



## DIABETES CHANGES. YOUR MEDICATION PLAN SHOULD, TOO

Type 2 diabetes isn't a one-time diagnosis; it's a condition that changes over time. As your body changes, your treatment plan may need to change with it.

Many people assume that once they start a diabetes medication, they'll be on it forever. But cardiologists emphasize that this **“set it and forget it”** approach can leave people behind as both their health, and the science, evolve.

### WHY A REGULAR DIABETES MEDICATION REVIEW MATTERS.

Cardiologist **Dr. Luke Laffin** explains: “Diabetes is not a static disease... something that worked five or ten years ago may not be the best option for you today.”

Your weight, blood sugar patterns, kidney health, heart risk, and even your other medications can shift over time. And diabetes treatments have advanced rapidly, often faster than people realize.

## **A SIMPLE CHECK-IN THAT CAN MAKE A BIG DIFFERENCE**

Dr. Laffin encourages patients to periodically step back and review their diabetes medications with their healthcare provider. Every 3-6 months is ideal, but even once a year can help.

“We know that going through and asking, ‘What is the best data and best medicines for me right now?’ is important.”

Why? Because newer options may:

- Offer better blood sugar control
- Reduce the risk of heart disease or kidney damage
- Be safer or easier to take
- Align more closely with current treatment guidelines

Staying on medications that were appropriate years ago may mean missing opportunities to protect your long-term health today. Even if your A1c is at goal, you can still consider transitioning to newer medications that can protect your heart and kidneys.

Dr. Laffin also cautions that delaying medication updates, sometimes called clinical inertia, can lead to worse heart and kidney outcomes.

## **ONE QUESTION TO BRING TO YOUR NEXT VISIT**

A medication review with your healthcare provider doesn't need to be complicated. Start with this:

“Are the diabetes medications I'm taking still the right ones for me?”

You can also ask:

- Should we revisit medications I started years ago?
- Are there newer options that better protect my heart or kidneys?

- Based on today's guidelines, should anything be added, changed, or stopped?

Most healthcare providers welcome these conversations and see them as part of good diabetes care.

### **A SMALL CONVERSATION. A MEANINGFUL STEP.**

Even if your diabetes feels stable, if it's been more than **a year** since your medications were reviewed, consider making it a priority.

A short check-in could help reduce your risk of heart disease, stroke, or kidney complications, and ensure your treatment plan keeps pace with where you are now, not where you were years ago.

**Ask for a diabetes medication review at your next appointment.**

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