Glycaemic management of type 2 diabetes

Consultant Dr Tahseen Chowdhury presents an overview of treatment options for diabetes

**Diet and lifestyle alone**

- **HbA1c >48mmol/mol**
  - Metformin (modified release if sustained release not tolerated)
  - Aim for <53mmol/mol

If metformin intolerant

- **First line - DPP-4 inhibitor, pioglitazone or sulfonylurea**
- Repaglinide 0.5-4mg with meals
  - Can be used first line if metformin not tolerated or second line with metformin

First intensification

- **Metformin + DPP-4 inhibitor or**
- Metformin + pioglitazone or
- Metformin + sulfonylurea or
- Metformin + SGLT2 inhibitor
  - Aim for <53mmol/mol

**HbA1c >58mmol/mol**

If BMI ≥35kg/m² (33 in Asians), choose metformin + NPH insulin

Second intensification

- **Metformin + DPP-4 inhibitor + sulfonylurea or**
- Metformin + pioglitazone + sulfonylurea or
- Metformin + pioglitazone + SGLT2 inhibitor or
- Metformin + sulfonylurea + SGLT2 inhibitor or
- Insulin-based treatment
  - Aim for <53mmol/mol

**HbA1c >75mmol/mol**

If BMI >35kg/m² (33 in Asians), or BMI ≥5 for whom insulin would have occupational implications, or if weight loss would benefit obesity-related comorbidities, choose metformin + sulfonylurea + GLP-1 agonist

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