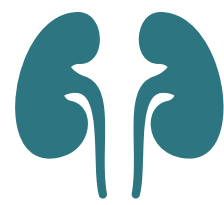


What are SGLT2 inhibitors?

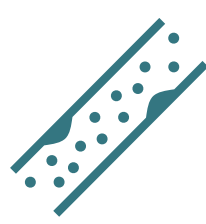
SGLT2 inhibitors are a type of medication. They are now recommended for many people with:



Heart failure



Kidney disease



Ongoing narrowed or blocked arteries (coronary artery disease)



Diabetes (beyond controlling blood sugar, but to prevent heart issues too)

SGLT2 inhibitors, first developed to lower blood sugar and treat diabetes, are important heart medicines too.

Some examples, with more being studied, include:

• dapagliflozin (Farxiga)

• canagliflozin (Invokana)

• empagliflozin (Jardiance)

• sotagliflozin (Inpefa)

How they help

Taking an SGLT2 inhibitor



Other heart medicines you take



Lifestyle changes (healthy diet, moving more)

Can help many people:



Feel better by easing symptoms



Have a better quality of life



Stay out of the hospital



Avoid or delay dialysis



Live longer

Things to keep in mind

- ▶ Know why you are taking an SGLT2 inhibitor and tell your other doctors.
- ▶ Other medications – diuretics (water pills) and diabetes medicines – may need to be adjusted.
- ▶ Share any concerns about cost.
- ▶ Tell your doctor if you aren't eating or drinking due to illness or a test.

▶ **Ask about side effects to watch for.** Always report any concerns to your health care team. Examples include:

- Dehydration
- Urinary tract infection
- Yeast infection
- Low blood pressure

visit [CardioSmart.org](https://www.cardiosmart.org) to learn more.

 @ACCinTouch #CardioSmart

