



Medications

"You expect me to do WHAT NOW?"



Part 2

Insulin – Types and Delivery Options

FIRST



There are a lot of stories, myths about insulin.

Let's look at some of them and get the facts!

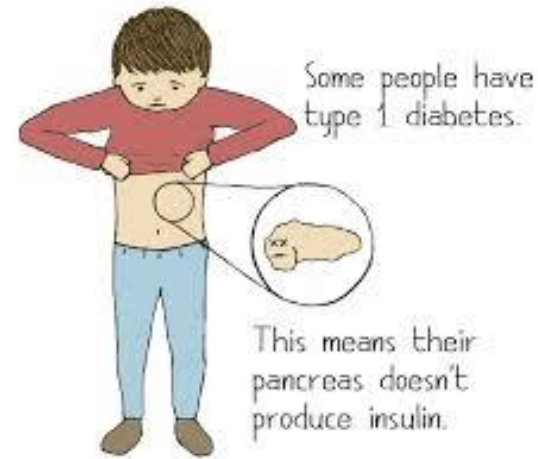


Myth: Going on insulin means I failed!

Fact: You did not fail!
Type 2 Diabetes does progress over time.



Fact: Type 1 Diabetes, no insulin is made.



Myth: Insulin will make me gain weight!

Fact: Eating more food/calories than you need and can burn will make you gain weight.



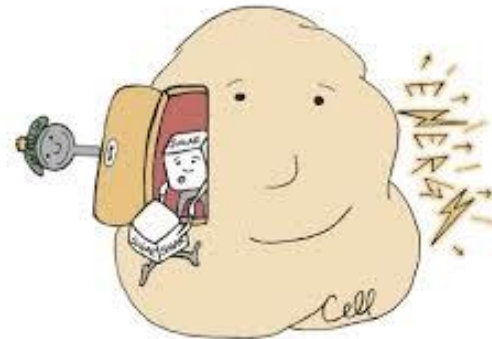
Myth: Once I start taking insulin, I will have to take it forever!

Fact: Type 2 Diabetes

Many people with type 2 diabetes are able to reduce or eliminate their need for insulin by adopting healthy lifestyle habits, losing weight, and using other newly-developed diabetes medications. AADE

Fact: Type 1 Diabetes

Yes, thank goodness for insulin!!!



Insulin is the key that allows the body to use sugar (carbohydrate) as energy.

Myth: Injections hurt!!

Fact:

1. Insulin is injected into the fat just below the skin, where there are no nerve endings.
2. Insulin pen needles and syringes are small, thin and lubricated.



Congratulations!

You have made the move to start on insulin!

Even though you have a better understanding of your diabetes, it is ok to feel anxious or nervous about this next step.



But First

An important message from Pete.

"You expect me to do WHAT NOW?"



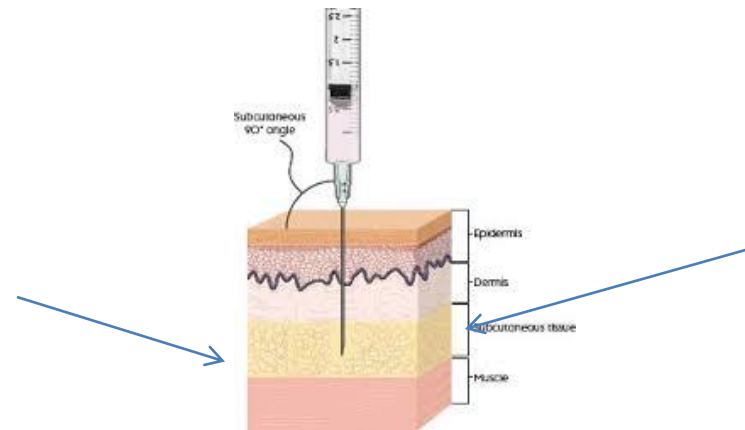
“This information will get you started, but you should talk to your doctor, an educator or a pharmacist for more information.”

Is insulin available as a pill?



Insulin cannot be taken as a pill, *YET*. Insulin is a protein hormone and would be broken down in our stomach by digestive enzymes.

So, insulin is delivered by a syringe, insulin pen or insulin pump in the layer of fat below the skin – or subcutaneous layer.



Question

Is all insulin the same?

Good question!

- Insulin is not all the same.
- There are several types.
- Each type acts in a different way.
- Each area of the body will absorb insulin at a different rate.



How do I know which insulin is best?

Your provider will decide which insulin is best for you to start on and will call in a prescription to your pharmacy for either;

- the type of insulin in a vial with syringes

or

- the type of insulin in a pen with pen needles.





