

## 'Glitazones' (1 of 1)

### What are they?

These drugs are used for the treatment of type 2 diabetes and are called rosiglitazone (Avandia) or pioglitazone (Actos).

'Glitazones' are used to lower blood sugar and work by improving the ability of the body to respond to insulin. Insulin is the hormone in type 2 diabetes that does not function adequately and this is one of the principal reasons why the blood sugar increases. This is called insulin resistance and 'glitazones' reduce this resistance.

'Glitazones' also have beneficial effects on body fat, cholesterol and blood pressure.

### Side Effects

Most people can take these drugs without significant side effects although mild weight gain and swollen ankles are commonly seen. Regular blood tests examining liver function are required when taking these drugs. This is purely a precautionary measure.

### Dosage

They are taken as tablets once or twice daily and are used in combination with either metformin or sulphonylureas (gliclazide, glimepiride, glibenclamide – see separate leaflet), with both as triple therapy or used on their own.

The dose of rosiglitazone or pioglitazone may need to be increased to the maximum after three to four months but in comparison to the other drugs they do not seem to become less effective with time.

### Further information

Further information can be obtained from the leaflet in the box the drug is dispensed in.

**Dr Martin Smith**  
**Diabetes & Endocrinology**  
**Tel.: 01722 336262 ext. 4229**

If you need this information in another language or medium (audio, large print, etc) please contact the Patient Advice and Liaison Service (PALS) on 0800 374 208 email: [palservice@salisbury.nhs.uk](mailto:palservice@salisbury.nhs.uk)  
You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital

We ask for information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the Data Protection Act 1998.

Author: M Smith  
Date written: March 2006  
Approved: March 2006  
Review date: March 2009  
Version: 1.0  
Code: CSNew91