

THE ABCs OF DIABETES MEDICATIONS

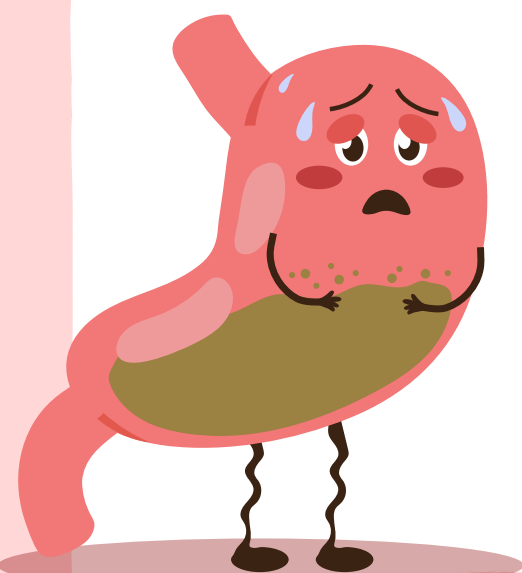
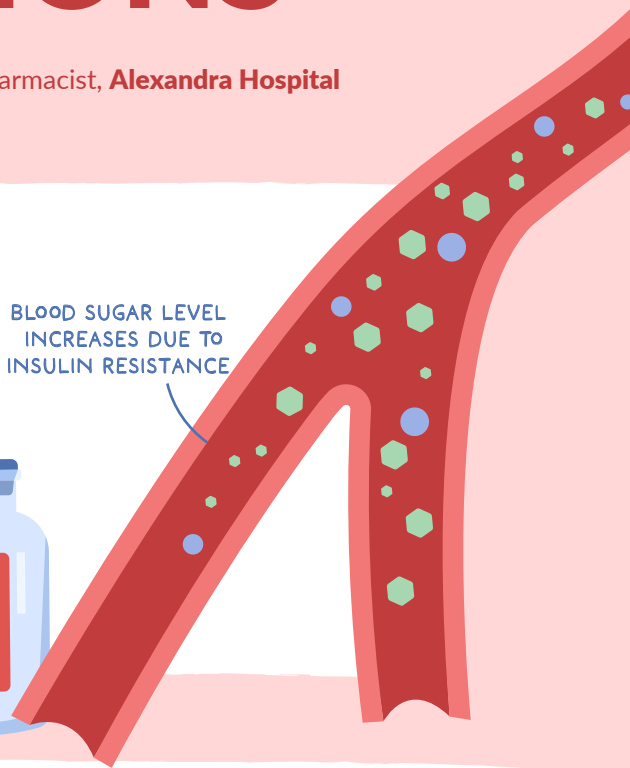
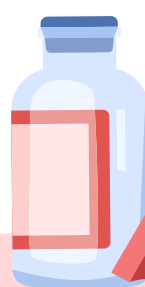
In consultation with **Dr Golda Wang**, Principal Clinical Pharmacist, **Alexandra Hospital**



Diabetes medications in **ACTION**

- Type 2 diabetes occurs when the body struggles to regulate blood sugar, causing it to build up in the bloodstream.
- Insulin works by acting as a “key” and “unlocking” cells so blood sugar can leave the blood and be used for energy.
- Some medications, like metformin, enhance insulin’s ability to function so as to keep blood sugar levels stable.

BLOOD SUGAR LEVEL
INCREASES DUE TO
INSULIN RESISTANCE



BEATING medication side effects

- Different medications may be associated with different side effects. Common side effects can include bloating, diarrhoea and low blood sugar (hypoglycaemia).
- Some drugs, like sodium-glucose co-transporter-2 (SGLT2) inhibitors, lower blood sugar by increasing its excretion in urine, which may raise the risk of genital fungal infection.
- Some common tips to minimise side effects include starting with low doses, taking medications with food and staying hydrated.
- It is advisable to consult your healthcare provider if you experience side effects.

CARING for your overall health

- Managing diabetes isn’t just about medication. A healthy diet, regular exercise and open communication with healthcare providers are equally important.
- Use trusted resources, such as **NUHS’ guide to diabetes**, for advice on medications and coping strategies.
- With the right treatment, lifestyle changes and support, managing Type 2 diabetes becomes much easier.



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