

# USING INSULIN TO TREAT YOUR DIABETES: *What it means for you*

Insulin helps your body get energy from the food you eat. If you do not have enough insulin, or the insulin you have is not working right, you have diabetes and need to take medicine.

- People with type 1 diabetes do not make any insulin and **MUST** inject insulin.
- People with type 2 diabetes do not make enough insulin or need help using the insulin they have. They need to use pills, insulin shots or both.



The only way to get insulin into your body is with a shot. Many people with diabetes use insulin shots.

There are many kinds of insulin, some work fast, others do not.

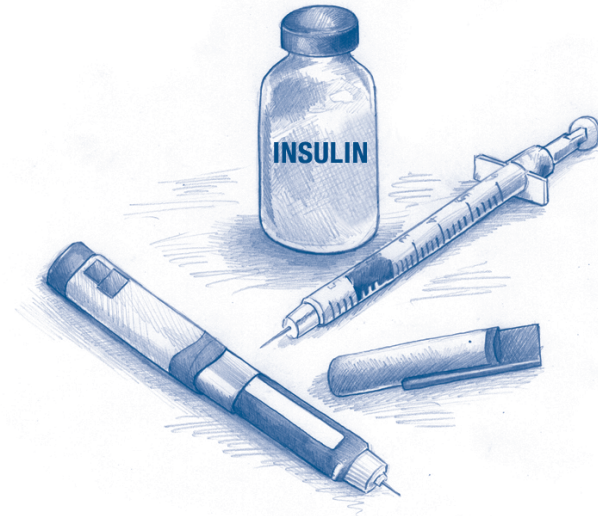
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## Starting Insulin – a patient guide

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You may need one shot of insulin a day, or you may need more. Your healthcare provider will explain what kind of insulin, the amount, and when you need it.

Your weight, diet and other medicines are important when deciding how much insulin you will need.



It is important to eat regular meals when you take insulin. Insulin shots help your blood sugar levels stay normal. If you take too much insulin or have not eaten, your blood sugar can drop too low. This is called “hypoglycemia.”

Most people get used to using shots to take their insulin.

When you have diabetes it is important to:

- Eat a healthy diet
- Exercise
- Keep your weight down

These **Starting Insulin** fact sheets will help you learn more about insulin.

**To download go to:**

[www.nphealthcarefoundation.org/startinginsulin](http://www.nphealthcarefoundation.org/startinginsulin)  
or [www.clinicians.org/patient\\_education.cfm](http://www.clinicians.org/patient_education.cfm)

