

GLUCOSE-LOWERING MEDICATION IN TYPE 2 DIABETES: OVERALL APPROACH



**FIRST-LINE THERAPY IS METFORMIN AND COMPREHENSIVE LIFESTYLE (INCLUDING WEIGHT MANAGEMENT AND PHYSICAL ACTIVITY)
IF HbA_{1c} ABOVE TARGET PROCEED AS BELOW**

ESTABLISHED ASCVD OR CKD

NO

WITHOUT ESTABLISHED ASCVD OR CKD

ASCVD PREDOMINATES

HF OR CKD PREDOMINATES

COMPPELLING NEED TO MINIMIZE HYPOLYCAEMIA

COMPPELLING NEED TO MINIMIZE WEIGHT GAIN OR PROMOTE WEIGHT LOSS

COST IS A MAJOR ISSUE¹⁰

GLP-1 RA with proven CVR benefit¹

GLP-1 RA with proven CVR benefit¹, if eGFR adequate²

If HbA_{1c} above target

If further intensification is required or patient is new stable to tolerate GLP-1 RA and/or SGLT2i, choose agents demonstrating CV safety:

- Consider adding the other class (GLP-1 RA or SGLT2i) with proven CVR benefit
- SPP-4i if not on GLP-1 RA
- Basal insulin³
- GLP-1
- GLP-1

PREFERABLY

SGLT2i with evidence of reducing HF and/or CKD progression in CVRs if eGFR adequate²

OR

If SGLT2i not tolerated or contraindicated or if eGFR less than adequate² add GLP-1 RA with proven CVR benefit¹

If HbA_{1c} above target

- Avoid TZD in the setting of HF
- Choose agents demonstrating CV safety
- Consider adding the other class with proven CVR benefit¹
- SPP-4i (not recommended in the setting of HF if not on GLP-1 RA)
- Basal insulin³
- GLP-1

SPP-4i

GLP-1 RA

SGLT2i

TZD

If HbA_{1c} above target

If HbA_{1c} above target

If HbA_{1c} above target

If HbA_{1c} above target

SGLT2i OR TZD

SGLT2i OR TZD

GLP-1 RA OR SPP-4i OR TZD

SGLT2i OR SPP-4i OR GLP-1 RA

If HbA_{1c} above target

Continue with addition of other agents as outlined above

If HbA_{1c} above target

Consider the addition of SPP-4i OR basal insulin:

- Choose later generation SGLT2i with lower risk of hypoglycaemia
- Consider basal insulin with lower risk of hypoglycaemia³

GLP-1 RA with good efficacy for weight loss⁴

SGLT2i

If HbA_{1c} above target

SGLT2i

GLP-1 RA with good efficacy for weight loss⁴

If HbA_{1c} above target

If triple therapy required or SGLT2i and/or GLP-1 RA not tolerated or contraindicated use regimen with lowest risk of weight gain

PREFERABLY

SPP-4i (if not on GLP-1 RA) based on weight neutrality

If SPP-4i not tolerated or contraindicated or patient already on GLP-1 RA, continue addition of:
- SGLT2i - TZD⁵ - Basal insulin

SGLT2i

TZD⁵

If HbA_{1c} above target

If HbA_{1c} above target

TZD⁵

SGLT2i

If HbA_{1c} above target

- Insulin therapy (total insulin with lowest acquisition cost)
- OR
- Consider SPP-4i OR SGLT2i with lowest acquisition cost¹⁰

1. Proven CVR benefit means it has label indication of reducing CVR events for GLP-1 RA (strongest evidence for semaglutide + empagliflozin + canagliflozin) whereas the SGLT2i evidence extends stronger for empagliflozin + canagliflozin.

2. Be aware that SGLT2i vary by region and individual agent with regard to indicated level of eGFR for initiation and continued use.

