

## COMBINATION DIABETES MEDICATIONS: AVANDARYL, DUETACT

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Some diabetes pills combine two medications in one pill. These combination medications treat more than one cause of type 2 diabetes, giving you greater control of your blood glucose.

The combination medications Avandaryl and Duetact help your pancreas release more insulin and help the cells of your body become more sensitive to insulin. To see how these medications work, let's 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.

As insulin works to move the glucose out of your bloodstream and into the cells, your blood glucose level drops.

In many people with type 2 diabetes, the pancreas does not release enough insulin. And the cells cannot use the insulin that is released. This is called insulin resistance. Both cause your blood glucose level to stay high.

Avandaryl and Duetact help your pancreas release more insulin and help your cells become more sensitive to insulin. This makes it possible for your cells to open up and take in glucose removing it from your bloodstream and lowering your blood glucose level.

Avandaryl and Duetact are taken once a day with your first meal.

The most common side effects of Avandaryl include cold like symptoms and dizziness. Common side effects of Duetact include cold-like symptoms, headaches, weight gain and hypoglycemia also called low blood glucose.

Avandaryl can cause life-threatening side effects. It can increase your risk of serious heart problems including heart attack and stroke. If you are taking Avandaryl, be sure you understand and review your heart disease risk factors with your healthcare provider. A different medication is most likely safer for you.

If you have any side effects, let your diabetes care team know about them. However, do not stop taking your diabetes medication unless you are told to do so.

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The health of your liver and kidneys should be checked before you start taking Avandaryl or Duetact, and as needed while you continue to take it. People with congestive heart failure should NOT use Avandaryl.

There may not be one single reason why your blood glucose is high, so taking a diabetes medication that combines two treatments into one pill can be beneficial to you, your blood glucose and your overall health for the future.