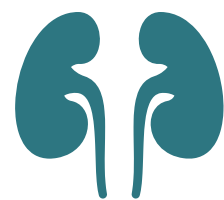


# What are SGLT2 inhibitors?

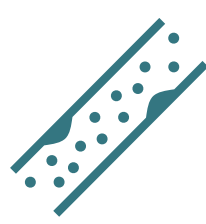
**SGLT2 inhibitors** are a type of medication. They are now recommended for many people with:



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:

- canagliflozin (Invokana)
- dapagliflozin (Farxiga)
- 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

- ▶ Be sure to tell your other doctors you are taking an SGLT2 inhibitor for your heart.
- ▶ Let your doctor know if you are:
  - Not eating or drinking due to illness or a test
  - Having surgery
  - Worried about cost
- ▶ Know that other medications – diuretics (water pills) and diabetes medicines – may need to be adjusted.

- ▶ Ask about what side effects to watch for and report.

Examples include:

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

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

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