3. Both empagliflozin and canagliflozin have shown reduction in HF and reduction in CVR progression in CVRs.

4. Semaglutide or liraglutide have demonstrated CVR safety.

5. Low dose may be better tolerated through less well studied for CVR effects.

6. Choose later generation SGLT2i with lower risk of hypoglycaemia.

7. Semaglutide / glimepiride (CVR) + glimepiride (CVR) + detemir + SPP-4i insulin.

8. Semaglutide + empagliflozin + canagliflozin + metformin + lisinopril.

9. If no specific contraindications (i.e. no established CVR, low risk of hypoglycaemia and lower priority to avoid weight gain or no weight related contraindications).

10. Consider country- and region-specific cost of drugs. In some countries TZDs relatively more expensive and SPP-4i relatively cheaper.

Type Diabetes Guide

Akash Tiwari



Type Diabetes Guide:

American Dietetic Association Guide to Diabetes Medical Nutrition Therapy and Education Tami Ross, Jackie Boucher, Belinda S. O'Connell, 2005 Medical nutrition therapy plays an integral role in the management in diabetes This comprehensive guide is an evidence based review of MNT and the Nutrition Care Process and a practical reference of diabetes management tools and nutrition education Covering practice guidelines outcomes evaluation nutrition assessments goal setting behavior change and interventions this guide is a must have resource for health care professionals serving the diabetes community

The Clinical Documentation Improvement Specialist's Guide to ICD-10 Glenn Krauss, 2011-03 Take charge of ICD 10 documentation requirements The implementation of ICD 10 brings with it new documentation requirements that will have a significant impact on the work of your CDI team The higher degree of specificity of information needed to code accurately will have a direct correlation to reimbursement and compliance CDI specialists need a firm understanding of the new code set and the rules that govern it to obtain the appropriate level of documentation from physicians The Clinical Documentation Improvement Specialist s Guide to ICD 10 is the only book that addresses ICD 10 from the CDI point of view Written by CDI experts it explains the new documentation requirements and clinical indicators of commonly reported diagnoses and the codes associated with those conditions You ll find the specific documentation requirements to appropriately code conditions such as heart failure sepsis and COPD Learn from your peers The Clinical Documentation Improvement Specialist s Guide to ICD 10 includes case studies from two hospitals that have already begun ICD 10 training so you can use their timelines as a blue print to begin your organization s training and implementation ICD 10 implementation happens in 2013 It s not too soon to start developing the expertise and comfort level you ll need to manage this important industry change and help your organization make a smooth transition Benefits Tailored exclusively for CDI specialists Side by side comparison of what documentation is necessary now v what will be required starting October 1 2013 Timelines to train physicians in new documentation requirements to ensure readiness by implementation date Strategies and best practices to ensure physician buy in

American Diabetes Association Guide to Nutrition Therapy for Diabetes Alison B. Evert, MS, RDN, CDE, Marion J. Franz, MS, RDN, CDE, 2017-05-15 Nutrition therapy is an essential component of effective diabetes management Healthcare providers need to stay current on new developments in nutrition therapy and specific interventions for a wide range of patient populations and special circumstances in order to provide the best possible outcomes for their patients Revised and updated to incorporate the latest research and evidence based guidelines the third edition of the American Diabetes Association Guide to Nutrition Therapy for Diabetes is a comprehensive resource for the successful implementation of nutrition therapy for people with diabetes Topics covered include Macronutrients and micronutrients Nutrition therapy for pregnant women youth older adults and people with prediabetes Nutrition therapy for hospitalized and long term care patients Celiac disease eating disorders and diabetes complications

Cost effectiveness of nutrition therapy health literacy and numeracy and community based diabetes prevention programs

The Complete Guide to Teaching Exercise to Special Populations Morc Coulson,2013-05-30 An important addition to the tried and trusted Complete Guide series The Complete Guide to Teaching Exercise to Special Populations is a vital resource for fitness professionals who prescribe exercise programmes to anyone categorised as belonging to a special group Special population covers many of us with a health condition which may mean we need a supervised and well informed exercise programme Covering a wide range of conditions from osteoporosis heart conditions arthritis and back pain this book provides supervised exercise programmes to suit various needs Comprehensive and informative The Complete Guide to Teaching Exercise to Special Populations is packed with clear photographs and diagrams and covers the condition diagnosis treatment as well as an array of practical tips for designing activity programmes **The Complete Guide to Exercise Referral**

