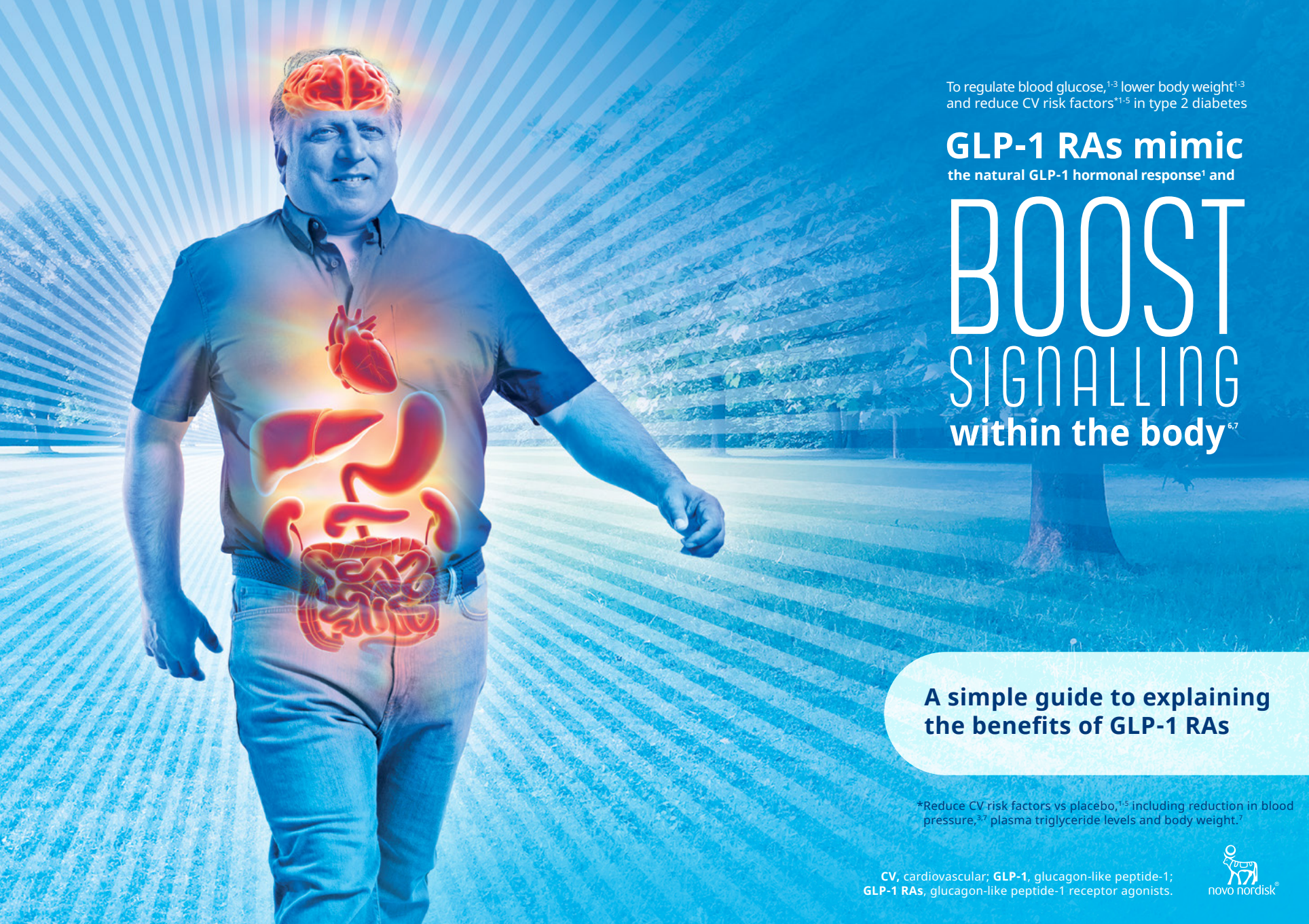

To regulate blood glucose,[1-3] lower body weight[1-3] and reduce CV risk factors*[1-5] in type 2 diabetes

GLP-1 RAs mimic

the natural GLP-1 hormonal response[1] and

BOOST SIGNALLING

within the body[6,7]

A simple guide to explaining the benefits of GLP-1 RAs

*Reduce CV risk factors vs placebo,[1-5] including reduction in blood pressure,[3,7] plasma triglyceride levels and body weight.[7]

CV, cardiovascular; **GLP-1**, glucagon-like peptide-1; **GLP-1 RAs**, glucagon-like peptide-1 receptor agonists.

