

INSULIN

MYTHS & FACTS

1

Myth: Insulin is a sign of personal failure!



FACT: Insulin is not necessarily a sign of treatment/personal failure. Since type 2 diabetes(T2D) is a progressive disease, over time, the body's ability to produce insulin may decrease thus, insulin becomes the next logical treatment option. [1][2]

#2

Myth: Insulin is the last-resort treatment



FACT: contrary to opinion of insulin being only for 'advanced and serious diabetes' the benefits it offers in delaying many diabetes-related complications makes it necessary at different stages of management. More doctors now prescribe it to people at an earlier stage of diagnosis, rather than waiting until it's absolutely necessary.[3]

#3

Myth: Insulin is overcomplicated



FACT: In the beginning, information about different insulin preparations, dose calculations and insulin injection sites might be overwhelming. However, with intentional learning and mentorship, it will only take a couple weeks to get a hang of it. In fact, managing diabetes with insulin becomes second nature before one knows it.[4]

#4

Myth: Insulin does not work.



Fact: Although many people think of diabetes as a "glucose" problem, diabetes is an insulin problem. The insulins we use today are very similar to the insulin that the body naturally makes. In fact, insulin is the best way to lower one's blood glucose level. Insulin are sometimes referred to as superhero[5][1]

- 1. American Diabetes Association. (2021). Insulin basics. Retrieved from <https://www.diabetes.org/insulin-basics>. Accessed; 17/04/2023 16:42**
- 2. <https://www.niddk.nih.gov/health-information/diabetes/overview/insulin-medicines-treatments>. Accessed 18/04/2023, 5:07am**
- 3. Owens D.R et al. Clinical evidence for the earlier initiation of insulin therapy in type 2 diabetes. Diabetes Technol Ther. 2013 Sep;15(9):776-85. doi: 10.1089/dia.2013.0081. Epub 2013 Jun 20. PMID: 23786228; PMCID: PMC3757533.**
- 4. William H. Polonsky, Richard A. Jackson; What's So Tough About Taking Insulin? Addressing the Problem of Psychological Insulin Resistance in Type 2 Diabetes. Clin Diabetes 1 July 2004; 22 (3): 147–150. <https://doi.org/10.2337/diaclin.22.3.147>**
- 5. Home P et al. Insulin therapy in people with type 2 diabetes: opportunities and challenges? Diabetes Care. 2014 Jun;37(6):1499-508. doi: 10.2337/dc13-2743. PMID: 24855154; PMCID: PMC5131884.**