

From Knowledge to Action: Mealtime Insulin Guide

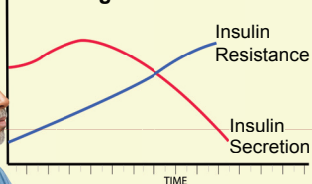
At *every* visit, decide together which insulin options fits you best.

Type 2 Journey

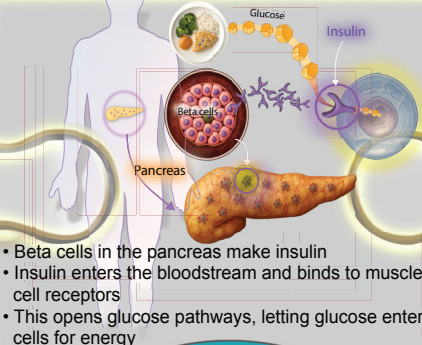
Pathophysiology

Type 1 Journey

The Progression of T2D



- Lifestyle changes
- Oral medication (for example, Metformin)
- Different and/or multiple oral medications
- Possibly injectables (for example, GLP-1)
- Insulin



Insulin is Needed From Day One

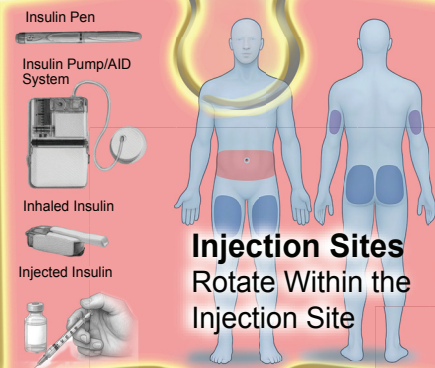
Chronic Complications



Healthy Eating



Medication



Monitoring

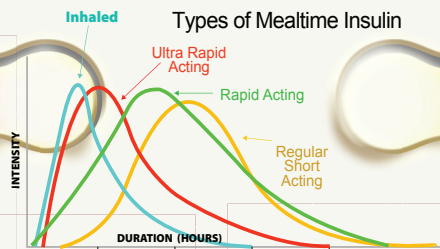
Blood Glucose Target Range

- 80 –130 mg/dL before meals
- Under 180 mg/dL two hours after a meal

Ways to Monitor

- Blood Glucose Meters (BGMs)
- Continuous Glucose Monitors (CGMs)

Types of Mealtime Insulin



Risk of Hypoglycemia



Rule of 15

- Step 1:** Consume 15g of fast acting carbs
- Step 2:** Wait 15 minutes and re-check
- Step 3:** Repeat until stable

Diabetes Can Be a Challenge to Manage

Fear of Hypoglycemia

Fear of Injections

Diabetes Distress



Acute Complications

Healthy Coping/ Support/ Diabetes Distress

Physical Activity

This toolkit is intended for adults aged 18 and older. For children and adolescents, please consult their endocrinology care team for guidance specific to individual care needs.