

You and Type 2 Diabetes

Why Does Weight Loss Matter?

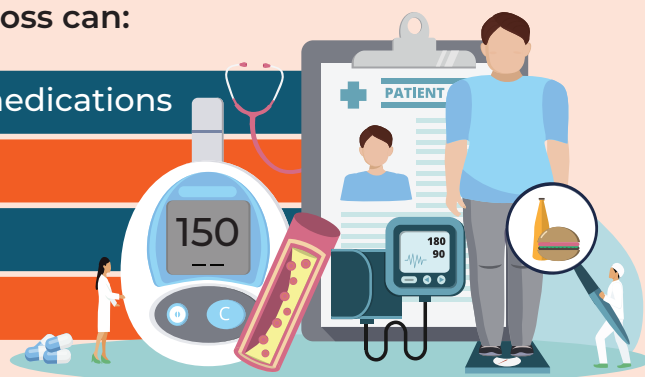
If you have type 2 diabetes and excess weight, you are not alone. In fact, about 85% of people with type 2 diabetes also have overweight or obesity. In people who have type 2 diabetes, weight loss can:

Make your blood sugar easier to manage, with fewer medications

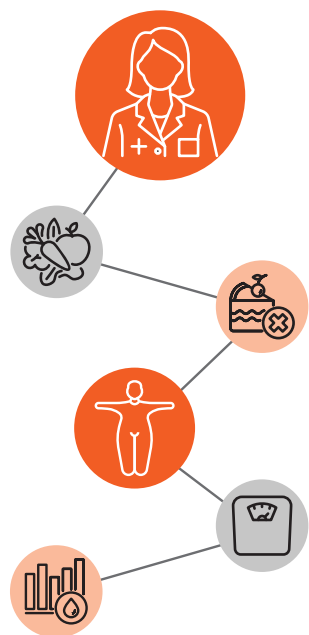
Lower your blood pressure and cholesterol levels

Improve your physical functioning, *and*

In some cases, actually result in diabetes remission



GET SUPPORT



A meeting with a nutritionist or dietitian is very important to your weight loss journey!

- Nutritionists or dietitians can help you determine your weight loss goals and how quickly you should plan to lose weight (generally 1-2 pounds per week is recommended).
- No single diet is better than others, so it will be important to discuss what might work best for you.
- Don't be frustrated if the diet you try first doesn't work for you—there are lots of different ways to lose weight.
- Many people also use tools such as meal or calorie trackers, activity monitors, or other support programs to increase their chances of success.

PHYSICAL ACTIVITY is also very important, particularly to help you avoid regaining weight. Talk to a healthcare professional (HCP) about:

- Exercises that will be safe for you
- How much time you should spend exercising each week

In addition, let your HCP know if you have not been very active but are planning to begin an exercise program.



MEDICATIONS OR SURGERY

Discuss these options with your HCP if you are not meeting your weight loss or blood sugar goals after changing your diet and increasing physical activity. You may need to make an extra appointment to specifically discuss these concerns.



- Newer medications, including GLP-1 receptor agonists or a GIP/GLP-1 coagonist, can help lower blood sugar and reduce weight in people with type 2 diabetes. Some GLP-1 receptor agonists also reduce the risk of cardiovascular complications in people at high risk for those kinds of problems.
- These medicines are generally well tolerated, but it is important to know that they may cause side effects such as nausea, vomiting, constipation, or diarrhea. These effects are most likely to occur when you first start the medication or when you increase the dose, and they tend to improve even when you keep taking the medication. However, if you are not feeling well, you may need to delay increasing the dose until you feel better.
- Managing side effects: It can be helpful to reduce the size of your meals, stop eating once full, avoid eating when not hungry, try to avoid high-fat or spicy foods, and limit your alcohol intake. Of course, if the side effects are severe or do not improve, you should seek medical attention and advice.

Medication

Approved Uses

Injection

By Mouth



**To Improve
Blood Sugar
in Addition
to Lifestyle
Modifications**

**To Prevent
Heart Disease**

**To Assist With
Weight Loss**



Dulaglutide



Once weekly

Exenatide



Twice daily

Exenatide ER



Once weekly

Liraglutide



Once daily

Lixisenatide



Once daily

Semaglutide



Once daily

Semaglutide



Once weekly

Tirzepatide



Once weekly