

## Medications

<b>Objectives:</b>	<p>Participants will be able to:</p> <ul style="list-style-type: none"> <li>▪ Describe the types of medications used to manage diabetes ABCs</li> <li>▪ Identify factors that increase the likelihood of achieving blood glucose targets with pills vs. insulin</li> <li>▪ Answer basic questions about each of their medications</li> <li>▪ Identify a method to use to keep track of their medications</li> </ul>
<b>Time Required:</b>	20 minutes
<b>A-V:</b>	PowerPoint, laptop and projector
<b>Handouts:</b>	Choose to Live – Your Survival Guide*
<b>Talking Points:</b>	<ul style="list-style-type: none"> <li>▪ Most people with diabetes need multiple medications to control blood glucose, blood pressure and cholesterol</li> <li>▪ Medications for blood glucose include different types of pills and types of insulin</li> <li>▪ Important to know: <ul style="list-style-type: none"> <li>○ 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</li> <li>○ 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</li> </ul> </li> <li>▪ 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</li> <li>▪ If you are not taking a low-dose of aspirin every day, talk to your health care team to see if you should</li> <li>▪ Know the basic information about each of your medications</li> <li>▪ Keep a written record of each of your medications</li> <li>▪ Take your medications as recommended; if are not, discuss with your health care provider</li> <li>▪ Use a pill organizer or other aid to help remember multiple medications/multiple times</li> <li>▪ For more information: <ul style="list-style-type: none"> <li>○ Call 1-800-diabetes</li> <li>○ Visit diabetes.org</li> </ul> </li> </ul>
<b>Activity:</b>	Participants list each of their medications and basic information for each

\* Used in all “Managing Diabetes” presentations