

# DEPRESCRIBING: REDUCING MEDICATIONS SAFELY TO MEET LIFE'S CHANGES

## FOCUS ON ANTIHYPERGLYCEMICS

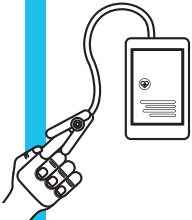


**As life changes, your medication needs may change as well. Medications that were once good for you, may not be the best choice for you now.**





**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®)
  - Alogliptin (Nesina®), linagliptin (Trajenta®), sitagliptin (Januvia®), saxagliptin (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/>

#### 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).