Debbie Lawrence,2013-04-29 This book gives fitness professionals everything they need to know to manage a referred client from fulfilling government recommendations to motivating and retaining clients Exercise can help prevent and treat a wide variety of health problems including obesity heart disease and mobility disorders and fitness professionals are increasingly working with referred patients as part of their treatment Formerly published as Fitness Professionals GP Referral Schemes the updated edition of this established and definitive guide includes the latest information from sources such as NICE and ACSM as well as a new chapter on session plans to provide fresh ideas for working with your clients Written by a highly experienced exercise professional this book covers Exercise guidelines for different medical conditions Strategies for working with exercise referral clients Approaches to activity and programme design health safety and risk management

Handbook of Nutritional Disorders Jahangir Moini,Katia Ferdowsi,2024-12-10 Handbook of Nutritional Disorders is a comprehensive handbook covering topics in nutrition malnutrition and the clinical disorders associated with nutrition from deficiency to toxicity It includes information on disorders related to carbohydrate lipid and protein metabolism as well as vitamin and mineral abnormalities The book details various types of supplements feeding methods and therapies for many specific patients It aims to educate readers on ways to prevent disorders resulting from all types of malnutrition and their potentially severe complications Features Strong focus on diabetes featuring information on various forms of the disease and treatment information Detailed discussion of lipids and related disorders cardiovascular disease is the number one cause of death informs users on prevention and treatment of hypertension myocardial infarction and stroke Contains information on selective nutritional disorders including obesity dehydration imbalances malabsorption alcoholism neuropsychiatric disorders eating disorders cancer and pollutant poisonings Written for researchers academia and students in healthcare and nutrition fields this book educates individuals on prevention of disorders resulting from all types of malnutrition and their potentially severe complications **Fundamental of Nursing - Guide - 2024** Akash Tiwari,2024-01-08 Nutrition Guide for

Physicians and Related Healthcare Professions Ted Wilson,Norman J. Temple,George A. Bray,2022-01-03 This fully updated

and expanded third edition is a reference guide on nutrition and its clinical implications for health and disease through the life cycle. The book endeavors to address the needs of those who would most benefit from up-to-date information on recent advances in the field of nutrition. Written by experts in the field, chapters cover a diverse range of nutritional areas that present a succinct overview of recent thinking and discoveries that have the greatest capacity to aid physicians and other healthcare professionals in improving the nutritional health of their clients. The text is divided into eight parts. Part one and two address the nutrient requirements and special nutrition-related issues for people across all stages of the lifespan from pregnancy and infancy through the adolescent years to the older adult years. Part three summarizes the role of nutrition in the prevention and management of chronic conditions frequently seen in clinical practice, including obesity, diabetes, bone disorders, coronary heart disease, hypertension, and cancer. Part four describes different dietary patterns: the Mediterranean diet, the DASH diet, the vegetarian diet, and the ketogenic diet. Part five describes nutrition challenges specific to surgery and several different acute diseases and disorders: gastrointestinal disorders, food allergy and intolerance, diseases of the liver and pancreas, kidney disease, eating disorders, bariatric surgery, sarcopenia, and drug interactions with food. Part six looks at different aspects of the diet: coffee, tea, dietary fat, dietary sugars, energy drinks, alcohol, dietary fiber, vitamins, minerals, and the gut microbiome. Part seven examines a range of factors that influence dietary health decisions, creating nutritional behavior change methods for assessing nutritional status, Dietary Reference Intakes, an overview of the diet and food guides, food labels, and sources of nutrients. Finally, part eight looks at dietary supplements, including the problem of dishonest marketing and false and misleading information in the area of nutrition. The growing nutritional impact of COVID-19 is discussed throughout the book. Where appropriate, *Nutrition Guide for Physicians and Related Healthcare Professions, Third Edition* serves as a comprehensive guide that is organized by age, lifespan, nutrition therapy in relation to chronic disease, and COVID diet and its role in prevention, dietary requirements, and recommendations, and influencing health decisions for the patient. It is a valuable resource of practical and easy-to-access information on nutrition for physicians, nurses, pharmacists, and others in their daily practice.

