

## Adherence to pharmacological treatment in people with diabetes

Adherence to pharmacological treatment means complying with the instructions that the doctor has indicated to use your medications; this considering the dose, frequency and duration of duration. It should be noted that, depending on the type of diabetes, the treatment will be. To keep your blood sugar under control, you must take your medicines correctly. Failure to do so may result in the medications being ineffective.

### Treatment for Type 1 and Type 2 Diabetes Type 1 diabetes

Treatment for type 1 diabetes, which may include insulin injections or the use of an insulin pump, will keep track of glucose levels and carbohydrate counting to narrow down how much insulin the person will need.

### Type 2 diabetes

For people with type 2 diabetes, in addition to including lifestyle changes. The administration of medications, orally or by insulin, is essential for the control of blood glucose levels.

### What are some of the functions of oral medications to treat diabetes?

- Some medicines stimulate the pancreas to release more insulin.
- Other medicines prevent the production or release of glucose from the liver.
- There are medications that block the action of the stomach or intestinal enzymes that are responsible for breaking down carbohydrates.
- The so-called SGLT2 inhibitors prevent the kidneys from reabsorbing the glucose filtered in the urine; if this happens, the glucose is eliminated through the urine.



### What should you know about the side effects of diabetes medications?

It is important to talk to your doctor about the side effects of medications and take them as directed. Here are some of the side effects you may experience:

- Some medications can cause hypoglycemia. It is known for the low concentration of glucose in the blood.
- Upset stomach
- Weight gain
- Talk to your doctor if symptoms such as nausea, diarrhea, itching, or rash develop.

### Recommendations to promote adherence to pharmacological treatment:

- Know the name, dosage, and what each of your medications are for.
- Talk to your doctor about your concerns about prescription drugs or treatment.
- Keep medicines away from heat, light, and moisture.
- Follow your doctor's recommendations and the warnings on the bottle.

- Have some system for remembering to use your medications, such as alarms on your phone or containers separated by days and hours.
- Learn about those medications that you can't use at the same time with others.
- Use a single pharmacy to fill your medications.
- Use only the dose recommended by your doctor.
- Ask your doctor or pharmacist if you can use any over-the-counter medicines.
- Do not share your prescription medicines with others.

#### Key habits for managing your diabetes:

- Ask your doctor to help you set goals to reach recommended blood sugar levels.
- Check your blood glucose.
- Take your medicines as directed, even if you feel well.
- Do physical activity; ask your doctor what the recommendation is for you.
- Treat your other conditions such as hypertension, cholesterol, etc.
- Make a healthy food choice, including fruits, vegetables, whole grains, and low-fat protein. Make an appointment with a dietitian so they can identify and meet your needs.
- Watch your weight.
- Reduce stress levels.



#### Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or call the following phone lines:

##### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

##### APS Health

787-641-9133

#### References

<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/diabetes/informacion-general/insulina-medicamentos-tratamientos>

<https://www.mayoclinic.org/es/diseases-conditions/diabetes/diagnosis-treatment/drc-20371451>

<https://www.merckmanuals.com/es-pr/hogar/f%C3%A1rmacos-o-sustancias/factores-que-influyen-en-la-respuesta-del-organismo-a-los-f%C3%A1rmacos/adherencia-al-tratamiento-farmacol%C3%B3gico>

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