



Starting treatment on Victoza®

Understanding your type 2 diabetes therapy



These materials are for HCPs only.



VICTOZA®
liraglutide



Starting treatment on Victoza®

Understanding your type 2 diabetes therapy

Victoza® is a new therapy for the treatment of type 2 diabetes. Clinically proven to help lower blood sugar levels,¹ weight^{2,3} and blood pressure,⁴ as well as a potential to help the function of the cells (beta cells) that make insulin to work better.⁵

Victoza® is a once-daily treatment and delivered in an easy to use pen device. It is not an insulin, but it mimics the body's natural GLP-1 hormone by helping the cells (beta cells) to produce insulin the way they should.⁵

This teaching aid is designed to help you explain the correct usage of Victoza®.

The key aims of this flip chart are to:

- Help patients understand what Victoza® is and how it helps achieve therapy goals
- Explain the different ways Victoza® helps treat diabetes through:
 - blood sugar control
 - weight reduction
 - lower blood pressure
 - may help the cells in your body that make insulin (beta cells) to work better
- Manage expectations of side effects to help build compliance
- Help patients understand what Victoza® is and how it helps achieve therapy goals

Type 2 diabetes and your body

A progressive condition in need of treatment

Type 2 diabetes affects many different parts of your body, making it difficult to control your blood sugar levels.



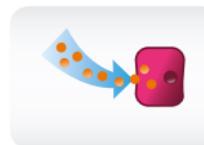
On eating, blood sugar levels rise



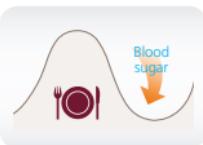
Body responds with a key hormone, called GLP-1



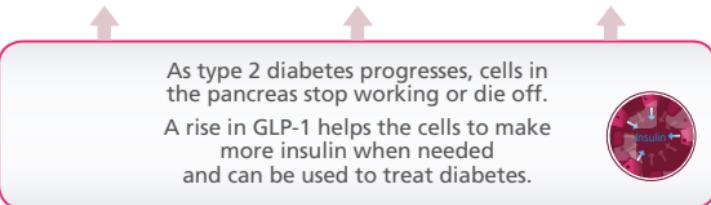
GLP-1 signals cells in the pancreas to make more insulin



Insulin makes sugar move out of the blood and into the cells



Blood sugar levels decrease





Type 2 diabetes and your body

A progressive condition in need of treatment

Because Victoza® works in several ways to help treat diabetes, it is important patients are clear on some of the wider aspects of their diabetes if they are to properly understand their treatment - including less familiar terms, such as GLP-1.

Reader's notes

- Type 2 diabetes is a progressive condition in which the body is no longer able to control the levels of sugar in the blood
- Normally, on eating, blood sugar levels rise as food is broken down in the stomach and absorbed into the blood^{6,7}
- The body responds to these high sugar peaks with an important hormone, called GLP-1
- GLP-1 helps control the amount of sugar in the blood by telling the (beta cells) in the pancreas to make more insulin^{8,9}
- The insulin then lowers blood sugar levels by moving it out of the blood and into cells for energy^{6,7}

- For people with type 2 diabetes, the cells (beta cells) in the pancreas become damaged, stop working or die off as the condition progresses^{7,10,11}
- The resulting problems from making or using insulin cause blood sugar levels to rise too high⁸
- By influencing levels of GLP-1, it is possible to treat type 2 diabetes and control blood sugar levels over time

Additional information

- GLP-1 is a key hormone that broadly regulates blood sugar by increasing insulin production in the cells (beta cells) of the pancreas, restricting sugar release from the liver and helping slow the rate of digestion^{8,9}

How Victoza® can help

A new treatment for type 2 diabetes

Victoza® is a once daily non-insulin injection¹² and works as part of your overall therapy to help treat your diabetes.

- Helps diabetic patients control your blood sugar levels¹
- Helps diabetic patients to lose weight^{2,3}
- Helps diabetic patients lowering their systolic blood pressure⁴
- May help the function of the cells (beta cells) that make insulin to work better⁵

Questions for your doctor

What is my HBA₁C target?

