

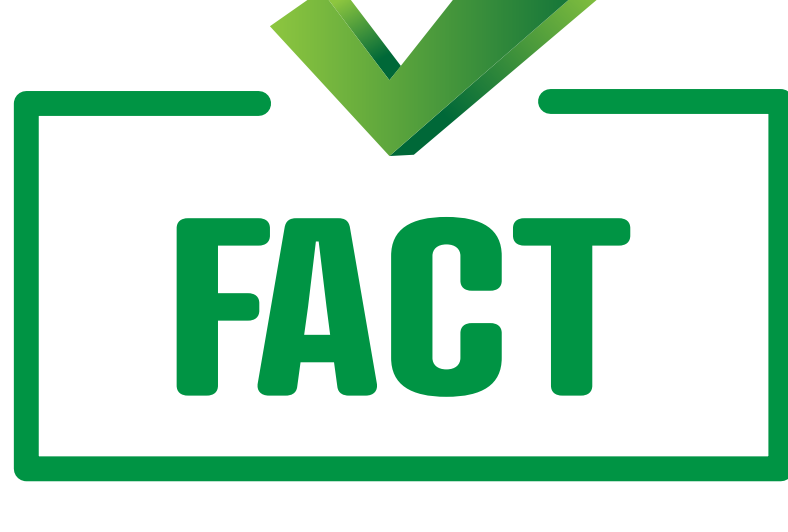
FACTS & FICTION

About Insulin Therapy in Type 2 Diabetes

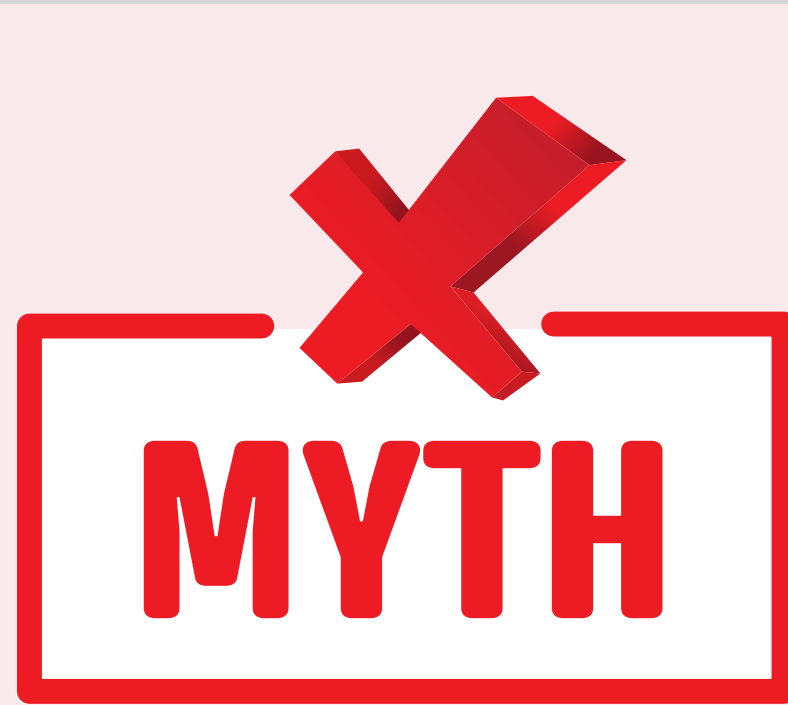
Many people with diabetes need insulin. Insulin is a medication that helps keep your blood sugar numbers normal or close to normal.



