# Medications

## Objectives:
Participants will be able to:
- Describe the types of medications used to manage diabetes ABCs
- Identify factors that increase the likelihood of achieving blood glucose targets with pills vs. insulin
- Answer basic questions about each of their medications
- Identify a method to use to keep track of their medications

## Time Required:
20 minutes

## A-V:
PowerPoint, laptop and projector

## Handouts:
Choose to Live – Your Survival Guide*

## Talking Points:
- Most people with diabetes need multiple medications to control blood glucose, blood pressure and cholesterol
- Medications for blood glucose include different types of pills and types of insulin
- Important to know:
  - there is no one best way to treat type 2 diabetes – many times need to try different combinations to find what works best for you
  - what works best may change over time; pills will work best when have had diabetes for a shorter time, but may be less effective over time
- There are many different types of medications to lower blood pressure and cholesterol – work with your health care provider to find what works best for you
- If you are not taking a low-dose of aspirin every day, talk to your health care team to see if you should
- Know the basic information about each of your medications
- Keep a written record of each of your medications
- Take your medications as recommended; if are not, discuss with your health care provider
- Use a pill organizer or other aid to help remember multiple medications/multiple times
- For more information:
  - Call 1-800-diabetes
  - Visit diabetes.org

## Activity:
Participants list each of their medications and basic information for each

* Used in all "Managing Diabetes" presentations