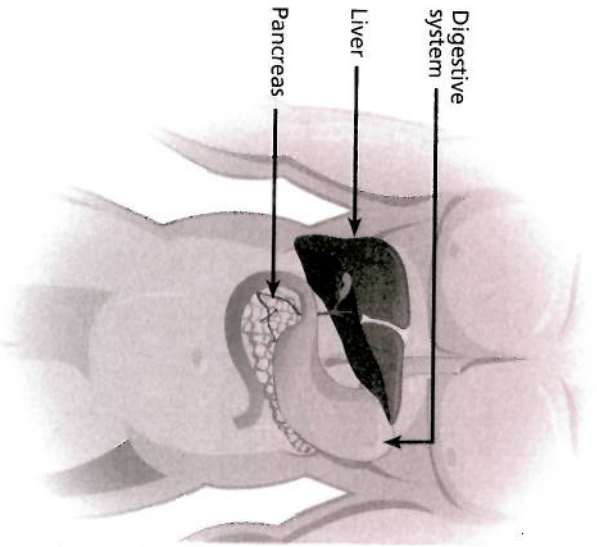


## What is natural GLP-1 and why is it important?

GLP-1 is a hormone that is made by the body, it is released after you eat. GLP-1 is very important to helping control blood sugar. It does this in several ways:

- It works in the digestive system to slow the rate at which food leaves the stomach and the rate at which sugar gets into the blood after meals
- It works in the liver to decrease the release of sugar into the blood
- It works in the pancreas to increase the release of insulin when blood sugar is too high



## Questions for your diabetes care team

Most people have questions when they first start taking a new medicine. Write your questions below so you won't forget to ask your team. Write their answers below as well.

Q \_\_\_\_\_

A \_\_\_\_\_

Q \_\_\_\_\_

A \_\_\_\_\_

Q \_\_\_\_\_

A \_\_\_\_\_

Q \_\_\_\_\_

A \_\_\_\_\_



**#Diabetes Education Program**

GLP-1  
receptor  
agonists

Learn how these medicines work

To learn more, visit [Cornerstones4Care.com](http://Cornerstones4Care.com).



**#Diabetes Education Program**



Cornerstones4Care® is a registered trademark of Novo Nordisk A/S. © 2013 Novo Nordisk. Printed in the U.S.A. 1013.000.8471-1 November 2013



Cornerstones4Care



## Understanding GLP-1 receptor agonists

Like many people with type 2 diabetes, you may be following a meal plan and a physical activity plan and taking diabetes pills to help manage your blood sugar. But as your diabetes changes over time, pills may not be enough to keep your blood sugar in target range. Your doctor may recommend a glucagon-like peptide (GLP)-1 receptor agonist. It is taken by injection. It is not insulin.

### What is this medicine?

- It is a medicine that works like GLP-1 that the body makes. It helps lower blood sugar by:
- Increasing the release of insulin from the beta cells in the pancreas
  - Decreasing the release of sugar from the liver
  - Slowing the rate at which food leaves the stomach after meals, so sugar enters the blood more slowly

### How is this medicine taken?

This medicine is taken using a special prefilled pen or a vial and syringe. It can be taken once a day, twice a day, or once weekly, and with or without food, depending on the medicine.

Some people are concerned about giving themselves injections. That's a natural way to feel. But the needles used today are very small. Your diabetes care team will teach you how to give yourself the injections. The company that makes your medicine may also offer resources to help you get started.



### Does this medicine cause side effects?

Like all medicines, GLP-1 receptor agonists can have side effects. The most common side effects are nausea and vomiting. Not everyone gets side effects. If you do, talk with your diabetes care team about how to manage them.

If you take other diabetes medicines with your GLP-1 receptor agonist, your risk of experiencing low blood sugar may be higher. If you have episodes of low blood sugar, let your diabetes care team know. Talk with your diabetes care team about creating a low-blood-sugar plan of action.

Taking diabetes medicines is just one of the things you need to do to meet your blood sugar goals. Healthy eating options and being active are also an important part of your diabetes care plan.



Your medicine plan is made just for you

Talk with your diabetes care team about your medicine plan. In the spaces below, write the medicines you take, how much you take, and when to take them.

Medicine (name)	How much to take	When to take it
GLP-1 receptor agonist		
Other diabetes medicine		
Other diabetes medicine		