How much will this cost?

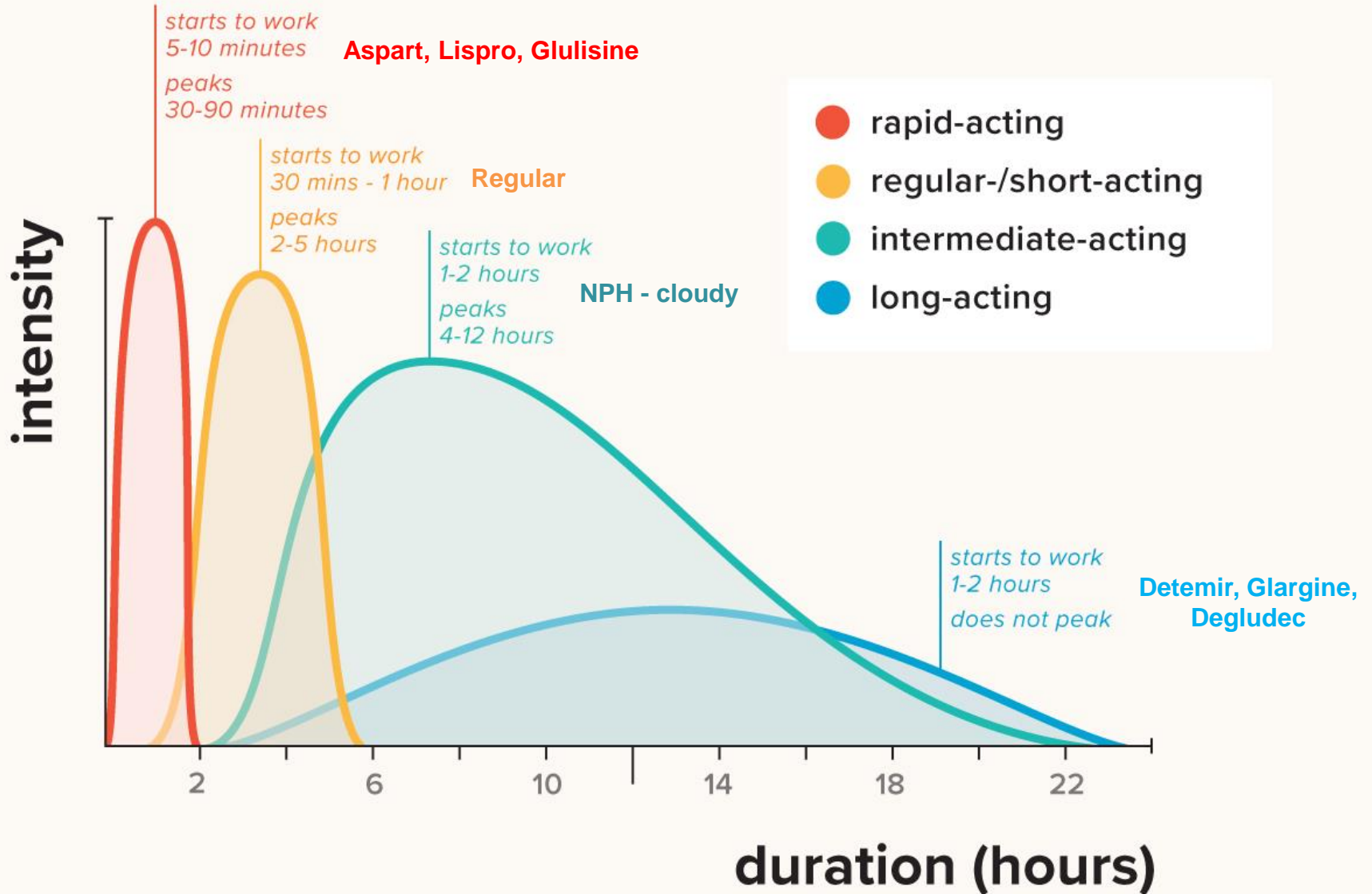
Is this covered by my insurance?

Good Questions! And not one answer for either!

To answer this question you can;

1. Call your insurance company and ask!
2. Talk to your pharmacist and have them check for you.

types of insulin





What if I don't see my insulin on that chart?

Good question!

First, it might be there. Insulins have brand names and generic names.

For example; on the chart you see the name Lispro, it is also called Humalog!

A new insulin may not be there.

To begin, a few items to have on hand.

Alcohol Swab to clean the area.



A container to dispose of the syringe or pen needle.



Or



Insulin in a vial with a syringe.



Or

Insulin in a pen with pen needle.



Important

Insulin is dosed in units and your provider will give you that number.



