

## Oral Medications

Once diagnosed with diabetes, Lance's healthcare team gave him helpful tips to help him understand his oral diabetes medications and how they help to control blood glucose levels.

By frequently monitoring his blood glucose levels when beginning on diabetes medications, Lance was able to achieve his target range.



### Quick Tip



A consensus of diabetes healthcare professionals recommends that people with type 2 diabetes on oral medications should monitor their blood glucose levels as often as needed to achieve target blood glucose levels.

## The Goal of Oral Medications

The goal of oral medication therapy is to keep blood glucose levels within the target range.

Lance worked with his healthcare team to make sure he understood his medications and how to take them safely.

To help him better manage his diabetes, Lance keeps a log book that helps him remember to take his medications and understand the effects they have on his blood sugar levels.



### Quick Tip



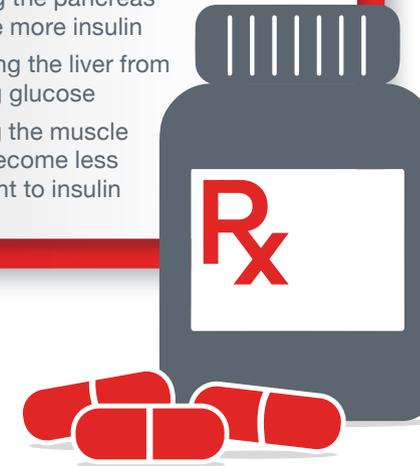
In order to safely and effectively understand and adhere to your medication schedule, it is important for you to understand the name of your medication(s), the right dosage and how often you should take your pills.

## Types of Oral Medications

Lance met with healthcare team and learned there are several types of diabetes pills. Each type works on a different area in the body to lower blood glucose levels.

Some types of medications work by:

- Helping the pancreas secrete more insulin
- Stopping the liver from making glucose
- Making the muscle cells become less resistant to insulin



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# Insulin Therapy and Oral Medications

A TRUEinsight™ Education Guide

## Meet Lance.™

He was just diagnosed with diabetes...



Lance learned the importance of medications in managing diabetes. Keep reading to learn how.

## Diabetes Management

After Lance was diagnosed with diabetes, he worked together with his diabetes healthcare team to develop a treatment plan to help him achieve blood glucose levels within his target range.

At first, Lance felt overwhelmed by the thought of always keeping his blood glucose results within his target range. His healthcare team reassured him that over time, he would learn to recognize patterns in his results and understand why they occur.



### Quick Tip

Frequently checking your blood glucose levels and writing down the results in your log book can help you to identify patterns and trends of too high or too low blood glucose levels.

## The Goal of Insulin Therapy

Since Lance was just diagnosed, his healthcare team explained him that insulin therapy is a way to help control blood glucose levels and prevent complications of diabetes.

When injecting insulin, it is important to measure the dose correctly. Lance's healthcare team gave him helpful tips on how to deliver insulin:

### Tip 1

Using syringes with clear, easy-to-read markings makes taking the right amount of insulin easier.



### Tip 2

Dispose of used syringes in a puncture resistant container, following local ordinances.



### Tip 3

Frequently check blood glucose levels and write down results to identify patterns.



### Quick Tip

Insulin works to lower blood glucose levels by transporting the glucose from the blood into the body cells for energy. If your blood glucose levels are in your target range, then your diabetes management plan is working.

## Types of Insulin

Lance learned, insulin is available in many different types, and each type works differently in the body.

### Short-Acting Insulin

Begins to work 30 minutes after injection, peaks in two to three hours and lasts for three to six hours.

### Intermediate-Acting Insulin

Begins to work later than a short-acting insulin but works for a longer time.

### Long-Acting Insulin

Begins working in one to two hours, continuously works in the body and lasts for approximately 24 hours.

### Rapid-Acting Insulin

Begins to work in approximately 15 minutes after injection, works the hardest in about one to two hours and lasts for three to four hours.

### Premixed Insulin

Premixed insulin is available to make it easier for people to inject two different types of insulin without having to mix it themselves.

### Quick Tip

Each type of insulin works differently from person to person. It is important to work with a diabetes healthcare professional to determine the type and dosage of insulin required to help you achieve your target blood glucose goals.

## Types of Insulin Delivery

All insulin is measured in units and drawn up into a syringe for injection on the abdomen, thighs or upper arms.

Some people take multiple daily injections of insulin using a fine needle syringe. Other insulin delivery devices include insulin pens or insulin pumps.

Syringes are single use and come in different gauges for comfort and different dosing sizes.

Pumps are about the size of a pager and are programmed to deliver small amounts of insulin throughout the day.

Insulin pens are prefilled insulin syringes that the user can dial up the correct units of insulin and reuse.

### Quick Tip

Some insulin pens are designed to require a specific type of insulin, others will use any type or mixture of insulin.