



## Ask Doctor Dr Karuhanga

SEND YOUR  
QUESTIONS TO

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# Can Glempa be used for heart problems in individuals who do not have diabetes?

**I have a heart problem, but I was unexpectedly prescribed Glempa along with other medications. This drug is primarily for diabetes, which I do not have, and it is not easily available. Should I still try to obtain it?** Bakyenga

Dear Bakyenga

**D**iabetes is a condition characterised by higher-than-normal blood sugar (glucose) levels, which occurs because the body either does not produce enough insulin or cannot effectively use the available insulin. Insulin is a hormone that helps cells in the body absorb glucose, providing energy for various functions.

If left untreated, diabetes can cause damage to blood vessels and nerves throughout the body, leading to complications such as heart disease, kidney issues, eye problems, and brain disorders. The primary goal

of diabetes management is to maintain blood sugar levels as close to normal as possible to prevent these complications. This can typically be achieved through dietary changes, regular physical activity, weight management, and, if necessary, the use of medications.

One medication prescribed for diabetes is Dapagliflozin

(Glempa), which not only helps manage blood sugar levels but also improves heart function in patients with heart conditions, independent of glycemic control. Therefore, if you are taking this medication, it may be utilised not only for diabetes management but also to help prevent heart problems associated with the condition.

