

UNDERSTANDING THE FACTS ABOUT INSULIN:

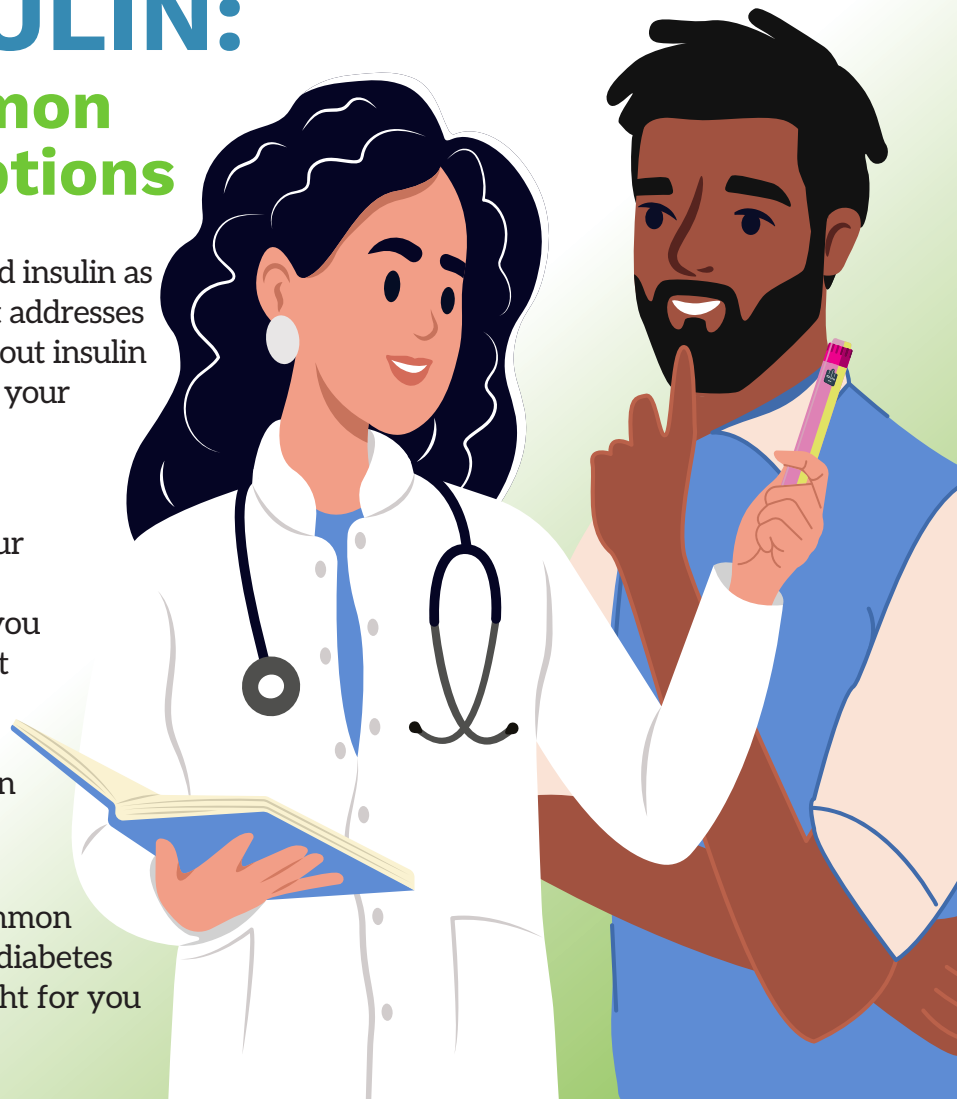
Clearing Up Common Myths/Misconceptions

If you have Type 2 diabetes, you may need insulin as part of your treatment plan. This handout addresses common concerns and misconceptions about insulin and explains how it can help you manage your glucose (blood sugar) and stay healthy.

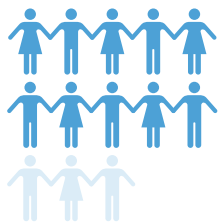
What Is Insulin?

Insulin is a medicine that helps lower your glucose. It's usually given as an injection, though one form can be inhaled. When you have Type 2 diabetes, your body may not make enough insulin, or the insulin it makes doesn't work properly. Other medicines can help, but sometimes insulin is needed to keep your glucose in a healthy range.

Needing insulin is not a failure—it's a common and effective part of diabetes care. Your diabetes care team can help you decide what's right for you based on your body's needs.

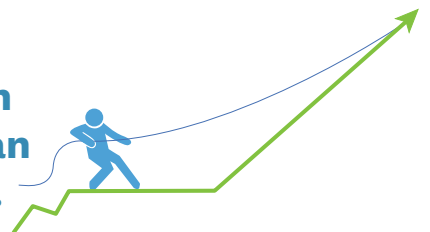


✓ FACT:
You are not alone.



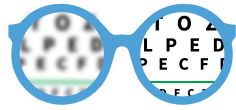
Millions of people with Type 2 diabetes take insulin. It's a common treatment that helps many people live well. Many people need to take insulin long term, but some only take it short term when they are experiencing very high glucose. The length of time on insulin depends on each individual's situation and the treatment plan.

✓ FACT:
Taking insulin does not mean you've failed.



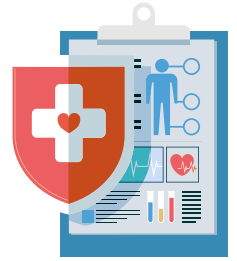
Diabetes changes over time. Even with healthy eating, physical activity, and medications, your body may need more help. Insulin is just one more tool to support your health.

✓ **FACT:**
Needing insulin is a normal part of diabetes care.



Insulin is a replacement for what your body is missing. Think of it like wearing glasses if your vision is blurry—insulin helps your body work the way it should.

✓ **FACT:**
Insulin helps prevent complications—it doesn't cause them.



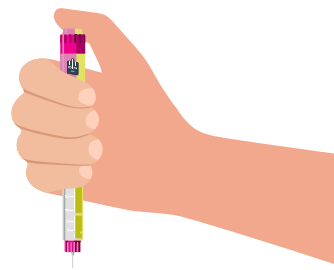
High glucose over time can harm your eyes, kidneys, and other parts of your body. Insulin helps lower glucose and protect your health. Starting insulin early may improve your health.

✓ **FACT:**
You can still live your life fully while taking insulin.



You may need to plan a bit more, but insulin doesn't have to slow you down. Many people feel better once they achieve their personal glucose goal.

✓ **FACT:**
Injections are easier than you may think.



Today's insulin injection needles are very small and thin, making injections nearly painless.

✓ **FACT:**
Insulin is easy to carry and store.



Once opened, most insulin can be kept at room temperature (not too hot or too cold)—no need to refrigerate it while using it. The number of days the insulin will last at room temperature depends on the type of insulin and whether it's in a pen device, a vial, or another delivery method. Check the manufacturer's instructions for storage information for your insulin.

Have Questions?



Talk to your diabetes care team. They can help answer your questions and guide you toward the best treatment for you. Understanding insulin is a key step in taking charge of your health.