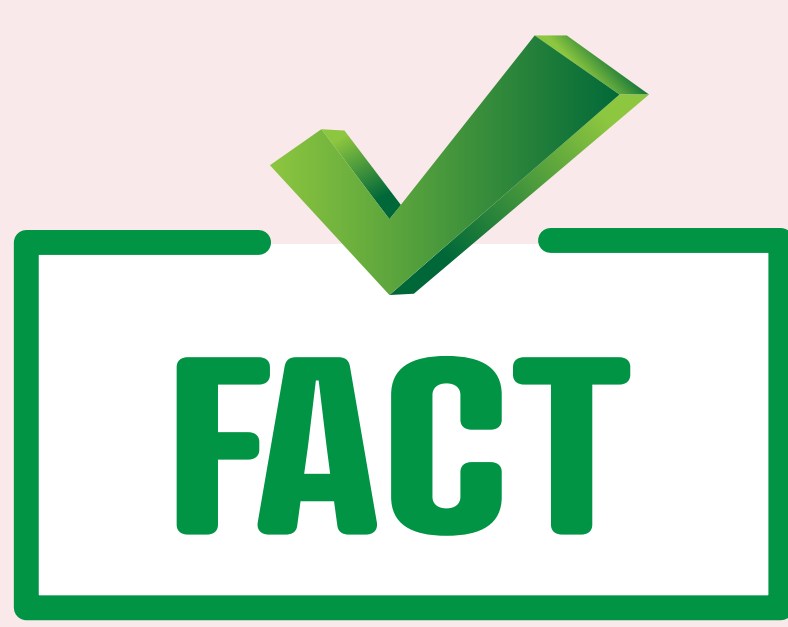
Insulin therapy is hard to manage.



Many things can make insulin therapy easier. Things like learning about your insulin, using long-acting insulin medications, pens, and pumps.



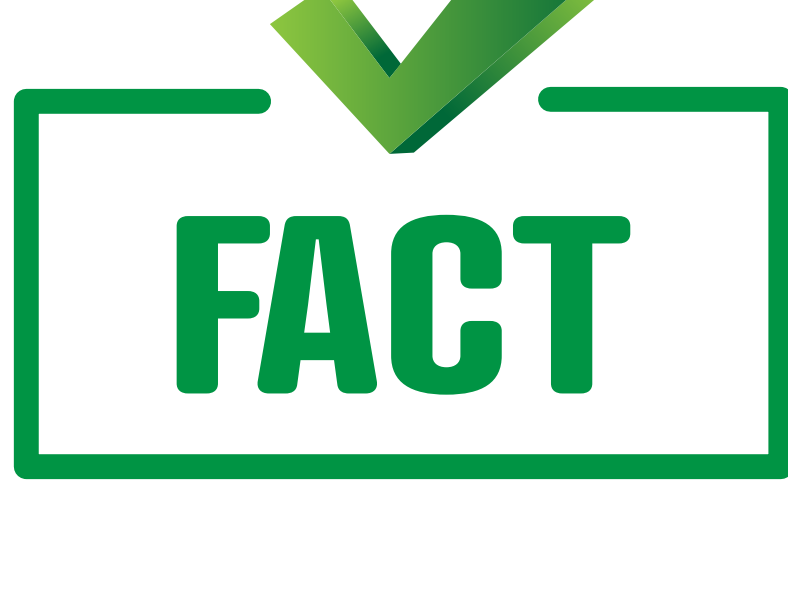
If I need insulin therapy, “I have failed.”



