

Benefits of Participation: PATIENTS

The Michigan Collaborative for Type 2 Diabetes represents a paradigm shift in how we care for patients. Instead of focusing on minimizing complications, we are aiming to prevent and reverse Type 2 Diabetes. The initiatives that MCT2D will implement will result in benefits to the overall health of patients, in addition to putting them on the path to reversing their disease.

SGLT2 Inhibitors & GLP1 Receptor Agonists



- ✓ Results in significant weight loss while insulin results in weight gain.
- ✓ Reduces heart failure hospitalizations, progression of CKD, and reduce cardiovascular outcomes (stroke, heart attack, and cardiovascular death) in people with high cardiovascular risk.
- ✓ Provides kidney protection benefits.
- ✓ Well tolerated SGLT2-I can replace need for injecting insulin. GLP1-RA may be injected once weekly instead of daily insulin.
- ✓ Lowers risk of hypoglycemia, and glucose variability compared to insulin.
- ✓ SGLT2 inhibitors may also promote modest improvements in blood pressure and blood cholesterol levels

Continuous Glucose Monitoring



- ✓ Enhances patient understanding of how diet, exercise, stress, and daily routine impact blood glucose.
- ✓ Can result in a statistically significant A1c reduction with no medication adjustment.
- ✓ Identifies glycemic variability (peaks and valleys) to adjust diet and tailor medication regiment.
- ✓ Identifies episodes of low and high glucose before symptoms appear and identifies hypoglycemia unawareness.
- ✓ Decreases or removes need to test via finger pokes.
- ✓ Lowers risk of hypoglycemia, and glucose variability compared to insulin.

Low Carbohydrate Diets



- ✓ Reduces post-prandial glucose spikes.
- ✓ Reduces insulin requirements.
- ✓ Reduces natural insulin, leading to reduced insulin resistance.
- ✓ Results in weight loss without excessive hunger.
- ✓ Reduces blood pressure.
- ✓ Reduces triglycerides.
- ✓ Increases HDL cholesterol.
- ✓ Favorable changes in self-reported measures of energy level, hunger and food cravings