

## » Did you know?



Insulin injections have come a long way since they were first used to treat diabetes in the 1920s. There are not only different types of insulin to meet each user's individual needs, but also different ways to inject insulin. The insulin injection process itself has become easy and more comfortable, thanks to numerous innovations in BD pen needles and syringes.

### BD Ultra-Fine™ Insulin Syringes



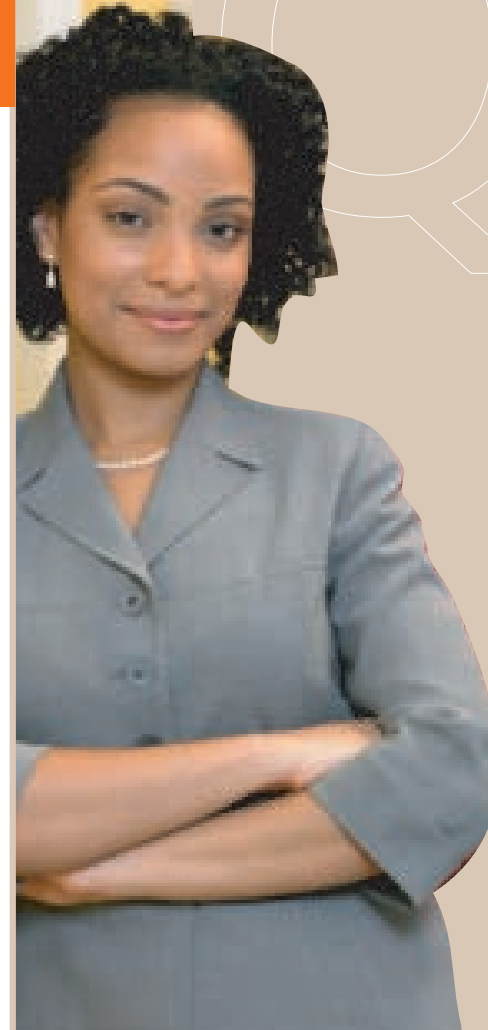
### BD Ultra-Fine™ Pen Needles



» Talk to your doctor for more information about insulin and injecting. «



Helping all people  
live healthy lives



» For a lot of people, the facts about insulin and injecting can be confusing. Here are some simple answers to some of the most commonly asked questions about insulin and injecting.

# » Facts about injecting insulin

# » Facts about injecting insulin



## Q What is insulin?

A » Insulin is a hormone that your body produces to help convert the sugar in the food you eat into energy. People with diabetes might need insulin either because they don't produce enough, or their bodies can't properly use the insulin they do produce. Since insulin is a protein and is destroyed in the stomach it cannot be swallowed like a pill. At present, insulin syringes, insulin pens and insulin pumps deliver insulin through the skin.

## Q Does going on insulin mean I have done something wrong?

A » No. Going on insulin doesn't mean you have done anything wrong. It just means that your body needs some help to work better. Insulin is simply a tool to help you better manage your blood sugar levels. For most people with Type 2 Diabetes, over time their bodies aren't able to produce as much natural insulin as they used to. Insulin injections are a way to give your body what it needs to help keep you healthy and to help avoid the risk of serious complications associated with diabetes.

## Q Will going on insulin make my pancreas shut down and make me insulin dependent?

A » No. It's a common misconception that when you start taking insulin you become dependent on it and it makes your diabetes worse. This is not true. If you have Type 2 Diabetes and you take insulin, it will not cause you to become insulin dependent. It just means that you need more insulin than your body is naturally producing. Insulin helps patients with Type 2 diabetes live healthier lives and may help reduce complications associated with diabetes.

## Q Will my daily routine change?

A » Yes, you will have to do more work to take care of yourself, but when managed properly, taking insulin may help you live a healthier life. You may start noticing that you are feeling better and have more energy. There are insulin delivery devices available that make taking insulin easier and more convenient than ever. Most people are surprised how easy it is to work insulin therapy into their daily routine.

## Q Does insulin always need to be refrigerated?

A » No. It's not always necessary to refrigerate your insulin. Both opened and unopened insulin vials can be stored at room temperature (59 to 86°F) for up to 28 days. However, if you refrigerate your unopened insulin vial, it is good until the expiration date printed on the bottle. Many people store open bottles at room temperature because they find it more comfortable to inject. Always read the instructions that come with your insulin.

## Q When I travel with my insulin, will I be able to pass through security and the X-ray machine at the airport?

A » Yes, in fact when you travel it's important that you bring your insulin, syringe, and pen needles with you in a carry-on bag so they do not get lost. In order to make it easier to get through security you should bring a letter from your doctor on official stationary stating that you need to carry insulin supplies. Be sure to keep your insulin supplies in the same boxes that they came in with original Rx label so there is no doubt that they belong to you.