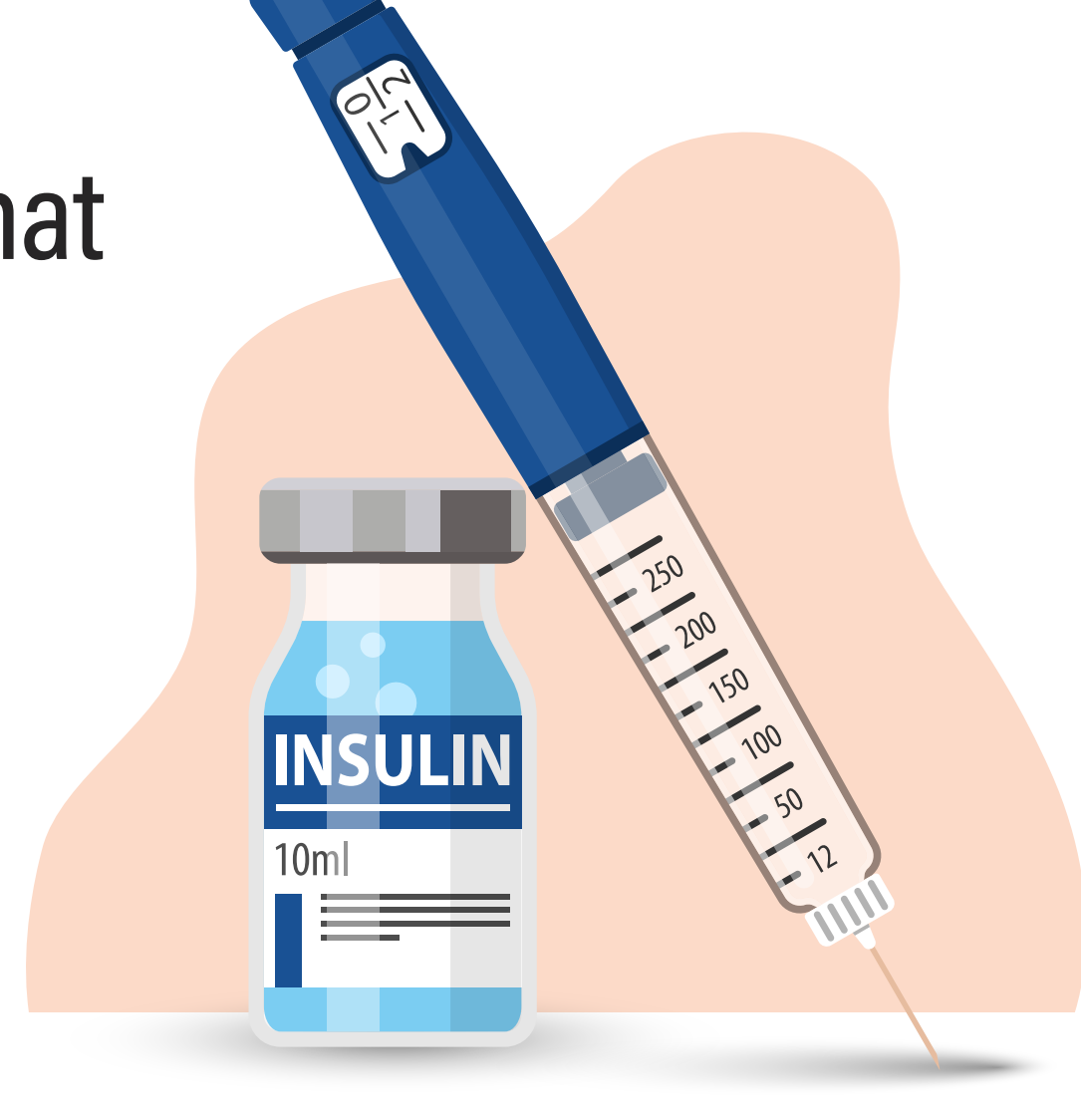
It is common for your body to stop making insulin as you live with diabetes. Many people with diabetes need to use insulin.



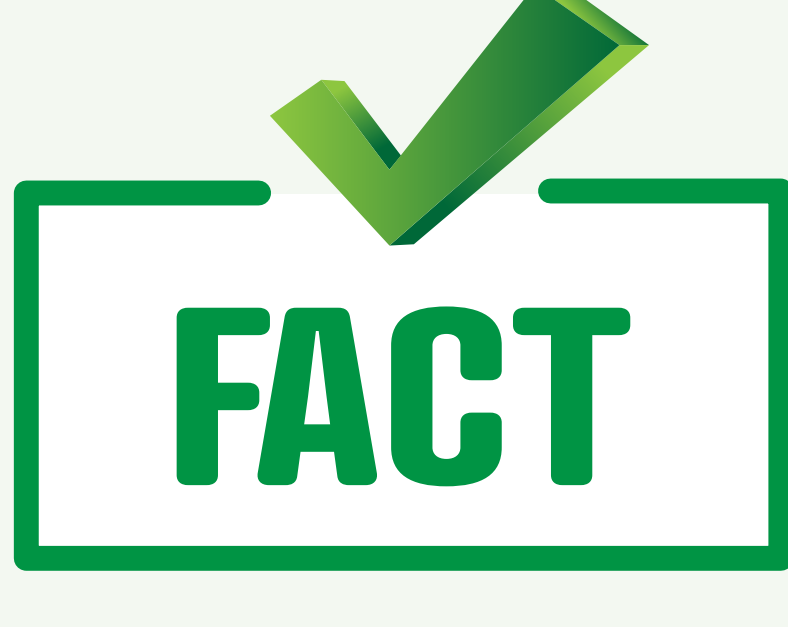
Insulin injections are “bad” for you.