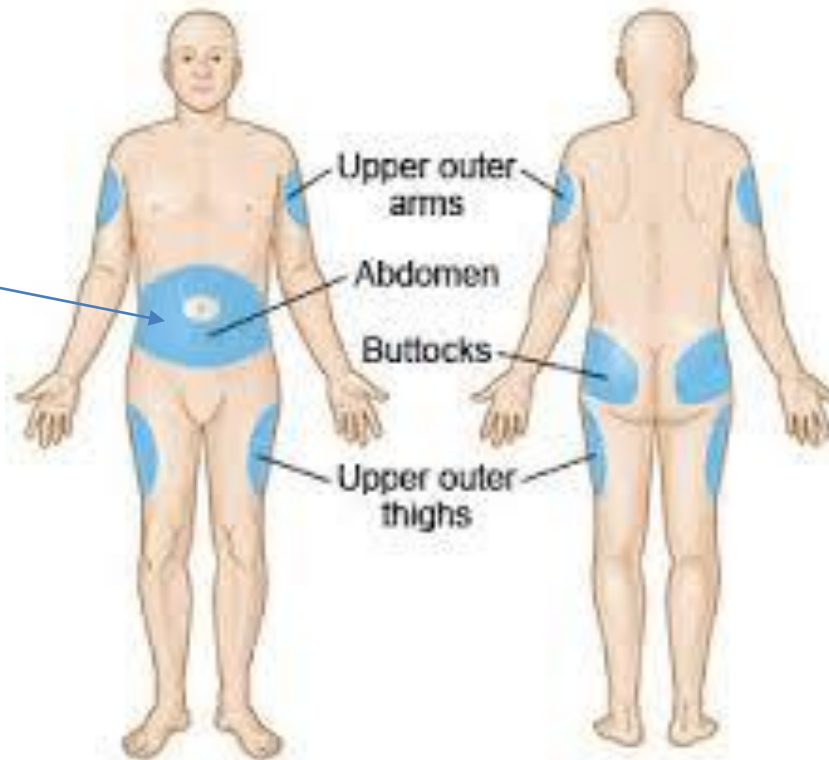
Make Sure....

You have a clear understanding of how much insulin you are to take. What you need will be different from someone else.



Where on the body do I find the subcutaneous areas mentioned earlier?

Insulin Injection Sites



NOTE: It is best to take *rapid* acting insulin in the abdomen.

NOTE: It is best to rotate your injections within one area of the body.

REMEMBER: This is a start. Make sure to talk to your provider, an educator or pharmacist for additional information specific to you.

Are there areas I should avoid?

It is important to avoid taking your shot in

muscle or scar tissue,



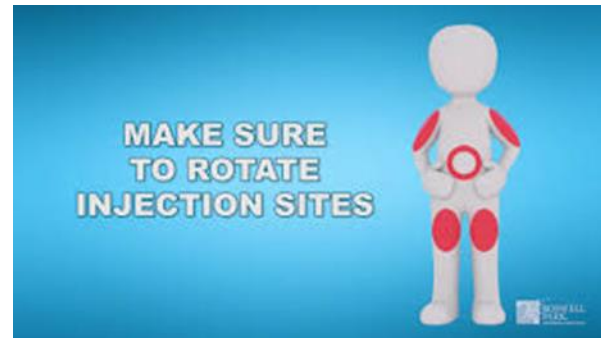
because this can impact the absorption of your dose.

Remember



It is best to rotate where you give your shot within one area of the body.

Giving your shot in the same spot in one area can make the tissue tough and it may not absorb the insulin as well.



Confusing?



Yes. This can be confusing in the beginning.

Make an appointment with your Diabetes Care and Education Specialist who will;

1. Explain the details of your new medication.
2. Have you practice with some non-insulin teaching tools before you begin your shots.



But aren't there other ways to get my
insulin?

Yes, for those who are taking 4 or more insulin
shots a day, other methods are available.

Here are some examples.



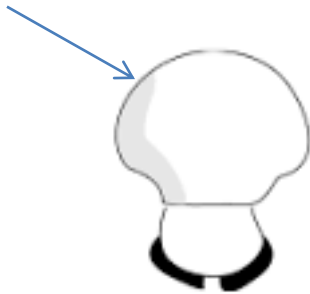
Insulin Delivery Options

Insulin Pumps are made by different companies.
All deliver rapid acting insulin.



More Options

Some insulin pumps have a continuous glucose monitor that sends your tissue sugar right to the pump.



One More Option

The V-go. This is a device, changed every day, which will deliver rapid acting insulin for 24 hours.



An Important Reminder from Pete.

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