

## Choosing the best oral diabetic agents in T2 diabetes mellitus – Physicians challenge

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The therapeutic armamentarium of oral diabetic agents has expanded its horizon from sulfonylureas in 1995 the only drug available for treating type 2 diabetes mellitus at that time to eleven classes of oral diabetes agents at present ranging from biguanides, thiazolidinediones, dipeptidyl peptidase-4 (DPP-4) inhibitors, meglitinides, glucagon like receptor agonists, an amylin analogue, bromocriptine, bile acid sequestrant, alpha glucosidase inhibitors & sodium-glucose cotransporter (SGLT2) inhibitors. Despite the availability of so many options it's a real challenge for the clinicians to choose the best amongst them in treating type 2 diabetes mellitus. Before choosing the drugs, it is important to know the recommendations of glycemic goals in adults. A reasonable glycosylated hemoglobin (A1C) goal in adult is <7%. However, all glycemic goals should be individualized & customized. Setting individual glycemic goals needs consideration of several factors like risk of hypoglycemia & other adverse effects of drugs, disease duration, age & life expectancy of patient's comorbidities, vascular complications & other individual patient considerations like patient's attitude resources & support system. Till today our approach towards

diabetes management is glucocentric. Lowering blood glucose levels in patients with diabetes mellitus is a too simplistic goal. The key component being how to achieve glycaemic control with minimal side effects. The factors considered are efficacy (A1C reduction), risk of hypoglycaemia, effect on weight & other adverse effects, cost, availability, comorbidities & frequency of administration. Patient's preference will improve the adherence & compliance to drugs. Therefore, a patient-centred approach is of paramount importance while choosing the pharmacological agents rather than establishing a universally accepted algorithm. The advantages and disadvantages of each class of agents help the practitioners to choose the best options.

### Speaker Biography

Bijaya Mohanty completed post-graduation in general medicine from Sambalpur University. She is working as consultant & unit head in the department of medicine Tata Main Hospital, Jamshedpur, India. She had over twenty publications in various national & international journals; hundred presentations at various forums. She is a reviewer & editorial board member of several reputed journals.

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