

# DIABETES COACH

## What to expect from Bydureon®

### When you can expect to see results from your new medication

#### At week 1

You may not have noticed any changes yet because Bydureon is gradually building up to an effective level.<sup>1</sup>

#### At week 2

You may not have noticed any changes yet, but Bydureon has now reached its effective levels and is beginning to work.<sup>1</sup>

#### At week 3

You may not have noticed any changes yet, but Bydureon is starting to control your blood sugar levels.

#### At week 4

You may notice that your before- and after-meal blood sugar levels have improved.<sup>2,3</sup>

#### At week 5

Your before- and after-meal blood sugar levels are likely to have improved – but if not, don't worry, because Bydureon can take some time to work.

#### At week 6

Your overall blood sugar (HbA<sub>1c</sub>) level should be noticeably lower.<sup>2,4</sup>

#### At week 7

Your overall blood sugar (HbA<sub>1c</sub>) level should continue to drop.<sup>2,4</sup>

#### At week 8 or later

Bydureon is still working to control your blood sugar levels. Although Bydureon is prescribed for treatment of Type 2 diabetes and not for weight loss, you may also have noticed some gradual weight loss over time.<sup>2</sup>

**If you are concerned because you are not seeing the results you expect, please continue your medication and speak to your healthcare provider.**

### REMIND ME OF WHAT TO EXPECT FROM MY BYDUREON TREATMENT

#### What could Bydureon do for my blood sugar levels?

In several studies of Bydureon, people experienced significant reductions in their overall blood sugar levels (HbA<sub>1c</sub>). One study lasting 5 years showed that these reductions were maintained right up to the end of the study.<sup>5</sup>

#### How will Bydureon affect my weight?

Although Bydureon is prescribed for the treatment of Type 2 diabetes and not for weight loss, some people do lose weight over time (an average of 4.1 kg over 1 year).<sup>2,6</sup> Rapid weight loss at a rate of >1.5 kg per week has been reported in patients treated with exenatide. Weight loss of this rate may have harmful consequences, e.g. cholelithiasis.

LOCAL MARKETS TO INSERT WORDING ON ADVERSE-EVENT REPORTING FOR PATIENTS IN ACCORDANCE WITH LOCAL REGULATIONS.

#### References

1. Kim D, et al. *Diabetes Care* 2007;**30**:1487–93.
2. Bydureon®. Summary of product characteristics, Markets to update with appropriate version on release.
3. Blevins T, et al. *J Clin Endocrinol Metab* 2011;**96**:1301–10.
4. Drucker DJ, et al. *Lancet* 2008;**371**:1240–50.
5. MacConell L, et al. Poster presented at EASD 2013. P-980.
6. Buse JB, et al. *Diabetes Care* 2010;**33**:1255–61.