

Insulin and Diabetes

Insulin is made in your body by an organ called the pancreas. The pancreas makes more insulin after you have eaten. Insulin helps your body use the sugar in the food you eat by moving the sugar from your blood into your cells. Your cells need sugar for energy.

Some people make no insulin at all and they must use insulin shots.



Some people take pills to help the insulin they have work better.

Some people make insulin, but still need to take insulin shots to stay healthy. Insulin has to be given through shots.



Insulin can help you control your sugar level and prevent serious problems from diabetes.

There are different kinds of insulin. Some work very quickly, others last a long time. Some are mixtures of different kinds of insulin.

The most important difference between the two is that the long acting insulin keeps your sugar controlled when you do not eat and the fast acting insulin keeps your sugar controlled when you do eat.



The kind of insulin you use is

It is

The amount used is

Insulin is measured in units. You take insulin by injecting a shot into the fatty area of your stomach, thigh or upper arm using a tiny needle. If you keep using the same needle, it will become dull with each injection so it is good to replace it after one or two injections. Never share your needles.



Some people use insulin pens or insulin pumps.



When taking insulin, it is important to check your blood sugar to be sure the insulin is working well. Write down your results and bring it to your health care provider at every visit so that they can help you adjust the amount of insulin you need to keep your sugars controlled.

