Research Summary

Treatment for type 2 diabetes is evolving beyond traditional methods, emphasizing personalized strategies and newer medications to improve glycemic control, reduce cardiovascular risk, and manage weight. Key advancements include GLP-1 receptor agonists (like tirzepatide and semaglutide) and SGLT2 inhibitors (dapagliflozin, etc.), often used in combination for synergistic effects. Lifestyle interventions, including weight management, dietary changes (e.g., Mediterranean diet), and regular physical activity, remain crucial. Personalized medicine utilizes continuous glucose monitoring (CGM) and, in some cases, artificial pancreas systems, while genetic testing shows promise for future individualized treatment. The focus on cardiovascular risk reduction is paramount, with many new medications demonstrating significant benefits in this area. Consult a healthcare professional for personalized advice.