

# **Medical Guidelines - Type 2 Diabetes**

Type 2 Diabetes is a chronic condition affecting how the body processes blood sugar.

Treatment Guidelines:

1. First-line medication: Metformin is recommended for most patients.
2. Dosage: Start with 500mg twice daily, increase gradually as tolerated.
3. Monitoring: Check HbA1c levels every 3 months initially.
4. Lifestyle modifications: Diet and exercise are essential components.

Side Effects of Metformin:

- Gastrointestinal discomfort (nausea, diarrhea)
- Vitamin B12 deficiency with long-term use
- Lactic acidosis (rare but serious)

Contraindications:

- Severe kidney disease ( $eGFR < 30 \text{ mL/min}/1.73 \text{ m}^2$ )
- Acute or chronic metabolic acidosis
- Hypersensitivity to metformin