

Insulin Delivery Systems

Insulin delivery systems have significantly evolved, offering greater flexibility and convenience for individuals with diabetes. Understanding the different types of insulin and delivery methods can help you optimize your diabetes management.

Types of Insulin

- **Rapid-Acting Insulin:** Acts quickly and is typically used before meals.
 - Examples: Humalog, Novolog
- **Short-Acting Insulin:** Takes longer to act than rapid-acting insulin but is still used before meals.
 - Example: Regular Human Insulin
- **Intermediate-Acting Insulin:** Provides a longer-lasting effect, typically used once or twice a day.
 - Example: NPH Insulin
- **Long-Acting Insulin:** Provides a steady, basal level of insulin throughout the day.
 - Examples: Lantus, Levemir

Insulin Delivery Methods

1. **Insulin Pens:**
 - **Disposable Pens:** Pre-filled pens that are easy to use and require no assembly.
 - **Reusable Pens:** Can be refilled with insulin cartridges.
2. **Insulin Pumps:**
 - **Continuous Subcutaneous Insulin Infusion (CSII):** Delivers a continuous basal dose of insulin and allows for bolus doses before meals.
 - **Patch Pumps:** A newer technology that is discreet and easy to use.



Choosing the Right Insulin Delivery Method

The best insulin delivery method for you will depend on several factors, including your type of diabetes, lifestyle, and treatment goals. Here are some factors to consider:

- **Blood Sugar Control:** If you need precise control of your blood sugar levels, an insulin pump may be a good option.
- **Lifestyle:** Consider your lifestyle and how a particular delivery method will fit into your daily routine.
- **Skill Level:** Some people may find insulin pens easier to use than insulin pumps, especially beginners.
- **Insurance Coverage:** Check with your insurance provider to determine which insulin delivery methods are covered.



Tips for Effective Insulin Delivery

- **Proper Injection Technique:** Use the correct injection technique to ensure optimal insulin absorption.
- **Rotate Injection Sites:** Rotate injection sites to prevent lipohypertrophy.
- **Store Insulin Properly:** Store insulin as directed to maintain its potency.
- **Monitor Blood Sugar Levels:** Regular blood sugar monitoring is essential to adjust insulin doses as needed.
- **Consult Your Healthcare Provider:** Work with your healthcare provider to develop an individualized insulin therapy plan.

We're committed to your health. Contact us today for more information.



Advanced Diabetes Supply

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