

Reducing the Burden of Diabetes Treatment: A Review of Low-cost Oral Hypoglycemic Medications (OHMs)

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- The vast majority of individuals diagnosed with diabetes are low/middle income and may have access to only three of the 11 oral hypoglycemic medications (OHMs) due to cost: metformin, sulfonylureas (glimepiride, glipizide, glyburide), and pioglitazone.
- In this study, the maximum recommended daily dose (MAX) was compared to the most effective daily dose (EFF) and adverse events of low-cost OHMs.
- Metformin, glimepiride, and pioglitazone are safe and efficacious OHMs. Prescribing the most effective dose rather than the maximum dose may avoid negative dose-related outcomes.
- Glimepiride was not associated with weight gain, hypoglycemia, or negative cardiovascular events relative to other sulfonylureas.

Awareness of the EFF compared to the MAX is critical to avoid negative dose-related outcomes while optimizing therapy. Glimepiride is the preferred sulfonylurea because its adverse event profile differs from others in its class.