

Long-Acting Insulin Helps Diabetes Patients Manage Their Disease 24-Hours A Day TM

(NAPSA)—The American Diabetes Association (ADA) reports that 16 million Americans have diabetes—a chronic disease that can lead to life threatening complications if left untreated. In fact, more than half of patients with known type 2 diabetes have glucose levels above the ADA's recommended guidelines. Now there is a new long-acting insulin that may help people with both type 1 and type 2 diabetes control their disease.

New long-acting insulin may help in the fight for control

Although intensive diabetes control with insulin was once supported only in theory, several important clinical trials have evaluated the benefits of good blood sugar control to prevent or delay complications. Management of blood sugar with insulin has several forms, but most of the treatments involve a long-acting insulin with a short-acting insulin.

In May, a new once-daily, long-acting insulin analog, Lantus[®] (insulin glargine [rDNA origin] injection) became available by prescription in the United States. Lantus is the only insulin analog used once a day that is proven to lower basal glucose levels for a full 24-hours. In addition, Lantus has a steady and continuous release. That means there is very little difference in the amount of insulin that is working in the body from one hour to the next for a full 24 hours.

Who is appropriate for Lantus?

People wanting to try Lantus as a therapy or any other diabetes treatment should discuss with their doctor whether Lantus is right for them. Lantus is manufactured by Aventis Pharmaceuticals and is approved by the U.S. Food and Drug Administration (FDA) for treating type 1 diabetes patients (6 years of age and older), and adult patients with type 2 diabetes. Lantus may be appropriate for those:

- Who have blood sugars that are too high despite efforts to control them with diet, exercise, or oral diabetes medications.
- Who are currently using intermediate-acting insulin once a day and want 24-hour basal coverage.
- Who would rather take one injection vs. two injections of intermediate-acting insulin.

Look for the warning signs of poor control

Patients who want better control of their diabetes should know the warning signs of poor control and be willing to talk with their doctor about their current blood glucose levels and their interest in gaining better control of the disease.

Some warning signs of poor control are:

- Blood sugars that are too high despite efforts to control them with diet, exercise, or oral diabetes medications. Targets for good blood sugar control are levels between 80-120 mg/dL before meals and 100—140 mg/dL at bedtime.
- Blurry vision, excessive thirst, headache, or frequent urination.

Lantus is not meant to replace short-acting insulins or other oral medications that some people use to provide glucose lowering at mealtimes. Taken as one shot at bedtime, the 24-hour duration of Lantus makes it a convenient complement to oral medications or short-acting insulins for tailored diabetes management.

Safety information

LANTUS MUST NOT BE DILUTED OR MIXED WITH ANY OTHER INSULIN OR SOLUTION. If mixed or diluted, the solution may become cloudy, and the onset of action/time to peak effect may be altered in an unpredictable manner.

The adverse effects commonly associated with Lantus include the following: hypoglycemia, lipodystrophy, skin reactions (such as injection-site reaction, pruritus, rash) and allergic reactions. Hypoglycemia is the most common adverse effect of insulins, including Lantus.

Full prescribing information is available by visiting the Aventis Pharmaceuticals U.S. Web site at <http://www.aventispharma-us.com>.

To learn more about Lantus, please visit www.lantus.com, a quick way to find information on 24-hour basal coverage with just one shot.

To access free support, information and tools to help manage diabetes, please visit www.DiabetesWATCH.com. DiabetesWATCH[™] is a unique and innovative on-line community designed to promote the awareness and understanding of diabetes and help people with diabetes live healthier lives.