NORTHPOINT Health & Wellness Center

TYPE 2 DIABETES: MASTER DECISION PATH

At Diagnosis

Self-Management
Refer for diabetes education
Monitor glucose, food and activity

Emotional Health
Psychosocial support/motivation
Assess for anxiety or depression

Nutrition and Activity
Refer to registered dietician for
Medical Nutrition Therapy

Consistent carbohydrate
Eliminate all sweetened beverages
Minimum 3 meals/day
Approx. 3 carb choices (45 g)/meal

Modest weight loss
(5-7%)

Physical Activity
(150 minutes/week)

Refer to psychologist or social worker if persistently elevated A1C

Advance if not at target

A1C 7-8.9%
FPG 150-200
RPG 200-300

For pts w/ insulin resistance (BMI >25):
Metformin
Titrate to clinically effective dose

For pts w/ insulin deficiency (BMI <25):
Sulfonylurea
Titrate to clinically effective dose

Advance if not at target (A1C <7) in 3 months

Two-Drug Therapy

Metformin + Sulfonylurea
Weight: Modest gain
Hypoglycemia: Yes
Cost: $
Greatest A1C lowering, works quickly

Metformin + Pioglitazone
Weight: Gain
Hypoglycemia: No
Cost: $$$
Treats insulin resistance, caution CHF, edema, macular edema

Metformin + Byetta/DPP-4
Weight: Loss
Hypoglycemia: No
Cost: $$$$
Injectable, Gi side effects

Use clinical judgment if new onset DM

Titrate to clinically effective dose | **Advance if not at target in 3 months**

A1C 9-11%
FPG 201-300
RPG 301-350

Three-Drug Therapy

Metformin + Sulfonylurea + Long-acting Insulin
Cost: $$-$$$
NPH if cost is an issue

Metformin + Pioglitazone + Sulfonylurea
Cost: $$$

Metformin + Pioglitazone + Byetta/DPP-4
Cost: $$$$

Titrate to clinically effective dose | ***Advance if not at target in 3 months***

A1C >11%
FPG >300
RPG >350

Insulin Therapy (2 or more injections) ± Insulin Sensitizer(s) (+ if BMI >25)

Basal + Bolus Insulin ± Sensitizer(s)
R – R – R – Long-acting
R= Regular or Rapid

Mixed Insulin ± Insulin Sensitizer(s)
R/N – 0 – R/N – 0
D/C Sulfonylurea
Mixed Insulin: R/NPH 70/30, Aspart 70/30, Lispro 75/25