What is an ideal weight for me?

What should my blood pressure be?

What other medication do I need?

NOTE: Victoza® is for use with other diabetes treatments, as directed by your doctor.¹²



How Victoza® can help

A new treatment for type 2 diabetes

Victoza® is a new treatment for type 2 diabetes and for the patients taking it, there are several key benefits that support the goals of diabetes therapy.

Reader's notes

- Victoza® is a once daily, non-insulin injection¹²
- Victoza® can help control blood sugar levels¹
DISCUSS HbA_{1c} target
- Victoza® can help to reduce weight for type two diabetes patients (usually 1-3 kg)^{2,3}
DISCUSS weight target
- Victoza® may also lower systolic blood pressure for type two diabetes patients⁴
DISCUSS BP target

- Victoza® may also help the function of the cells (beta cells) that make insulin to work better⁵
- Victoza® is for use with other diabetes treatments¹²
DISCUSS other medication

Additional information

- Patients receiving Victoza® in combination with sulphonylurea may have an increased risk of hypoglycaemia. The risk can be lowered by a reduction in the dose of sulphonylurea¹²

How Victoza® works

Keeping your blood sugar under control

Victoza® works in several different ways to help manage your diabetes.

1. Helps improve insulin production⁵

2. Helps stop sugar release from
the liver¹³

3. Helps slow digestion^{9,14,15}

4. May help reduce appetite^{9,14,15}





How Victoza® works

Keeping your blood sugar under control

Victoza® works in several ways to manage diabetes.

Reader's notes

- Victoza® works to treat diabetes in several ways:

1. Helps improve insulin production⁵

- Victoza® helps the pancreas to make more insulin when blood sugar is high
- This is important, as insulin is responsible for helping keep the blood sugar within healthy levels

2. Helps stop sugar release from the liver¹³

- Victoza® also helps stop the liver from releasing sugar into the blood when it is not needed, especially after meals

3. Helps slow digestion^{9,14,15}

- Victoza® also helps slow digestion to prevent high blood sugar levels after you eat

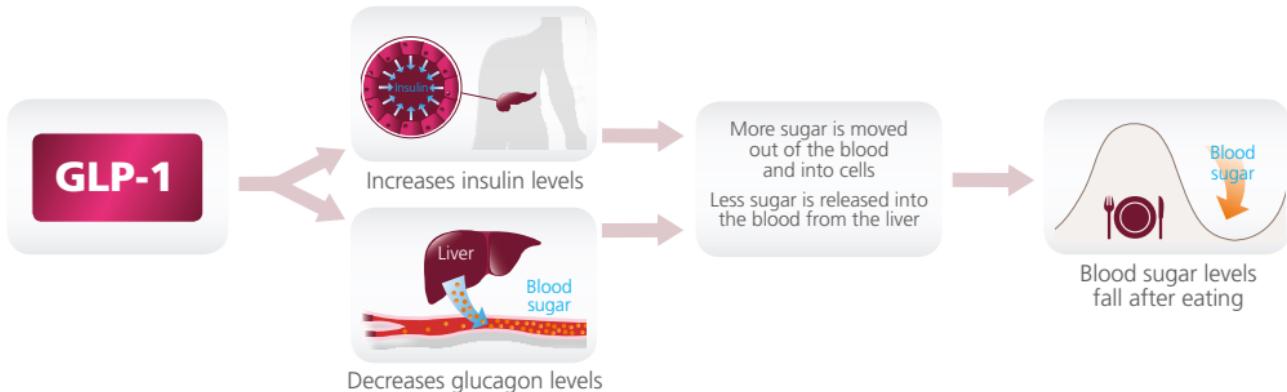
4. Helps reduce appetite^{9,14,15}

- Victoza® may also help reduce appetite – helping with weight loss

The science behind Victoza®

Understanding your type 2 diabetes therapy

Victoza® behaves like one of your body's own hormones, GLP-1. Just like GLP-1 this hormone helps control two other important hormones, insulin and glucagon.





