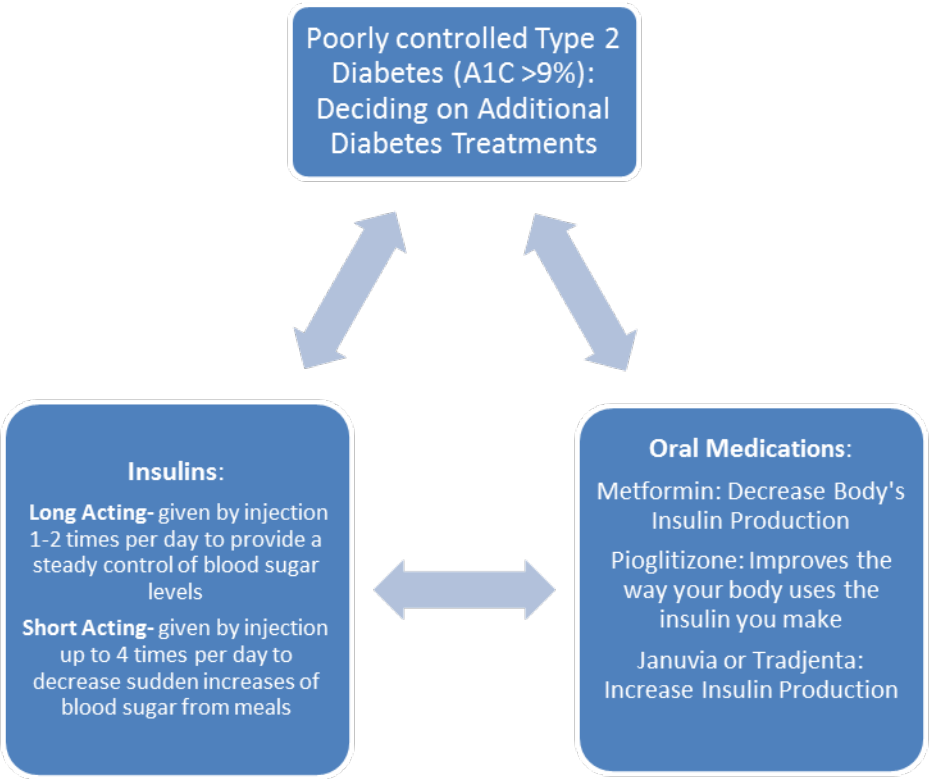
Shared Decision Making Visual Aid



Additional Resources: American Diabetes Association at www.diabetes.org

Totally Health at http://sdm.rightcare.nhs.uk/pda/diabetes-additional-treatments-to-improve-control/