



### DIABETES AND MEDICATION (PART 2)

Diabetes is complicated! Why do we have so many different pills to control our sugars? When life-style management fails to control the blood sugar levels adequately, antihyperglycemic pharmacology treatment becomes necessary. When choosing the right medications the following factors should be considered: degree of hyperglycemia, risk of hypoglycemia, medications side effects, concomitant medical conditions, ability to adhere to regimen and patient preferences. In the case of more severe hyperglycemia, combinations of agents 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 each category.

CLASS	NAMES	USUAL DOSE AND HOW TO TAKE	ACTION	SIDE EFFECTS
MEGLITINIDES	<b>GLUCONORM</b> (repaglinide)	0.5-4 mg 2-4 times a day	They cause the pancreas to release insulin more quickly AFTER meals which reduces the sugars in the blood.	Watch for low sugars
	<b>STARLIX</b> (nateglinide)	60-180 mg Before meals (usually breakfast, lunch and dinner).		
THIAZOLIDINE-DIONES	<b>ACTOS</b> (pioglitazone)	15-45 mg Once a day with or without food.	They help the body (cell) to be more sensitive to insulin and they help to decrease the production of glucose by the liver.	Caution with heart problems.
	<b>AVANDIA</b> (rosiglitazone)	4-8 mg once a day. The dose of AVANDIA administered in association with a sulfonylureas cannot exceed 4 mg a day.		
GLP-1	<b>VICTOZA</b> (liraglutide)	3 mL prefilled disposable pen. Once a day injection.	They help us to increase the feeling of satiety, thus helping us to reduce the portions consumed at meals.	Nausea, diarrhea, vomiting.
	<b>BYETTA</b> (exenatide)	1.2 mL or 2.4 mL prefilled pen. Twice a day injections.		
	<b>BYDUREON</b> (exnatile long-action)	2mg/0.65 mL orefilled pen Injection: once a week, on the same day, with or without food.		
	<b>TRULICITY</b> (dulaglutide)	0.75/0.5 mL or 1./0.5 mL single-use prefilled pen. Weekly injection.		
ALPHA-GLUCOSIDASE INHIBITORS	<b>GLUCOBAY</b> (acarbose)	Starting dose : 50 mg once a day. Maintenance dose : 50-100 mg 3 times a day. Must be taken with the first bite of the meal.	They slow down the absorption of certain carbohydrates (sugars) in the intestines.	Flatulence and diarrhea.

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

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.

May 25th and June 15th, 2018:

Cooking Class and Grocery Tour - from 8:30 am to 12:00 pm.

June 14th and 21st, 2018:

Group classes «Living Well with Diabetes»- from 1:00 to 4:00 pm

#### Mini Quiches with Salmon

Quantity : 6 servings of 2 mini quiches

Preparation : 10 min Cooking : 30 min

#### Ingredients

- \* 5 eggs
- \* 2 tbsp (30 mL) unbleached all-purpose flour
- \* 2 x 5 oz (150 g) salmon canned (skinless and boneless)
- \* 3 ½ oz (100g) unripened soft goat cheese
- \* ¼ cup (60 ml) of milk
- \* 2 tsp (10 ml) of dry dill
- \* Pepper and salt
- \* 12 mini pitas

#### Preparation

- Preheat the oven to 180C (350F). Place the grill at the center of the oven.
- In a 1-liter measuring cup (or spouted bowl), whisk the eggs.
- Using a sieve, sprinkle the flour in a fine rain on the eggs and whisk again to incorporate well.
- Add salmon, half of cheese, milk and dill.
- Pepper generously and salt. Mix well.
- At the bottom of the holes in a 12-cup muffin pan (or two 6-cup muffins), place a mini-pita: it will serve as a crust.
- Spread the salmon mixture over the pitas and garnish the top of the mini-quiches with the remaining cheese.
- Bake 30 minutes or until eggs are solidify and mini quiches are golden on top.
- Serve with a green salad.
- Can be kept 3 days in the fridge or 3 months in the freezer.

Source: <http://cuisinefuteeparentspresses.telequebec.tv/recettes/168/mini-quiches-au-saumon>

**EATING TO PREVENT,  
 CONTROL**

AND REVERSE DIABETES.

