

Daily Routine

Metformin



Insulin



Pioglitazone



Liraglutide / Exenatide



Su



Gli



Liraglutide / Exenatide



Take in the hour before meals.

NONE

Weight Change

Metformin



None

Insulin



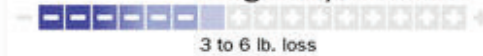
4 to 6 lb. gain

Pioglitazone



More than 2 to 6 lb. gain

Liraglutide/Exenatide



3 to 6 lb. loss

Costs

Metformin (Generic available)

\$0.10 per day \$10 / 3 months

Insulin (No generic available - price varies by dose)

Lantus: Vial, per 100 units: \$10
Pen, per 100 units: \$43

NPH: Vial, per 100 units: \$6
Pen, per 100 units: \$30

Short acting analog Insulin: Vial, per 100 units: \$10
Pen, per 100 units: \$43

Pioglitazone (No generic available)

\$7.20 per day \$650 / 3 months

Liraglutide/Exenatide (No generic available)

\$9.00 per day \$800 / 3 months

Sulfonylureas (Generic available)

\$0.10 per day \$10 / 3 months

Gliptins (No generic available)

\$6.20 per day \$560 / 3 months

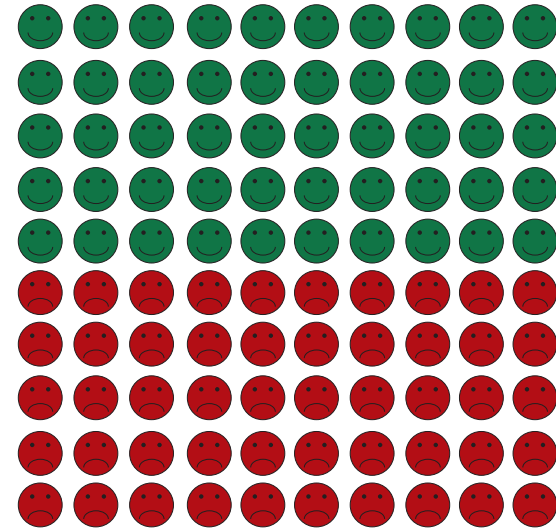
1 What is my risk of having a heart attack in the next 10 years?

NO STATIN

50 people **DO NOT** have a heart attack (green)

50 people **DO** have a heart attack (red)

The risk for 100 people like you who **DO NOT** take statins.



YES STATIN

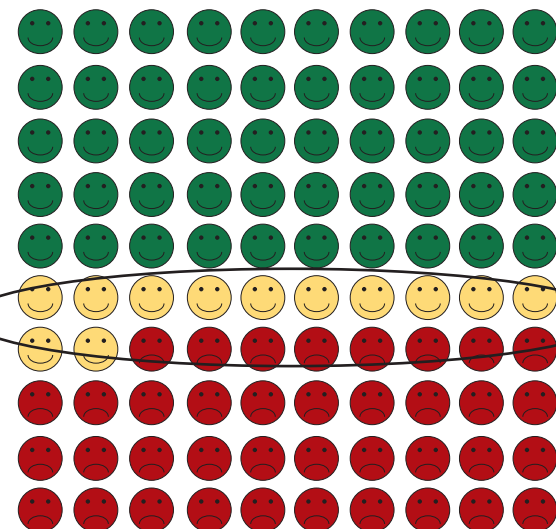
50 people still **DO NOT** have a heart attack (green)




12 people **AVOIDED** a heart attack (yellow)

38 people still **DO** have a heart attack (red)

88 people experienced **NO BENEFIT** from taking statins

The risk for 100 people like you who **DO** take statins.



-  had a heart attack
-  avoided a heart attack
-  didn't have a heart attack

2 What are the downsides of taking statins (cholesterol pill)?

- Statins need to be **taken every day** for a long time (maybe forever).
- Statins cost money. (to you or your drug plan)
- **Common side effects:** nausea, diarrhea, constipation (most patients can tolerate)
- **Muscle aching/stiffness:** 5 in 100 patients (some need to stop statins because of this)
- **Liver blood test goes up** (no pain, no permanent liver damage): 2 in 100 patients (some need to stop statins because of this)
- **Muscle and kidney damage:** 1 in 20,000 patients (requires patients to stop statins)

3 What do you want to do now?

- Take (or continue to take) statins
- Not take (or stop taking) statins
- Prefer to decide at some other time