



### DIABETES AND MEDICATION (PART 1)

Diabetes is complicated! Why do we have so many different pills to control our sugars? When lifestyle management fails to control the blood sugar levels adequately, medication becomes necessary. When choosing the right medication, the following factors should be considered: degree of hyperglycemia, risk of hypoglycemia, medications side effects, other medical conditions, ability to adhere to a regimen and patient preferences. In the case of more severe hyperglycemia, combinations of medications are usually required. There are approximately 20 antidiabetic medications marketed in Canada. Each category of pills helps to control our sugar in a different way. Let's review some of the categories of medications:

CLASS	NAMES	USUAL DOSE & HOW TO TAKE	ACTION	SIDE EFFECTS
BIGUANIDES	<b>GLUCOPHAGE</b> (metformin)	850 mg 2-3 times a day <b>OR</b> 500 mg 3-4 times a day with meals.  (max dose: 2000-2500 mg/day)	They help the liver reduce its production of glucose. They decrease insulin resistance.	Diarrhea, metallic taste in mouth, nausea.
	<b>GLUMETZA</b> (metformin extended release)	1000-2000 mg once a day with supper.		
SULFONYL-UREAS	<b>DIABETA</b> (glyburide)	2.5-20 mg once a day before breakfast (less than 30 minutes).	These stimulate insulin production by the pancreas.	<b>WATCH FOR HYPOGLYCEMIA (LOW BLOOD SUGAR).</b>
	<b>DIAMICRON MR</b> (gliclazide modified release)	30-120 mg once a day with breakfast.		
DPP-4 INHIBITORS	<b>JANUVIA</b> (sitagliptin)	25-100 mg once a day usually with breakfast.	They intensify the effect of some intestinal hormones helping to decrease blood sugar. If blood sugars are high, they promote insulin secretion (lower sugar after meals).	(Rare: pancreatitis)
	<b>TRAJENTA</b> (linagliptin)	5 mg once a day same time everyday.		
	<b>ONGLYZA</b> (saxagliptin)	2.5-5 mg once a day same time everyday.		
SGLT-2	<b>JARDIANCE</b> (empagliflozin)	10-25 mg once a day at any time of the day, with or without food.	They promote sugar excretion by the kidneys.	More frequent need to urinate, urinary/genital infections, low blood pressure.
	<b>INVOKANA</b> (canagliflozin)	100-300 mg once a day before the first meal of the day.		
	<b>FORGIXA</b> (dapagliflozin)	5-10 mg once a day at any time of the day, with or without food.		

**WARNING :** Antidiabetic medications do not replace diet, exercise and weight loss ; they complete them.

Part 2: To be continued in May 2018 ...

For more informations, ask your healthcare professional or visit:

1- <https://www.diabetes.ca/>

2- <https://www.diabete.qc.ca/en/living-with-diabetes/care-and-treatment/drugs-and-insulin/antidiabetic-medications>

To receive the bimonthly Infoletter or to remove your name from the mailing list, please send an email to: [infolettrediabete@hgh.ca](mailto:infolettrediabete@hgh.ca)

#### IMPORTANT DATES

Registration is mandatory  
 \*with valid health card\*  
 613-632-1111 ext. 52701.

January 19<sup>th</sup> and February 16<sup>th</sup> 2018:  
 Cooking Class and Grocery Tour -  
 from 8:30 am to 12:00 pm.

February 8<sup>th</sup> and 15<sup>th</sup> 2018: Group  
 classes «Living Well with Diabetes»-  
 from 8:30 to 11:30 AM.

#### Overnight Blueberry Oatmeal

**Quantity :** 1

**Preparation :** 5 minutes + 8h resting

#### Ingredients

- \*½ cup (125 ml) oatmeal
- \*1 tbsp (15 ml) chia seeds
- \*½ cup (125 ml) milk
- \*1 tbsp (15 ml) plain Greek yogurt
- \*1 tsp (5 ml) maple syrup
- \*¾ cup (175 ml) frozen blueberries or raspberries

#### Preparation

- The evening before :
- In a jar with a lid (Mason jar), mix all the ingredients together except the fruits. Pour the fruits on top of the mixture, screw on the lid and let rest in the refrigerator overnight.

The next morning :

- Eat directly from the jar (can easily be brought to work).

<http://www.diabete.qc.ca/fr/vivre-avec-le-diabete/alimentation/recettes/gruau-froid-aux-bleuets-overnight-oatmeal> (translated from French version)

**EATING TO PREVENT,  
 CONTROL  
 AND REVERSE DIABETES.**

