

Some examples are, Dulaglutide and Semaglutide commonly known as Ozempic which is widely used by many individuals to aid in weight loss.

Making lifestyle adjustments that improve overall health and maintaining stable blood sugar levels are important to prevent type 2 diabetes. These include, maintaining a healthy weight, following a healthy diet, Regular exercise and movement, limiting alcohol, managing stress and getting enough sleep are vital for maintaining blood sugar at a healthy level.

References

Type 2 diabetes - Symptoms and causes. (n.d.). Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/symptoms-causes/syc-20351193>

Diabetes treatment: Medications for type 2 diabetes. (n.d.). Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/in-depth/diabetes-treatment/art-20051004>

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