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# Heart Disease & Type 2 Diabetes: GLP1 Receptor Agonist - RYBELSUS (semaglutide)

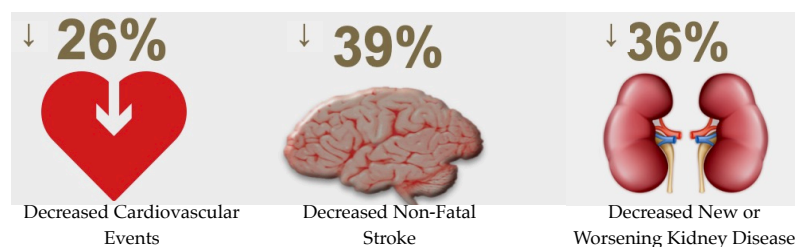
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**Type 2 Diabetes** is a progressive, life-long disease in which your pancreas does not produce enough insulin, or your body does not properly use the insulin it makes - and the *body's blood sugar can get too high*.

High blood sugar levels can cause blindness, kidney problems, nerve damage, erectile dysfunction and can lead to cholesterol plaque build-up, which can result in heart attack, heart failure and stroke.

- You may develop heart disease **10-15 years earlier**, than those without diabetes
- **40% - 60%** of people with Type 2 Diabetes will die from heart disease

## MEDICATIONS PLAY A KEY ROLE IN LOWERING YOUR RISKS FOR HEART DISEASE/STROKE, TOGETHER WITH LIFESTYLE CHANGES



\*percentages based on cardiovascular outcome data studying *subcutaneous* semaglutide (SUSTAIN -6 Trial)

A group of medications, called GLP1 Agonists - which includes **RYBELSUS (semaglutide)**, can be added to metformin or other medications to help you **DECREASE** heart disease risks.

**RYBELSUS is a DAILY ORAL medication to be taken on an EMPTY stomach, 30 mins before food or other medication, and with minimal water for optimal absorption**

**3 mg**  
Start RYBELSUS® with 3 mg once daily for 30 days  
3 mg dose is intended for treatment initiation, and is not effective for glycemic control

**7 mg**  
After 30 days on the 3 mg dose, increase the dose to 7 mg once daily

**14 mg**  
If additional glycemic control is needed after at least 30 days on the 7 mg dose, the prescriber may increase the dose to 14 mg once daily

\* Common side effect of RYBELSUS is **weightloss** and may also include nausea, diarrhea, vomiting, stomach (abdominal) pain, and constipation. If you experience nausea, here are some general nausea tips that you might find helpful:

- Eat bland, low-fat foods, like crackers, toast, and rice
- Eat foods that contain water, like soups and gelatin
- Avoid fried, greasy, or sweet foods
- Avoid lying down after you eat
- Go outdoors for fresh air
- Eat more slowly
- Drink clear or ice-cold drinks