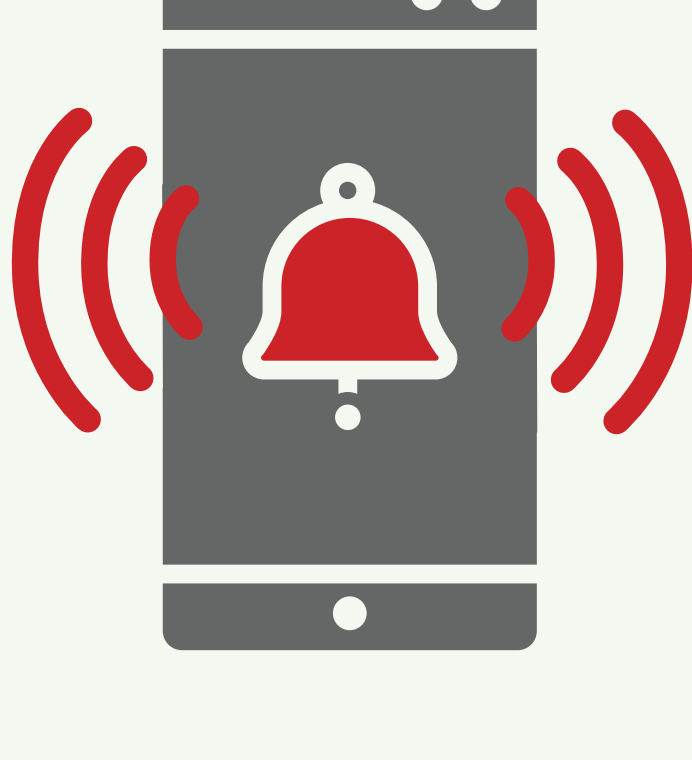
Insulin medication is just like the insulin that your body makes. Insulin medications give your body the insulin that it cannot make by itself.



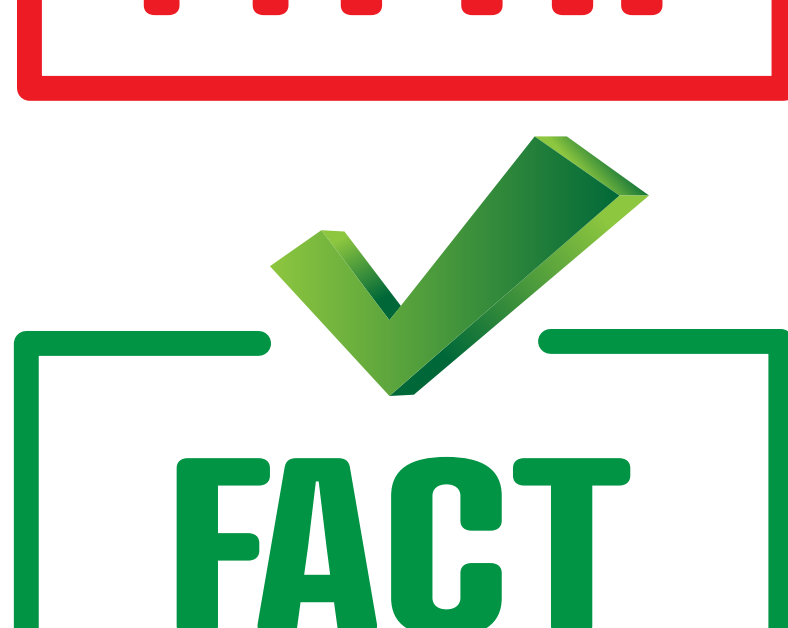
Insulin will make me “sick.”



