

**COMMON TERMINOLOGIES USED IN THE CONTEXT OF  
REDUCING TYPE 2 DIABETES TREATMENT COMPLEXITY AND BURDEN**

<b>TERM</b>	<b>DEFINITION</b>
<b>Treatment complexity</b>	The level of complexity determined by the number of medications prescribed, administration route and the frequency of dosing and glucose monitoring. Adapting drug doses to food intake and other daily activities are also considered
<b>Burden of treatment</b>	The workload of a treatment strategy and its impact on an individual's function and well-being
<b>Simplification</b>	An attempt to decrease treatment complexity and burden of treatment, particularly insulin therapy
<b>De-escalation</b>	Changing from more intensive to less intensive insulin regimens
<b>Deprescribing</b>	Reducing medication without compromising safety
<b>Deintensification</b>	Medication is simplified, reduced, or completely withdrawn in an effort to prevent the risk of polypharmacy and its associated adverse events or as complete withdrawal, discontinuation, reducing dosage, conversion, or substitution of at least one medication
<b>Liberalization</b>	Relaxing of glycemia goals for people who are unlikely to benefit from their current glycemic targets