# How Ozempic is Reshaping Diabetes Management



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Published on May 13, 2024, an article by Dani Blum highlights a significant shift in Type 2 diabetes management, exemplified by the experience of Betsy Chadwell. After using insulin pens for over 20 years, Chadwell transitioned to Ozempic in late 2021, which allowed her to stop taking short-acting insulin and reduce her long-acting insulin dosage. Ozempic, alongside Mounjaro, are drugs that mimic hormones boosting insulin production, offering a new avenue for patients to manage diabetes with less reliance on insulin injections.

These drugs, specifically designed to be administered weekly, are under continuous study, exploring their combined efficacy with long-acting insulins. Novo Nordisk, the producer of Ozempic, is researching a new formula named IcoSema, combining insulin icodec and semaglutide, aiming to enhance glucose control more effectively than when either is used alone.

Despite the promising outcomes, medical professionals urge caution when substituting or reducing insulin with these drugs. Both Ozempic and Mounjaro, when used with insulin, could lead to dangerously low blood sugar levels (hypoglycemia). Signs of hypoglycemia include palpitations, shaking, sweating, and dizziness, with severe cases potentially leading to seizures or loss of consciousness. Hence, healthcare providers closely monitor patients, adjusting doses meticulously to prevent complications.

Further complicating the treatment landscape are drug shortages and variations in insurance coverage, which can disrupt patient access to these medications. Nonetheless, with vigilant management, some patients have successfully reduced or discontinued insulin.

This development in diabetes care points to a potential future where fewer patients may need daily insulin, according to Dr. Scott Hagan from the University of Washington. This emphasizes the evolving nature of diabetes treatment, driven by advancements in pharmaceutical approaches.