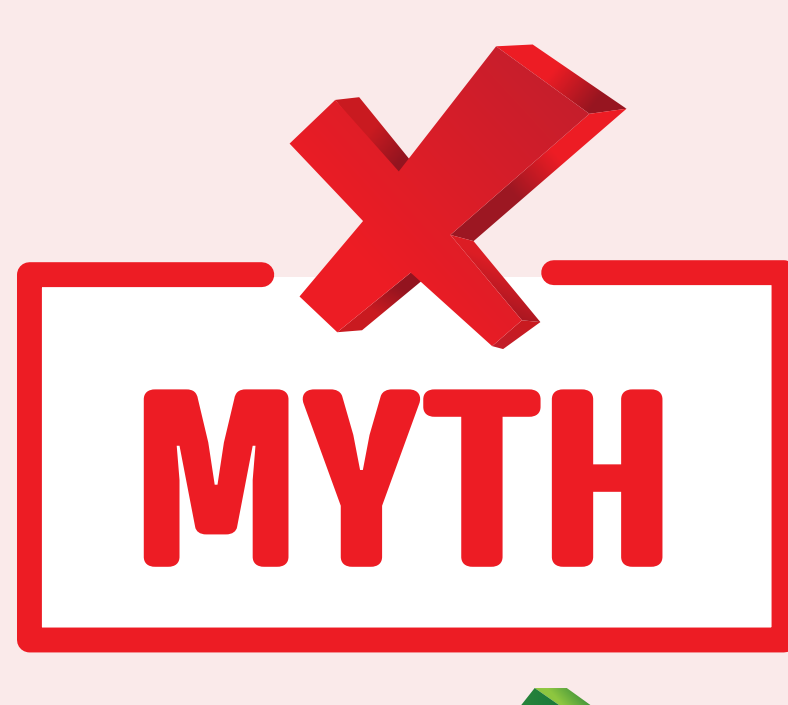
Insulin itself will not make you sick. However, too much insulin can cause low blood sugar levels that can cause you to feel sick. There are many things you can do to take care of low blood sugar. Things like making sure you check your blood sugar a lot, especially if you are feeling sick, or using a continuous glucose monitor that has an alarm.



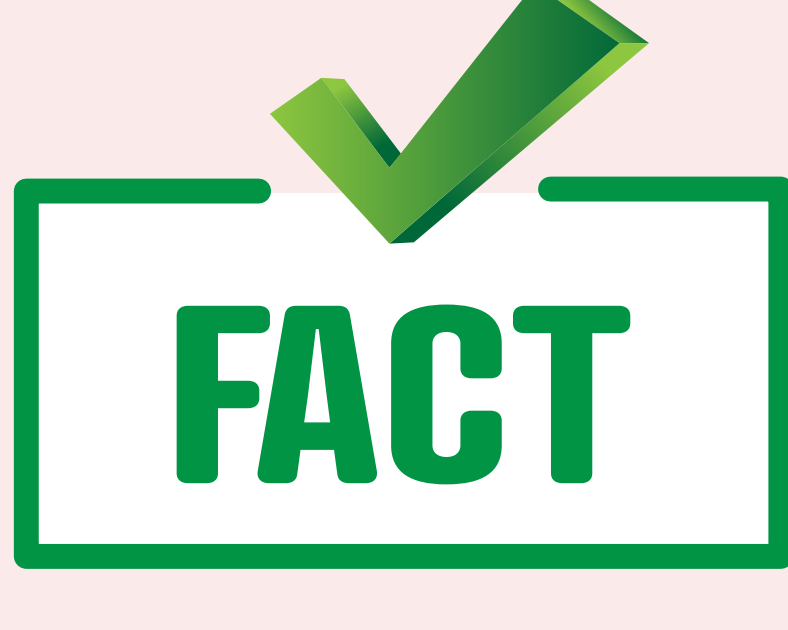
Insulin will change my life too much.



Most people need just 1 injection a day when they start taking insulin.



I will gain weight if I take insulin.



Insulin can cause weight gain. Healthy food and exercise are part of all diabetes plans. Newer longer-acting insulins are less likely to cause weight gain. Your doctor can change your medications or doses to help you keep a healthy weight.

