

# ConsumerRx<sup>®</sup>

## Medications for Type 2 Diabetes

### What is diabetes?

There are two types of diabetes:

- **Type 1 diabetes** results when the body is unable to produce insulin. Insulin is a natural hormone that allows sugar to enter cells and fuel them.
- **Type 2 diabetes** results when the body is still able to produce insulin, but is unable to properly use it.

Both Type 1 and Type 2 diabetes can cause blood sugar levels to rise too high. When these levels are not controlled, complications may develop over time leading to an increased risk of a heart attack or cause damage to eyesight, nerves, and the kidneys.

### How can I control my type 2 diabetes?

Decreasing the sugar in your diet and exercising are the primary ways to keep blood sugar levels under control. When these methods aren't enough, your doctor may prescribe insulin or oral medications for additional blood sugar lowering.

### What are my medication options for diabetes?

Your options include:

#### Generic Medications: ~ \$7 - \$17\*

In long-term studies these products have been shown to decrease the risk of long-term complications associated with diabetes. They are also generically available and provide the best value in controlling blood sugar levels.

Brand names in ( ) are non-formulary and are listed for your reference only.

<b>glyburide</b> (Diabeta <sup>®</sup> )	<b>glipizide</b> (Glucotrol <sup>®</sup> , Glucotrol XL <sup>®</sup> )
<b>glyburide micronized</b> (Glynase <sup>®</sup> )	<b>metformin</b> (Glucophage <sup>®</sup> )
<b>glyburide + metformin</b> (Glucovance <sup>®</sup> )	

#### Brand Name Medications: ~ \$62 - \$153\*

Brand products do not provide additional value for their higher cost.

<b>Actos</b> <sup>®</sup>	<b>Glyset</b> <sup>®</sup>
<b>Actoplus Met</b> <sup>®</sup>	<b>Prandin</b> <sup>®</sup>
<b>Avandamet</b> <sup>®</sup>	<b>Precose</b> <sup>®</sup>
<b>Avandia</b> <sup>®</sup>	<b>Starlix</b> <sup>®</sup>

\*Approximate cost estimates based on a 30-day supply. Actual prices may vary depending on your pharmacy and the amount or strength of medication dispensed.

#### Insulins: ~ \$65 - \$151\*\*

<b>Humulin</b> <sup>®</sup>	<b>Levemir</b> <sup>®</sup>
<b>Humalog</b> <sup>®</sup>	<b>Novolog</b> <sup>®</sup>
<b>Lantus</b> <sup>®</sup>	<b>Novolin</b> <sup>®</sup>

#### Other Injectables: ~ \$185 - \$187\*\*

<b>Byetta</b>	<b>Symlin</b>
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\*\*Approximate cost estimates based on average wholesale price for one vial.

### What about the new medication Exubra?

Exubra is the first inhaled insulin coming to the market. The effectiveness, safety and place in treatment have not been established.

### **Tips to manage diabetes:**

- Create and follow a plan set up by you and your doctor.
- Test your blood sugar daily or as directed by your doctor.
- Keep a record of your blood sugar level tests.
- Don't smoke and stay at a weight that is right for you.
- Inspect your feet daily, have your eyes checked yearly, and visit a dentist at least twice a year.
- Take your diabetes medication as prescribed.
- Exercise and maintain an appropriate diet. Medications alone are not enough to control blood sugar. You need to incorporate a good exercise plan and healthy diet.

### **THE BOTTOM LINE**

Good diabetes management includes a good diet and exercise plan. **When medications are necessary, generic alternatives, such as metformin and glyburide, offer the best value in lowering blood sugar levels** and preventing long-term complications from diabetes.

*Note: Since many medication options are available, our physicians and pharmacists developed this to provide you with information about the available alternatives, as well as potential advantages and lack of advantages of the various products. This medication summary was developed based upon an evaluation of information from the US Food and Drug Administration (FDA), scientific studies, and input from practicing doctors and specialists.*



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