

## Thiazolidinediones (Glitazones)

### What are they used for?

Glitazones are used with a diet and exercise program in patients with Type 2 diabetes.

Glitazone may be used alone or with other medications to control blood sugar.

### How do they work?

Glitazones will help your body control the amount of glucose (sugar) in the blood. Glitazones will increase your body's sensitivity to its own insulin. They will not increase the amount of insulin in the blood.

### Are there any side effects?

Some effects that people have experienced while taking these medications include:

- Headache
- Back and joint pain
- Weight gain/increased appetite
- Risk of fractures (especially in women)
- Anemia
- Edema (fluid retention): swelling in hands, feet and ankles
- Vision changes

Glitazones by themselves usually do not cause hypoglycemia. When used with other medications for diabetes, there is an increased risk of hypoglycemia. Patients with heart failure should not receive glitazones.

Patients with increase risk of heart attack or cardiovascular disease should not use Rosiglitazone (pioglitazone may be considered with caution).

### How do I take them?

Rosiglitazone may be taken once a day in the morning or taken twice a day in the morning and evening. Pioglitazone is taken once daily.

Both Rosiglitazone and Pioglitazone may be taken with or without food.

Glitazones take 2 to 3 months to reach full effect. There is no immediate response on blood sugars, therefore continue to take your medication as prescribed.

### What are some commonly used Glitazones?

Generic Name	Brand Name
Rosiglitazone	Avandia
Pioglitazone	Actos

*\*\* Please note that this information sheet does not contain complete information about glitazones. If you need more information about this drug, be sure to ask your doctor or pharmacist.*

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