

DIABETES MEDICATIONS: NATEGLINIDE

TRANSCRIPT

D-phenylalanine derivatives are a class of oral medication you may be prescribed when you have type 2 diabetes. The only medication in the d-phenylalanine derivative class is nateglinide. You may know it by the brand name Starlix.

This medication helps your pancreas release insulin faster once you start eating. To see how it works, let's take a look at how diabetes affects the way your body uses the food you eat.

Most of the food changes to glucose, a form of sugar. Glucose enters the bloodstream causing your blood glucose level to rise. In response to this rise in glucose, the pancreas releases insulin. Insulin works like a key to open the cells and let glucose enter. The glucose is used for energy now, or stored for later use.

In many people with type 2 diabetes, the pancreas doesn't release insulin fast enough once you start eating. The glucose from your food builds up in the bloodstream causing high blood glucose.

When you take a d-phenylalanine derivative, your pancreas releases insulin faster once you start eating. With insulin, your cells can open up and take the glucose in. This removes it from the bloodstream and lowers your blood glucose level.

Because this medication works with the food you eat, it is usually taken right before each of your meals.

With this medication, there is a small risk of hypoglycemia, also called low blood glucose. Other side effects include upper respiratory infections, headaches, and diarrhea.

If you and your diabetes care team have noticed your blood glucose levels increase after you've eaten, you may benefit from a d-phenylalanine derivative. This diabetes medication can help you gain the blood glucose control you are trying to achieve each and every day.