[The Dental Hygienist's Guide to Nutritional Care E-Book](#) Lisa F. Mallonee, Linda Boyd, Cynthia A.

Stegeman, 2024-07-19 Selected for 2025 Doody's Core Titles in Dental Hygiene Auxiliaries. Learn how to apply nutritional principles to promote optimal patient care. *The Dental Hygienist's Guide to Nutritional Care, 6th Edition* explains how teaching proper nutrition can improve oral and systemic health. Case studies and clear, full-color photos and illustrations provide a basis for assessing, diagnosing, planning, implementing, and evaluating the care of patients. In addition, a solid foundation in nutrition prepares you for the subject's increased emphasis on the NBDHE examination. NEW! Incorporation of the latest federal nutrition standards and initiatives includes Healthy People 2030 and the 2020 Dietary Guidelines for Americans. Clinically relevant applications to dental hygiene include a focus on patient education and dental hygiene considerations. Vitamin and mineral content is presented based on the oral effects of micronutrients. Case studies and Health

Applications in each chapter demonstrate how nutrition concepts can be applied to specific patient situations Robust practice opportunities allow you to test your comprehension and apply what you ve learned Key terms are highlighted in each chapter and defined in the glossary

The Maudsley Practice Guidelines for Physical Health Conditions in Psychiatry David M. Taylor,Fiona Gaughran,Toby Pillinger,2020-10-09 Learn to improve your assessment investigation and management of physical health conditions in people with severe mental illness The Maudsley Practice Guidelines for Physical Health Conditions in Psychiatry offers psychiatric and general practitioners an evidence based and practical guide for the appropriate assessment investigation and management of common physical health conditions seen in people with severe mental illness Written by a renowned team of respected experts in medicine surgery pharmacy dietetics physiotherapy and psychiatry the book bridges the gap between psychiatric and physical health services for the severely mentally ill The Maudsley Practice Guidelines for Physical Health Conditions in Psychiatry also provides practitioners with expert guidance on making effective referrals to other medical and surgical subspecialties telling readers what information subspecialties would expect to receive Its use will improve the quality of clinical care received by mentally ill patients and by promoting a holistic approach to treatment that considers both body and mind will enhance the therapeutic relationship between patient and practitioner The Maudsley Practice Guidelines for Physical Health Conditions in Psychiatry covers the following

Guidance on assessment and management of well over a hundred different medical and surgical presentations commonly seen in people with serious mental illness Management of physical health emergencies in a psychiatric setting Evidence based approaches to management of physical side effects of psychiatric medications Advice on approaches to promote a healthy lifestyle in people with serious mental illness such as smoking cessation and changes to diet and physical activity Perfect for both psychiatrists and general practitioners who wish to improve the quality of care they provide to people with serious mental illness The Maudsley Practice Guidelines for Physical Health Conditions in Psychiatry will be of use to anyone setting out to navigate the divide between the treatment of psychiatric and physical health conditions

The Midwives' Guide to Key Medical Conditions Linda Wylie,Helen Bryce,2008 Collects relevant clinical information on common medical problems that can affect the pregnancy This book covers conditions as diverse as epilepsy lupus diabetes and HIV It is suitable for all health professionals dealing with childbearing women

