

FOR
PATIENTS



WHY IT'S IMPORTANT TO TAKE YOUR DIABETES MEDICINE AS PRESCRIBED

Managing diabetes can be challenging. Many patients closely follow their physician's disease management recommendations and take their medications as directed.

Taking care of your diabetes

It's important for you to understand why sticking to your treatment as prescribed is necessary.

Simply put, better adherence (meaning taking your medicine as prescribed) usually means glycemic control.

Nonadherent patients with diabetes are far more likely to go to the hospital with diabetes-related problems. They may also have higher health care costs.

There are many benefits for taking care of your diabetes every day.

Taking care of yourself means:

- Following your healthy eating plan
- Doing something physical every day
- Taking your medicines every day or as prescribed
- Checking your blood glucose levels
- Monitoring blood pressure
- Monitoring cholesterol levels

Because diabetes can damage nerves and blood vessels, following your treatment is very important. Uncontrolled diabetes can lead to damage of the:

- Heart
- Eyes
- Kidneys

Studies show that you can reduce the risk of developing these diabetes-related problems by sticking to your diabetes routine. But, despite knowing this, adherence to diabetes routines is low.

Reporting side effects and removing the barriers of cost

It is important to know the name of your diabetes medicine (or medicines), how it is taken, the reasons for taking it, and all of the possible side effects. If you experience any side effects from your diabetes medication, you should contact your doctor immediately.

If you are faced with financial difficulty and can't afford your diabetes medicine, contact your doctor. Ask your case manager for the **Patient Support Assistance** tool, which includes Web sites of organizations that can help you with the cost of your treatment.

Yes, diabetes is a disease you must manage every day, but taking care of yourself can lead to glycemic control.

For additional resources, ask your case manager.