

## Possible Lines of Treatment for Diabetes:

### 1. Lifestyle Modifications:

- Diet: A balanced diet with controlled carbohydrate intake.
- Exercise: Regular physical activity helps maintain blood sugar levels.
- Weight Management: Losing excess weight can improve insulin sensitivity.

### 2. Oral Medications:

- Metformin: First-line medication that lowers glucose production in the liver.
- Sulfonylureas: Help the pancreas produce more insulin.
- DPP-4 inhibitors: Improve insulin release and decrease glucagon levels.

### 3. Insulin Therapy:

- Necessary for Type 1 Diabetes and sometimes for Type 2.
- Types include rapid-acting, long-acting, and mixed insulin.

### 4. Continuous Glucose Monitoring (CGM):

- Devices that track blood sugar levels throughout the day and night.

### 5. Emerging Therapies:

- SGLT2 inhibitors: Help kidneys remove glucose from the bloodstream.
- GLP-1 receptor agonists: Improve insulin secretion and reduce appetite.