

OBIMET

Makes diabetes easier to live with

BASIC INFORMATION

Tradename	:	OBIMET
Marketed by	:	Knoll Pharmaceuticals Ltd.
Generic Name	:	Metformin Hydrochloride
Strength	:	500 mg
Treatment Class	:	Endocrine And Metabolic
Indication	:	Managing Hyperglycemia in Type 2 Diabetes Mellitus (NIDDM)

Know Your Diabetes Better !

Here are the most frequently asked questions about type 2 diabetes, and some simple, easy-to-understand answers.

Q.1 : What is type 2 diabetes?

First, let's learn a little bit about how your body works when you eat. Then it will be easier to explain what diabetes is and what it does to your body.

Here's what happens :

Your stomach and intestines change the food you eat into a sugar called glucose and then sends that sugar into the bloodstream. At the same time, the pancreas is making a protein called insulin and also sending it into the bloodstream. Insulin acts like a key and "unlocks" the doorways to your cells so the sugar can get in. Then the cells burn the sugar and give your body the fuel that makes it work.

But when you have diabetes, the sugar can't get into the cells. It gets locked out for different reasons :

- 1) There may not be enough insulin.
- 2) There may be plenty of insulin to unlock the cell doorways, but it does not work properly.

When the sugar can't get into the cells, it stays in your bloodstream. This is called hyperglycemia or high blood sugar.

And that's how diabetes changes your body. Because people with diabetes can't turn the food they eat into the fuel they need, they feel tired and run down.

Q.2 What causes type 2 diabetes?

Although diabetes has been studied for along time, no one knows exactly what causes it. However, we do know that certain behaviours, and what are called risk factors, can make you more likely to develop diabetes.

Q.3 : What are the main risk factors?

Very often, diabetes can go undetected for along time. If you fit the profile below, ask your doctor if you're at risk for diabetes.

- * Being over 45 years old
- * Having family history of diabetes
- * Being overweight

Q.4 : What are some of the warning signs?

- * Frequent urination
- * Unusual thirst
- * Extreme hunger
- * Unusual weight loss
- * Extreme fatigue
- * Frequent infections
- * Blurred vision
- * Cuts/bruises that are slow to heal
- * Tingling/numbness in the hands or feet
- * Recurring skin, gum or bladder infections

Q.5 : How do I know if I have type 2 diabetes?

Your doctor can do a simple blood test to determine if you have diabetes. The American Diabetes Association recommends that every adult over age 45 have this blood test every year. If you have a fasting sugar level over 126mg/dl, that would mean you have diabetes.

Q.6 : What problems or complications can develop if someone has type 2 diabetes?

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|------------------|--------------|
| * Blindness | * Amputation |
| * Heart Attack | * Stroke |
| * Kidney Disease | * Death |

Q.7 : What can make hyperglycemia (high blood sugar) worse?

All people with diabetes have hyperglycemia, but certain things make if worse, such as :

- * Eating too much food
- * Eating sugary foods
- * Beings sick or under stress

Q.8 : What are the symptoms of type 2 diabetes or hyperglycemia?

There may be no symptoms. If symptoms do occur, they could include :

- * Blurry vision
- * Increased thirst
- * The need to urinate often
- * Itchy, dry skin
- * Feeling tired

Q.9 : What can be done for hyperglycemia?

- * Drink sugar-free, caffeine-free liquids such as water, diet soda or herbal tea
- * Check your blood sugar level regularly
- * If your blood sugar is over 246mg/dl for two days, a doctor should be consulted
- * See your doctor, and stick to their diet and exercise recommendations. If these are not sufficient to control blood sugar, then medication, which may include Obimet may be added.

Q.10 : What is hypoglycemia (low blood sugar)?

Hypoglycemia is different than hyperglycemia. It occurs when there is too little sugar in the blood and sometimes happens in people who take insulin or in people who take diabetes pills called sulfonylureas. It can cause.

- * Headache
- * Shakiness, dizziness or light-headedness
- * Hunger
- * Cold, clammy hands
- * A hard, fast heart beat
- * Confusion or nervousness
- * Coma
- * Death

Remember, some diabetes medications can actually cause hypoglycemia, so ask you doctor what's right for you.

We hope these questions and answers have been helpful.

Living with diabetes may mean making some life changes, and although sometimes this may be a challenge, it doesn't mean you have to stop enjoying life. Learning about type 2 diabetes and what you can do to control it can help you live a healthier life.

OBIMET
Mangus Novo Nordisk

Physician's Sample Pack
Not to be sold

Metformin 500mg
OBIMET
Mangus Novo Nordisk

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