

DEPRESCRIBING: REDUCING MEDICATIONS SAFELY TO MEET LIFE'S CHANGES

FOCUS ON ANTIHYPERGLYCEMICS

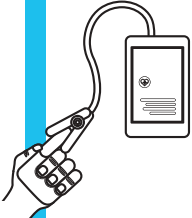


As life changes, your medication needs may change as well. Medications that were once good for you, may not be the best choice for you now.





Deprescribing is a way for health care providers to help you safely cut back on medications.

WHAT ARE ANTIHYPERGLYCEMICS?

- Drugs used to treat Type 2 diabetes in order to reduce blood sugar levels
- Examples include:
 - Insulin
 - Acarbose (e.g. Glucobay®)
 - Metformin (e.g. Glucophage®)
 - Alogliptan (Nesina®), linagliptan (Trajenta®), sitagliptan (Januvia®), saxagliptan (Onglyza®)
 - Dulaglutide (Trulicity®), exenatide (e.g. Byetta®), liraglutide (Victoza®)
 - Gliclazide (e.g. Diamicon®), glimepiride (Amaryl®), glyburide (Diabeta®), tolbutamide
 - Repaglinide (Gluconorm®)
 - Canagliflozin (Invokana®), dapagliflozin (Forxiga®), empagliflozin (Jardiance®)
 - Pioglitazone (Actos®), rosiglitazone (Avandia®)
 - Products are available that combine 2 different drugs in 1 pill



WHY CONSIDER REDUCING, STOPPING OR CHANGING AN ANTIHYPERGLYCEMIC?

-  • Low blood sugar in older people with Type 2 diabetes can cause falls, confusion, seizures and hospital visits
-  • Blood sugar targets may be higher in such people to avoid the risk of low blood sugar
-  • The benefits of tight blood sugar control are less clear for older adults, especially those who are frail, have dementia, or are very ill
-  • For many older people, reducing, stopping or changing antihyperglycemics can be done safely

HOW TO SAFELY REDUCE, STOP OR CHANGE AN ANTIHYPERGLYCEMIC?



- Ask your health care provider to find out if deprescribing is for you: changes to your antihyperglycemics and your blood sugar targets should be done with supervision



- Tell your health care provider about the antihyperglycemic deprescribing algorithm, available online: <http://deprescribing.org/resources/deprescribing-guidelines-algorithms/>



- Download the antihyperglycemic patient information pamphlet, available online: <http://deprescribing.org/resources/deprescribing-information-pamphlets/>

Ask questions, stay informed and be proactive.

Reference

Farrell B, Black C, Thompson W, McCarthy L, Rojas-Fernandez C, Lochnan H, et al. Deprescribing Antihyperglycemics in Older Persons. Evidence-based clinical practice guideline. *Can Fam Physician*. 2017;63:832-43(Eng), e452-65 (Fr).