

INSULIN 101: THE BASICS



WHAT IS INSULIN?

Insulin is a medicine that many people with diabetes use as part of their treatment. Diabetes is a disorder that disrupts the way a person's body uses sugar, causing it to build up in the blood. Insulin can **lower a person's blood sugar level**. Insulin usually comes in the form of a shot that a person gives to themselves.



WHAT IS AN INSULIN PUMP?

An insulin pump is a **device** that a person wears on their body that **slowly releases insulin into the body**. The insulin goes through a thin tube from the pump into the body through an opening in the skin. The device works all day and night.



WHAT IS INHALED INSULIN?

Inhaled insulin is an **insulin powder** that is breathed into the lungs. The insulin powder comes in a cartridge that can be placed into a small inhaler (like an asthma inhaler). The inhaler is placed in the mouth and when you breathe in, the powdered insulin goes **into the lungs**.



AM I USING THE RIGHT AMOUNT OF INSULIN?

To know if you are using the right amount of insulin, you can **check your blood sugar level** at home. Most doctors recommend that people who use insulin check their blood sugar level at least four times a day.



ARE THERE DIFFERENT TYPES OF INSULIN?

Yes. All types of insulin can **control blood sugar levels**. But some types of insulin start working faster or last longer than other types. Many people (at the direction of their healthcare provider) use two different types of insulin each day so that their body has insulin all day and night.