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The effect of natural GLP-1 is reduced in type 2 diabetes[8-10]

The reduced effect of natural GLP-1 in type 2 diabetes impairs its ability to:

- Stimulate insulin secretion and inhibit glucagon release from the pancreas[2]
- Inhibit hepatic glucose production[8,11]
- Promote satiety in the central nervous system[6]
- Delay gastric emptying[2]
- Reduce several cardiovascular (CV) risk factors*[6,7]

These effects contribute to unregulated blood glucose, weight gain and increased CV risk factors[2,6–11]

GLP-1 receptor agonists (GLP-1 RAs) mimic naturally occurring GLP-1 and boost signalling at GLP-1 receptors in multiple organs[1,6,7,12,13]

This helps to address several defects in type 2 diabetes, whereas other agents, such as metformin, mainly target one[14]

*Reduce CV risk factors vs placebo,[1-5] including reduction in blood pressure,[3,7] plasma triglyceride levels and body weight.[7]

GLP-1 RAs help patients control their blood sugar level[1,11,14]

- GLP-1 RAs only work in response to high blood sugar level, which is why there is a low risk of hypoglycaemia for patients[1,14]

GLP-1 RAs can help patients lose weight[1,2]

- GLP-1 RAs can act on the central nervous system to reduce patients' appetite and make them feel full sooner, so that they eat less[1,12]
- GLP-1 RAs also slow food absorption by slowing emptying of food from the stomach, preventing blood sugar from spiking after a meal[11]
- These effects are why some patients might feel nauseous to start with, but this tends to decrease with time[11]
- Some patients may also experience other digestive issues, such as diarrhoea or constipation[11]

GLP-1 RAs can help protect patients' heart and blood vessels*[5]

- GLP-1 RAs can reduce patients' blood pressure and blood triglyceride levels, so that there is less burden on the heart and blood vessels[1-4,12,13]
- These effects can also help protect the kidneys[3,12]

Consider GLP-1 RAs for your patients to address the multiple defects of type 2 diabetes[1,14]

*All GLP-1 RAs have been shown to reduce CV risk factors[1-4,12,13] and some have been proven to reduce the risk of CV events.[5]

A simple way to explain the benefits of GLP-1 RAs to your patients with type 2 diabetes

Glucagon-like peptide-1 or GLP-1 is a hormone produced in the body, with a number of effects in various organs. In type 2 diabetes, these effects of GLP-1 are reduced.[8-10]

GLP-1 RAs or glucagon-like peptide-1 receptor agonists can mimic natural GLP-1 and boost GLP-1 signalling in multiple organs[1,6,7,12,13]

GLP-1 receptor agonists can help you control your blood sugar level[1,11,14]

- GLP-1 receptor agonists only work to reduce blood sugar level when it is high, which is why there is a low risk of hypoglycaemia or low blood sugar level[1,14]

GLP-1 RAs can help you lose weight[1,2]

- GLP-1 RAs can reduce your appetite and make you feel full sooner, so that you eat less[1,12]
- GLP-1 RAs also slow food absorption by slowing emptying of food from the stomach[11]
- These effects may cause you to feel nauseous to start with, but this tends to reduce with time[11]
- You may also experience other digestive issues, such as diarrhoea or constipation[11]

GLP-1 RAs can help protect your heart and blood vessels*[5]

- GLP-1 RAs can reduce your blood pressure and blood triglyceride (fat) levels, so that there is less burden on your heart and blood vessels[1-4,12,13]
- These effects can also help protect your kidneys[3,12]

GLP-1 receptor agonists can help you control your blood sugar level, lose weight and protect your heart[1,14]

*All GLP-1 RAs have been shown to reduce CV risk factors[1-4,12,13] and some have been proven to reduce the risk of CV events.[5]

Notes

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1. Cornell S. J Clin Pharm Ther. 2020;45(Suppl 1):17–27. **2.** Andreasen CR, et al. Endocr Connect. 2021;10(7):R200–R212. **3.** Nauck MA, et al. Mol Metab. 2021;46:101102. **4.** Andrikou E, et al. Hellenic J Cardiol. 2019;60(6):347–351. **5.** Kristensen SL, et al. Lancet Diabetes Endocrinol. 2019;7(10):776–785. **6.** Reed J, et al. F1000Res. 2020 Apr 6;9:F1000 Faculty Rev-239. doi: 10.12688/f1000research.20602.1. eCollection 2020. **7.** Muskiet MHA, et al. Nat Rev Nephrol. 2017;13(10):605–628. **8.** Sharma D, et al. Biomed Pharmacother. 2018;108:952–962. **9.** Holst JJ, et al. Mol Cell Endocrinol. 2009;297(1-2):127–136. **10.** Nauck MA, Meier JJ. Lancet Diabetes Endocrinol. 2016;4(6):525–536. **11.** Shaefer Jr CF, et al. Postgrad Med. 2015;127(8):818–826. **12.** Kalra S, et al. Diabetes Ther. 2019;10(5):1645–1717. **13.** Sposito A, et al. Cardiovasc Diabetol. 2018;17(1):157. **14.** Rasalam R, et al. Diabetes Ther. 2019;10(4):1205–1217.

HQ24DI00136 April 2024

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