[Coding for Medical Necessity Reference Guide - First Edition](#) AAPC,2020-03-18 Master coding concepts related to medical necessity and report compliant codes for your services Revenue loss rework payback demands how much are medical necessity errors costing your practice And that s to say nothing of potential civil penalties Get medical necessity wrong and it s considered a knowingly false act punishable under the FCA Stay liability free and get reimbursed for your services with reliable medical necessity know how AAPC s Coding for Medical Necessity Reference Guide provides you with step by step tutorials to remedy the range of documentation and coding issues at the crux of medical necessity claim errors Learn how to integrate best practices within your clinical

processes including spot checks and self audits to identify problems Benefit from real world reporting examples Q A and expert guidance across specialties to master coding for medical necessity Learn how to lock in medical necessity and keep your practice safe and profitable Avoid Medical Necessity Errors with CERT Smarts Rules to Improve Provider Documentation Denials Pay Attention to Procedure Diagnosis Linkage Nail Down the Ins and Outs of Time based Coding Expert Guidance to Fend Off RAC Audits and Denials Beat E M Coding Confusion with Payer Advice Improve Your ABN Know How with This FAQ

Women's Health and Fitness Guide Michele Kettles, Colette L. Cole, Brenda S. Wright, 2006 Examining the benefits of exercise for women from osteoporosis prevention to reducing the risk of cardiovascular disease this book reviews the physiological fitness differences between men and women It also helps women to tailor an exercise programme to their stage in life adolescence pre menopause menopause post menopause and ageing

The Dental Hygienist's Guide to Nutritional Care E-Book Cynthia A. Stegeman, Judi Ratliff Davis, 2018-03-01 Selected for Doody's Core Titles 2024 in Dental Hygiene Auxiliaries Learn how to apply nutritional principles to promote optimal patient care The Dental Hygienist's Guide to Nutritional Care 5th Edition explains how teaching proper nutrition can improve your clients oral and systemic health Case studies and clear full color photos and illustrations provide a basis for assessing diagnosing planning implementing and evaluating the care of patients In addition a solid foundation in nutrition prepares you for the subject's increased emphasis on the NBDHE examination Written by an interdisciplinary author team with expertise in nutrition and dental hygiene this book was the first nutritional guide designed specifically for dental hygienists UNIQUE Biochemistry chapter covers the essential concepts tested on the National Board Dental Hygiene Examination NBDHE UNIQUE Coverage of vitamins and minerals is based on the oral effects of micronutrients Clinically relevant applications to dental hygiene include a focus on patient education and dental hygiene considerations in each chapter Case studies and Health Applications demonstrate how nutrition concepts can be applied to specific patient situations Learning features include pretests and key terms highlighted in each chapter with definitions in the glossary Practice quizzes online allow you to test your comprehension and include feedback and remediation for incorrect answers NEW Updated content addresses interdisciplinary practice and the FDA's Food Safety Modernization Act with expanded coverage of older adults vitamin D and nutrigenomics NEW Coverage of the latest federal nutrition standards includes the Dietary Guidelines for Americans the Nutrition Facts label and more NEW UPDATED full color illustrations include additional clinical photos as well as food source photos in the micronutrient chapters

[Practical Guide to Obesity Medicine](#) Jolanta Weaver, 2017-09-29 Get a quick expert overview of the many key facets of obesity management with this concise practical resource by Dr Jolanta Weaver Ideal for any health care professional who cares for patients with a weight problem This easy to read reference addresses a wide range of topics including advice on how to unpack the behavioral causes of obesity in order to facilitate change manage effective communication with patients suffering with weight problems and future directions in obesity medicine Features a

wealth of information on obesity including hormones and weight problems co morbidities in obesity genetics and the onset of obesity behavioral aspects and psychosocial approaches to obesity management energy and metabolism management and more Discusses pharmacotherapies and surgical approaches to obesity Consolidates today s available information and guidance in this timely area into one convenient resource

The Dietitian's Guide to Vegetarian Diets: Issues and Applications Reed Mangels,Virginia Messina,Mark Messina,2021-10-01 The Dietitian s Guide to Vegetarian Diets Issues and Applications Fourth Edition provides the most up to date information on vegetarian diets Evidence based and thoroughly referenced this text includes case studies sample menus and counseling points to help readers apply material to the real world Written for dietitians nutritionists and other health care professionals the Fourth Edition can be used as an aid for counseling vegetarian clients and those interested in becoming vegetarians or serve as a textbook for students who have completed introductory coursework in nutrition

