



Type 2 Diabetes Medications: DPP-4 Inhibitors

DPP-4 inhibitors

are a class of type 2 diabetes medications used along with diet and exercise to lower blood glucose



Your healthcare provider will partner with you to create a type 2 diabetes management plan that is personalized to your needs and preferences.

Take any medications as directed by your healthcare provider and tell your healthcare provider if you have any side effects.

How are they taken?

Taken orally (by mouth)

DPP-4 inhibitors is short for dipeptidyl peptidase-4 inhibitors

How do they work?

- Help your pancreas to make more insulin: insulin helps to lower blood glucose
- Lower the amount of glucose made by your liver

What are the benefits?

- DPP-4 inhibitors are weight neutral, meaning they do not cause weight gain
- There is a low risk of hypoglycemia (blood glucose that is too low) with DPP-4 inhibitors. Hypoglycemia can cause tiredness/weakness, nervousness, shakiness, confusion, fast heartbeat, problems with vision, and fainting or seizures

What are the side effects?

Most common:

- Upper respiratory tract infection
- Stuffy or runny nose and sore throat
- Headache
- Upset stomach or diarrhea

Also possible:

- Inflammation of the pancreas (acute pancreatitis)
- Hypoglycemia if taken with a sulfonylurea or insulin
- Liver problems (alogliptin)
- Kidney problems (renal failure; sitagliptin)
- Allergic reactions

There are four DPP-4 inhibitors approved by the U.S. Food and Drug Administration (FDA):

- Alogliptin (NESINA)
- Linagliptin (TRADJENTA®)
- Saxagliptin (ONGLYZA®)
- Sitagliptin (JANUVIA®)

DPP-4 inhibitors are FDA approved for use along with diet and exercise to lower blood glucose in adults with type 2 diabetes. These medications are not FDA approved for weight loss.

For informational purposes only. Consult full manufacturer's prescribing information and medication guide for medication's uses, actions, and side effects. The medications discussed are approved for use in the United States by the U.S. FDA.

REFERENCES: Brunton S. Int J Clin Pract. 2014;68:557-567. • Davidson JA. Mayo Clinic Proc. 2010;85(12 suppl):S27-S37. • Inzucchi SE, et al. Diabetes Care. 2012;35(6):1364-1379. • JANUVIA [package insert]. Whitehouse Station, NJ: Merck & Co, Inc.; 2014. • MedlinePlus. Hypoglycemia. Available at: <http://www.nlm.nih.gov/medlineplus/ency/article/000386.htm>. • NESINA [package insert]. Deerfield, IL: Takeda Pharmaceuticals America, Inc.; 2013. • ONGLYZA [package insert]. Princeton, NJ: Bristol-Myers Squibb Company; 2013. • TRADJENTA [package insert]. Ridgefield, CT: Boehringer Ingelheim Pharmaceuticals, Inc.; 2013. June 2014



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