

# Medication Management and Safety

Many people with diabetes take medication not only to help manage blood glucose, but also to manage cholesterol, blood pressure, and other health conditions.

Work with your healthcare team to discuss your individual risk for heart disease and stroke to find the right medication therapy for you.

Risk factors besides diabetes include high blood pressure, high cholesterol, smoking, physical inactivity, unhealthy food choices, and obesity.

Sometimes one medication can help lower two risk factors.

For example, some diabetes medications also help lower your risk for heart attack and stroke.

Some diabetes medications also help with weight loss.

A lot of people with diabetes also take a cholesterol medication called a statin.

While aspirin therapy helps some people with diabetes lower their risk for heart attack, not everyone benefits. Talk to your healthcare team to see if taking aspirin is right for you.

No matter what the medication is, or how many different medications you take, it is very important to take your medications as directed. Organize them in a way that helps you remember to take them.

*“I would plan it out for the week. Have a weekly planner. And every week me and my wife would sit down and we would put all the medication in. And that way in the morning times I do is just grab a little packet, and I was ready to go.”*

*“I do it at pretty much the same time every morning. I get up, I have the same routine. It’s after breakfast, so as soon as I eat breakfast, I take all of my medications. I have a drawer where I keep them all. They’re all lined up ready to go.”*

Some people set reminders on their phones.

Others keep track in a calendar or a checklist.

Keep a list of your medications with you to be able to share what you are taking with all the members of your healthcare team, including your dentist.

It is also a good idea to have all of your medications filled at the same pharmacy.

That way your pharmacy will be able to inform you if any new medication you are prescribed may be harmful when taken with another medication.

Talk to your healthcare team about the medications you take for both diabetes and heart disease so you understand how they benefit you. Create a plan to take them as directed every day. This is one of the most important things you can do to help manage your diabetes and heart disease. Start today.

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Although Diabetes is complex, it's manageable when you have the right information and support. Diabetes Care and Education Specialists are trained to be your diabetes expert and can help you learn how to successfully thrive with diabetes. You deserve nothing less!

Ask your provider for a referral today! Find one at [www.DiabetesEducator.org/find](http://www.DiabetesEducator.org/find).