

**TAKE 5**  
TO CARE 4 YOURSELF

# TYPE 2 DIABETES AND THE ROLE OF GLP-1

Many parts of your body can contribute to your diabetes health.



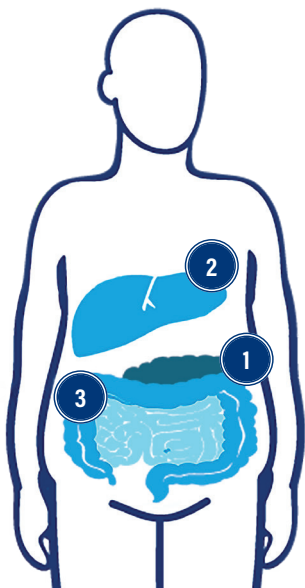
## What is GLP-1?

GLP-1 is short for glucagon-like peptide-1, a hormone which occurs naturally in the body. When we eat, our blood glucose (blood sugar) rises. GLP-1 works with an organ in your body called the pancreas to release insulin to keep blood glucose in balance. If you have type 2 diabetes, your body may not be responding to GLP-1 properly. When your insulin isn't released at the right time or in the right amount, your blood glucose can get too high.

## Different parts of the body can contribute to the progression of type 2 diabetes

In people with type 2 diabetes, there are several parts of the body that can affect blood glucose levels. These body parts, along with GLP-1, insulin, and other hormones, work together to help you manage your blood glucose. When one part does not work right, others can be affected.

Let's take a closer look at the body parts to better understand what is happening in the body of someone with type 2 diabetes.



### 1 The pancreas



The pancreas is where insulin is made. Insulin helps control blood glucose by moving glucose from the bloodstream into the body's cells for energy. The pancreas also makes the hormone glucagon. Glucagon tells the liver to release glucose into the blood to help balance blood glucose. With type 2 diabetes, the pancreas secretes less insulin and more glucagon which can contribute to higher blood glucose.

### 2 The liver



If you have type 2 diabetes, your pancreas can release too much glucagon. This, in turn, causes the liver to release more glucose, leading to higher blood glucose levels.

### 3 The gut



The gut is made up of organs like your stomach and intestines. When you eat, gut hormones such as GLP-1 and GIP (gastric inhibitory peptide) are released to help the body use glucose from the meal as well as suppress your body from making more glucose. With type 2 diabetes, there is decreased GLP-1 activity and resistance to the action of GIP in the body. This results in less insulin and increased blood glucose.

When you understand how parts of the body work together, you have a more complete picture to help you manage your blood glucose. If you have any questions, be sure to ask your doctor.



# TYPE 2 DIABETES AND THE ROLE OF GLP-1

## Treatments that act like GLP-1 in your body

The good news is that there are treatment options that work to help address how the body responds to type 2 diabetes. One treatment option is a GLP-1 receptor agonist (RA). GLP-1 RAs mimic the action of GLP-1 in the body.

Ask your diabetes care team if a GLP-1 RA treatment is right for you. If it is, be sure to talk with your team about any questions or concerns you may have.

## Questions for your team

In the space below, write down any questions that you want to ask your diabetes care team. Write down the answers as well.



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Visit **Cornerstones4Care.com** for additional resources and to register for a FREE diabetes support program! Point your smartphone camera at the QR code for quick access to the website on your phone.

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