Nutrition Guide for Physicians and Related Healthcare Professionals Norman J. Temple,Ted Wilson,George A. Bray,2017-03-31 This second edition volume is a desktop reference guide on nutrition and its clinical implications for health and disease Presented in a new softcover format and user friendly style it serves as a valuable resource of practical information on nutrition for physicians and other healthcare professionals in their daily practice The book covers all important aspects of nutrition including basic nutritional principles nutrition through the lifecycle and optimal nutrition patterns through all stages of development and diet and its role in prevention cause and treatment of disease Nutrition Guide for Physicians and Related Healthcare Professionals is thoroughly updated from its predecessor Nutrition Guide for Physicians and provides a wide perspective of the impact that nutrition has upon medical practice and will be an indispensable resource for primary care physicians and other medical professionals

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription David P. Swain,ACSM,Clinton A. Brawner,2012-12-26 ACSM s Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM s Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM The 7th edition provides information necessary to address the knowledge skills and abilities set forth in the new edition of Guidelines and explains the science behind the exercise testing and prescription ACSM s Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training

Guidelines for Cardia Rehabilitation and Secondary Prevention Programs-5th Edition (with Web Resource) American Association of Cardiovascular & Pulmonary Rehabilitation,2013-08-02 Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs Fifth Edition covers the entire scope of practice for cardiac rehabilitation and secondary prevention CR SP programs This text was developed by the American Association of Cardiovascular and Pulmonary Rehabilitation AACVPR and parallels federal guidelines for cardiac rehabilitation programs It contains information on promoting positive lifestyle behavior patterns

reducing risk factors for disease progression and lessening the impact of cardiovascular disease on quality of life morbidity and mortality

Physical Activity and Health Guidelines Riva Rahl, 2010-06-02

Sifting through the numerous guidelines on physical activity and health published by government agencies professional organizations and associations can be a daunting task Information exists in all types of formats and locations including government documents press releases and Web sites so simply finding those guidelines can be an ordeal *Physical Activity and Health Guidelines* puts the current information in one place at your fingertips *Physical Activity and Health Guidelines* compiles the latest recommendations from various leading sources and organizations into a single text This one of kind resource provides quick reference to physical activity and health recommendations for healthy people and for those with chronic conditions across all age groups All readers physicians physical therapists fitness professionals and general fitness enthusiasts will be able to locate individualized recommendations regarding appropriate levels and types of physical activity Specific activity recommendations for people with diabetes asthma osteoarthritis and cerebral palsy are detailed in this text Other guidelines for the prevention of common chronic diseases such as cancer coronary artery disease osteoporosis and metabolic syndrome are also shared This text also includes the following information

- The components of exercise program design which will assist readers in preparing to implement individual and group exercise programs
- How physical activity recommendations can help people meet weight management guidelines
- Information on purchasing and using exercise equipment such as treadmills heart rate monitors weight training machines and exercise videos
- Guidelines for cardiac testing and other exercise testing to assist in the implementation and evaluation of physical activity programs as well as the assessment of the safety of these programs for people with chronic conditions

For ease of use *Physical Activity and Health Guidelines* presents information in a consistent format for each entry including the date issued or most recently updated the issuing organization appropriate population and location of the guidelines with Web sites when available Recommendations are given for aerobic resistance and flexibility training further specifications regarding the frequency intensity duration and type of activity are included An appendix lists additional resources divided by topic and includes Web addresses of key organizations statements and other physical activity and health related tools *Physical Activity and Health Guidelines* is the first text to gather the wealth of information regarding physical activity exercise and health needs and recommendations into a single source Convenient and easy to use this unique text will help readers understand the requirements for safe and effective physical activity for all people regardless of health conditions and it offers the basic knowledge and tools for designing and implementing appropriate physical activity programs

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