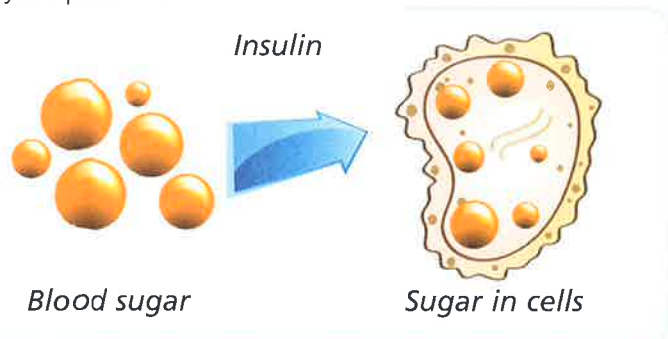


Type 2 diabetes and insulin

Cornerstones4Care™

What is insulin?

Insulin is a hormone that helps sugar move from your blood into your cells. Insulin is made by the beta cells in your pancreas.



Your cells need sugar for energy. Sugar from food makes your blood sugar level go up. Insulin lowers your blood sugar level by helping sugar move from your blood into your cells.

If you have type 2 diabetes, your body prevents the insulin it does make from working right. Your body may make some insulin but not enough.

How insulin can help with type 2 diabetes

Many people with type 2 diabetes follow meal and physical activity plans to help manage their blood sugar. But following a meal plan and staying active often are not enough to keep blood sugar in check. Medicine is almost always necessary.

In type 2 diabetes, many people find that as their beta cells stop working over time, they need to take insulin. If you have been told that you could benefit from insulin but have delayed starting it, you are not alone. Many people worry about injecting themselves. They wonder if insulin has side effects. They wonder if taking insulin will interfere with their lives.

People with type 2 diabetes often find that starting insulin changes their lives. They may find that they have more flexible eating and activity schedules.

Today, there are many insulin products and insulin devices available to treat all the stages of type 2 diabetes. You and your diabetes care team can work together to find the diabetes products that are right for you.

Types of Insulin	When It's Usually Taken	How Soon It Starts Working*	When Its Effect Is Strongest	How Long It Lasts
Analog insulin				
Fast-acting insulin	Right before a meal	15 minutes	30 to 90 minutes	3 to 5 hours
Long-acting insulin	30 minutes before the evening meal or at bedtime	1 hour	Steady over time	Up to 24 hours
Premixed (mixture of fast-acting and intermediate-acting insulins)	Before breakfast and/or before the evening meal	5 to 15 minutes	Varies	Up to 24 hours†
Human insulin				
Short-acting insulin (also called regular insulin)	30 minutes before a meal	30 to 60 minutes	2 to 4 hours	5 to 8 hours
Intermediate-acting insulin (NPH)	30 minutes before breakfast, the evening meal, or at bedtime	1 to 3 hours	8 hours	Up to 24 hours
Premixed (mixture of short-acting [regular] and intermediate [NPH] insulins)	30 minutes before breakfast and/or before the evening meal	30 to 60 minutes	Varies	Up to 24 hours†

*All times shown are approximate. †Check label.