Glucose lowering therapy in type 2 diabetes

Focus on patient education, motivation, healthy diet, physical activity and weight reduction in overweight throughout treatment

Monotherapy	**Metformin**
Experience	Long
Side effects	Gastrointestinal/Lactic acidosis
Risk of hypoglycemia	Low
Influence on bodyweight	Neutral/small reduction
Decreased renal function	Dose reduction when eGFR < 45, stop when eGFR < 30

Metformin + Combination therapy (Second-line therapy)

	Patient WITHOUT known cardiovascular disease					**Patient WITH known cardiovascular disease**	
Pharmacological class*	**Sulphonyl-urea**	**DPP-4-inhibitor**	**GLP-1 agonist**	**SGLT2-inhibitor**	**Basal insulin**	**SGLT2-inhibitor**	**GLP-1 agonist**
Experience	Long	Intermediate	Short	Short	Long	Short	Short
Side effects	Few	Few	Nausea, gastrointestinal	Genital infection, dehydration, ketoacidosis?	Hypo-glycaemia, weight gain	Genital infection, dehydration, ketoacidosis?	Nausea, gastrointestinal
Risk of hypoglycemia	Moderate	Low	Low	Low	High	Low	Low
Influence on bodyweight	Small increase	None	Moderate reduction	Moderate reduction	Moderate increase	Moderate reduction	Moderate reduction
Decreased renal function	Be careful when eGFR < 30, refer to text for the different pharmaceutical agents in in SPCs or Felleskatalogen			Not recommended when eGFR < 60	Dose reduction may be required	Not recommended when eGFR < 60	Be careful when eGFR < 30, refer to text for the different pharma-ceutical agents in in SPCs or Felleskatalogen
Commentary	Preferred: glimeperid	Choose an agent with documented safety shown in long-term studies (preferred: sitagliptin)	Classes of drugs particularly suitable for overweight/ obese patients		Preferred when large reduction in blood glucose is needed	Choose an agent with documented effect on cardiovascular outcomes Preferred: empagliflozin[1] or liraglutide[2]	

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*Refer to text for the different pharmaceutical agents in SPCs or Felleskatalogen.
Refer to Statens legemiddelverk for re-imbursement rules

[1] Canagliflozin has shown similar effect [2] Long-acting exenatide has shown similar effect

Abbreviations: **DPP** Dipeptidylpeptidase / **SGLT** Sodium glucose transporter / **GLP** Glucagon-like peptide

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