

# Diabetes & You

## Managing Diabetes By Managing Your Insulin

(NAPSA)—Living a healthy life with diabetes means paying close attention to the daily management of this chronic yet very treatable disease. For many with diabetes, that starts with doing a better job of managing the daily administration of insulin.

That's the opinion of a number of experts, such as Maureen Williams, R.N., C.D.E. As a diabetes nurse educator for nearly 30 years, Williams has seen tremendous improvements in diabetes care—and in an understanding of diabetes management.

To help patients achieve and maintain good health, she offers the following tips on insulin management:

- **On injection technique:** It is important to inject insulin into the subcutaneous fat under the skin—not into muscle—in order for it to be properly absorbed. Insulin must also be injected at the proper angle. Talk to your health care professional to make certain you are properly injecting your insulin.

- **On injection site selection and site rotation:** Be sure to follow the guidelines outlined by your health care professionals about where to inject insulin and how to rotate injection sites.

- **On proper needle use:** Insulin syringes and insulin pen needles are sterile products and guidelines issued by regulatory agencies call for these products to



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be labeled single-use only. The American Diabetes Association recommends that insulin pen needles should always be removed immediately after use and suggests that needle reuse may carry an increased risk of infection for some individuals, including those with an underlying health issue, open wounds on the hands or a weakened immune system.

“My professional goal has been to help my patients manage their diabetes so that they can enjoy long and healthy lives,” says Williams. “Developing good insulin injection practices is a simple, proven and effective way to help my patients improve their diabetes management.”

For more information about good insulin injection practices and diabetes in general, visit [www.bd.com/goodinjectionpractices/](http://www.bd.com/goodinjectionpractices/).



*Note to Editors: November is American Diabetes Month. However, this story can be of use and interest to readers at any time.*