

Diabetes & You

Innovations In Diabetes Care Bring Patients More Control

by Jean Louis Selam, M.D.

(NAPSA)—According to the American Diabetes Association, at least a third of Americans will develop the condition at some time in their lives. It can't be cured but it can be managed.

While medicine has improved the quality of life of people with diabetes significantly over the years, the need for some way to regulate blood sugar remains unchanged. Researchers are exploring new pathways to innovative treatments. For instance, one research team identified a new link between heart hormones, insulin resistance and obesity, which could signal new treatment options for those with type 2 diabetes.

Continued insights into the medical characteristics of the main groups of people with diabetes have unveiled some new methods that doctors can use to correctly identify forms of diabetes sooner. Armed with these, doctors can proactively and more effectively treat once-rare variations of this condition.

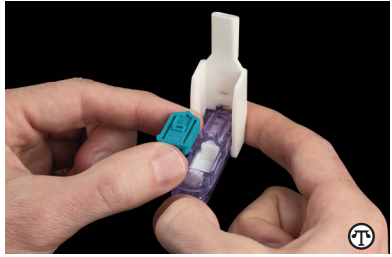
One new treatment is an inhalable form of insulin that acts quickly, so users have greater flexibility in managing blood glucose fluctuations that often occur after eating.

This means more spontaneity for people with diabetes. Injected insulin usually needs to be taken 20 to 30 minutes before eating and pills can take longer still. These proven medicines are very important to any diabetes care regimen but they're not easily adjustable.

The inhalable treatment, called Afrezza, works for most people with type 1 and type 2 diabetes, and it may be especially helpful for many newly diagnosed adults with type 2 who aren't aware of their options and may forgo treatment due to the overwhelming nature of the diagnosis. Such people should check with a doctor to see if this might help.

It offers three advantages for adults with type 2 diabetes:

1. Few to no injections. Not everyone with type 2 diabetes needs insulin injections, but for those who do, this can lower or eliminate the need.



A new device makes dealing with diabetes easier and more convenient.

2. Less paraphernalia. People with diabetes don't just carry around a vial of insulin; there are syringes, swabs for cleaning injection sites, and more. Many people ration these supplies to make sure the quantities covered by their health care plans will last. This is especially important as the estimated medical costs for people with diabetes are twice as high as for people without diabetes. With a supplemental insulin in the discreet form of an inhaler, people with diabetes can leave more supplies at home and still feel prepared for whatever may come their way.

3. Faster peak action time and shorter duration. Social occasions are often reduced to a game of "unit roulette" for many people with diabetes. With little control over how quickly a restaurant order will arrive or what food will be at a cocktail party, people may find their choices limited, and end up with either too much or too little insulin in their systems. This supplemental treatment bridges the gap between a regular regimen and those special occasions.

All this can give people a sense of control over their condition. Diabetes needn't be the definition of who a person is. You can live your life fully prepared for the unexpected and in control.

Learn More

For further facts, visit www.afrezza.com.

• Dr. Selam is CEO of the Diabetes Research Center in California and author of several articles on insulin therapy techniques. He has also performed pioneer work on intraperitoneal insulin and insulin-induced remissions.