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How to talk about treatment options



When you're living with type 2 diabetes, it's common to reevaluate and change your treatment to adjust to your changing personal health needs.¹

It's important that you feel empowered and ready to talk to your doctor whenever you feel a change could be beneficial. It can be difficult to start these conversations, but with your treatment goals in mind—and by educating yourself more about type 2 diabetes (like you're doing right now!)—you'll be able to communicate with your doctor more openly about treatment.

Your doctor is the medical expert, but you are the one living with type 2 diabetes. You know your mind and body, and it's important to advocate for your needs and preferences during your discussion. Come to every appointment prepared to talk, ask questions and find solutions together. Here are some topics to consider if you want to speak up about your type 2 diabetes treatment:

Goals



Share your personal goals, whether it's better blood sugar control, weight management, or reducing the risk of cardiovascular events, and discuss with your doctor how your current treatment could be more effective.

Challenges



Discuss any difficulties you've experienced with your current treatment—such as side effects, if you would prefer a pill or an injection (if the option is available), if it fits into your lifestyle, if the cost is too high—and ask if there might find a better alternative that addresses these challenges.

Lifestyle



Talk about your lifestyle and how a new treatment might be better suited for you. For example, if you travel a lot for work and are looking for a medication that is easy to take or maybe you don't have time to exercise as much as you would like, and you would prefer a treatment that can support your weight management goals (in addition to healthy eating and exercise).

Concerns and side effects



Ask questions or share concerns you have about trying a new medication. This means talking through and understanding how it works, and the kind of side effects you could potentially experience. Your doctor should have useful strategies that can help you manage them or decide if you should switch to something else.

Treatment expectations



Set realistic expectations with your doctor regarding the timeline and outcomes of your new treatment. Understanding what to expect can help you stay motivated and evaluate if your medicine is working.

Follow-up



Discuss when you should follow-up on how your new treatment is working. Typically type 2 diabetes patients should see their doctor every 3–6 months.¹

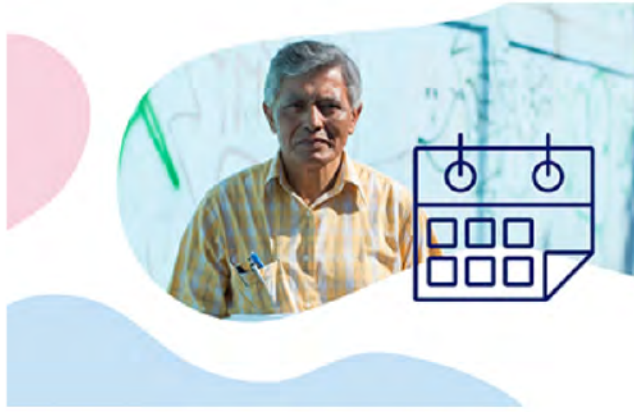
Remember, this conversation is about working together with your doctor to find the best treatment option for you. By speaking up, asking questions and being part of the decision-making process, you can create a personalized plan that'll empower you on your journey towards better health.

HQ23GLP00004

References

1. Buse JB, Wexler DJ, Tsapas A, et al., 2019 update to: Management of hyperglycaemia in type 2 diabetes, 2018. A consensus report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD). Diabetologia. 2020 Feb;63(2):221-228.

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Involve family, friends, support groups etc. in the journey towards a healthier lifestyle. Link to PAGs, patient organizations or likewise.

1. When you're living with type 2 diabetes, it's common to reevaluate and change your treatment to adjust to your changing personal health needs.¹
→ Buse2020 Article, 2019UpdateToManagementOfHyperglycemia (v1.0) - REWRITE Campaign DWN Article How to talk about treatment options: GLP-1 RA Patient Awareness Campaign (p.5)
[Agency Global Helvex previous @lighty.dk]

2. you feel a change could be beneficial.
Please confirm this with medical - is it appropriate to say that it is for the patient alone to feel a need for change? It should be clear that this is an assessment made both by the HCP and patient which I do not think is the case here. [LIAU (Line Dahlbøl Marcussen)]

3. The patient would not know these would be higher goals. As part of patient awareness material, it would better if that we say these are your goals, may be discuss it with your doctor [JURGP (Lisla Rani Pettersen)]

4. Share your personal goals, whether it's better blood sugar control, weight management, or reducing ...
Again, is it for the patient to set these goals alone? I do not think so, would a patient set a goal of reducing CV risk without that being pointed out by a HCP? Please discuss this with medical to ensure an appropriate picture. [LIAU (Line Dahlbøl Marcussen)]

5. ask
recommend to include 'if relevant' here [LIAU (Line Dahlbøl Marcussen)]

6. The patient would not know this. The language needs to be changed and the patient share his concerns look for suggestions from the doctor [JURGP (Lisla Rani Pettersen)]

7. how a new treatment might
Why this focus on a new treatment only - this is an article about treatment in general? Please be mindful that for many people a new treatment is not the answer better rather adherence to current treatment or lifestyle changes. Recommend to rephrase to clarify that a new treatment could be relevant in some situations. [LIAU (Line Dahlbøl Marcussen)]

8. easy to take or maybe you don't have time to exercise as much as you would like, and you would prefer ...
Please confirm with medical that this is appropriate - should we push the message that if you do not want to exercise you can take medication instead? Sounds wrong to me. [LIAU (Line Dahlbøl Marcussen)]

9. have about trying a new medication
Again, the same focus on new medication. Please see my comment above - recommend to rephrase to ensure this is seen as one of several options and that side effects and concerns for current medical is also covered. [LIAU (Line Dahlbøl Marcussen)]

10. switch to something else
if clinically relevant [LIAU (Line Dahlbøl Marcussen)]
Agree [JURGP (Lisla Rani Pettersen)]

11. new treatment
again, same comment - do not recommend this focus on new treatment as it implies that it is the only option [LIAU (Line Dahlbøl Marcussen)]

12. Discuss when you should follow-up on how your new treatment is working. Typically type 2 diabetes p...
→ Buse2020 Article, 2019UpdateToManagementOfHyperglycemia (v1.0) - REWRITE Campaign DWN Article How to talk about treatment options: GLP-1 RA Patient Awareness Campaign (p.5)
[Agency Global Helvex previous @lighty.dk]

13. new treatment
same comment [LIAU (Line Dahlbøl Marcussen)]

14. their doctor every
see their doctor to do what? reevaluate treatment? [LIAU (Line Dahlbøl Marcussen)]

15. plan that'll empower you on that could empower or similar - please be mindful not to overpromise here [LIAU (Line Dahlbøl Marcussen)]
Agree [JURGP (Lisla Rani Pettersen)]