The science behind Victoza®

Understanding your type 2 diabetes therapy

Because Victoza® is a GLP-1 analogue it has a broader regulatory role in the body, directly influencing both insulin and glucagon production.

Reader's notes

- Victoza® behaves in the same way as a natural hormone, called GLP-1
- This hormone helps control two other important hormones, insulin and glucagon¹³

Insulin moves sugar out of the blood and into cells where it is stored or used for energy – lowering blood sugar levels

Glucagon moves sugar into the blood from stores in the liver – raising your blood sugar level at times when the body needs more sugar

- Controlling these hormones means Victoza® can control blood sugar as the body needs

Additional information

- GLP-1 is a natural hormone involved in the regulation of blood sugar levels. It exerts its effect by influencing the balance of other hormones key to the body's sugar response mechanism, i.e. insulin and glucagon¹⁶
- Because Victoza® mimics GLP-1, its effects are sugar dependent and only effective when blood sugar levels are high⁵
- This helps lower the risk of hypoglycaemia¹³

What to expect

Possible side effects with Victoza®

Victoza® is a once daily non-insulin injection and works as part of your overall therapy to help treat your diabetes. As with most medicines, you may experience some mild side effects, particularly nausea, while your body adjusts¹⁷.

- Reduced appetite
- Feeling 'full'
- Nausea – experienced by 2 in every 10 people, this usually goes after a few weeks

For a full list of side effects, refer to the information leaflet that comes with your medicine¹⁷





What to expect

Possible side effects with Victoza®

As with many medications, patients are likely to experience some side effects when starting on Victoza®. While these are generally transient they could potentially have a negative impact on compliance and general positivity towards therapy.

Reader's notes

- Like many medications, some side effects are likely when starting on Victoza®
- With the effect Victoza® has on the digestive system, digestive problems can be common:¹²
 - reduced appetite or feel full quickly after eating
 - nausea or sickness
 - indigestion
 - diarrhoea
 - PLUS a bit of weight loss (usually 1-3kg)
- While these are common effects there are ways to minimise their impact



DISCUSS nausea-busters

- While they may be unpleasant to begin with, they usually pass after a few weeks when the body has adjusted to treatment¹²
- It is important to keep up with your treatment during this time

Additional information

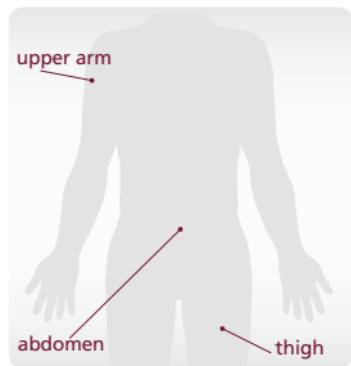
- Other possible side effects are:¹²
 - Constipation
 - Cold and flu-like symptoms
 - Dizziness
 - Tiredness
 - Headache
 - Back pain



Getting started to Victoza®

10 things you need to know when taking Victoza® Pen¹⁷

Victoza® is a once daily non-insulin injection and works as part of your overall therapy to help treat your diabetes.



1. Prefilled injection pen
2. Once daily injection
3. Taken any time of day, but preferably at the same time each day
4. Injected into the abdomen, thigh or upper arm
5. Vary injections across different injection sites
6. Dose 0.6, 1.2 or 1.8 mg, as advised by your healthcare professional
7. Refrigerate new, unused pens in original carton at 2°C to 8°C
8. Keep used pens at room temperature for up to 30 days
9. Discarded after 30 days, even if medicine remains
10. Protect from light and do NOT freeze



Getting started to Victoza®

Victoza® top 5 facts

Victoza® is a once daily non-insulin injection that will help you stay on top of your blood sugar and treat your diabetes.

- 1.** Helps control blood sugar levels after eating¹
- 2.** Helps diabetic patients reduce weight^{2,3}
- 3.** Helps diabetic patients lower blood pressure⁴
- 4.** May help the function of cells (beta cells) that make insulin to work better⁵
- 5.** Easy to use, once daily injection¹²

References

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