

## For people with type 2 diabetes:

The American Diabetes Association® (ADA) recommends adding insulin earlier in your treatment plan, as one approach to managing high blood sugar.

Important news: A team of leading experts from The American Diabetes Association® has published guidelines for treating patients with diabetes. These include using insulin (basal) as an effective treatment for helping you get your blood sugar under control. Blood sugar control is measured by a test called A1C, which your treating healthcare professional should have you take every 2-3 months.

### CONTROLLING BLOOD SUGAR

The ADA defines good blood sugar control as an A1C under 7%. Talk to your treating healthcare professional about an appropriate goal for you. Good blood sugar control may help reduce your risk of developing diabetes-related complications.

### REACHING YOUR GOALS

Current ADA guidelines suggest starting with lifestyle changes like diet and exercise, and a pill called metformin, as part of an overall diabetes treatment plan. You should continue to check your A1C every 2-3 months. If your A1C stays above 7%, the ADA recommends moving to other pills or combinations of medicines. One option is to add insulin (basal) to your therapy right away.

### THE BENEFITS OF INSULIN

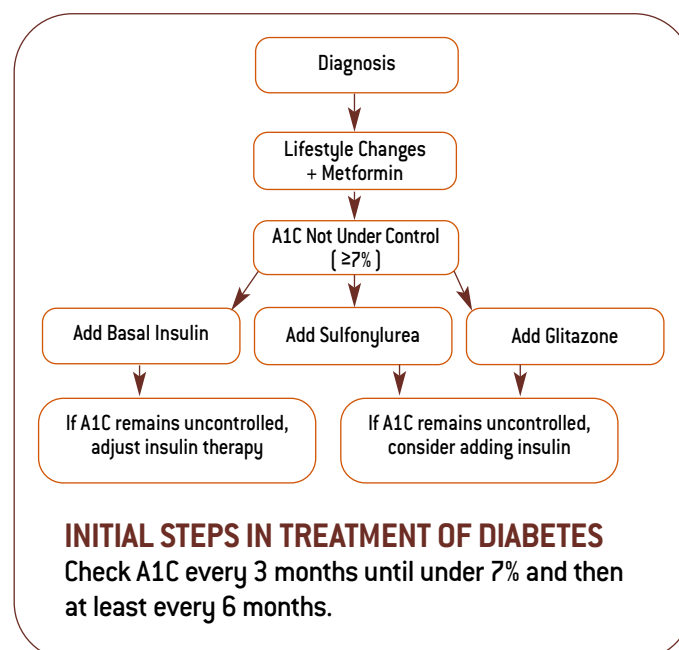
- Effective treatment for helping to manage blood sugar in people with diabetes
- Can help you reach A1C goals
- As a diabetes medicine, it's an established treatment, backed by years of study

With most diabetes medicines there is a maximum dose. Insulin does not have a maximum dose. You and your treating healthcare professional can always adjust your dose to help meet your blood sugar goals.

### IMPORTANT SAFETY INFORMATION

Possible side effects may include blood sugar levels that are too low, injection site reactions, and allergic reactions, including itching and rash. Tell your doctor about all other medicines and supplements you are taking; they can change the way insulin works. Glucose monitoring is recommended for all patients with diabetes.

Ask your treating healthcare professional if insulin fits into your overall diabetes treatment plan. This may include diet, exercise, and other diabetes medications.



Source: 2007 ADA Clinical Practice Recommendations. For further information, visit: [www.diabetes.org](http://www.diabetes.org)