

## Myths and Facts About Diabetes and Insulin

It is not always easy to separate myths from facts, especially when it comes to your health. But knowing the truth about diabetes and insulin may help you manage your blood sugar. This information is not intended as a substitute for professional medical care. Only your health care provider can diagnose and treat a medical problem.

**Myth 1: Insulin will make me gain a lot of weight.**

**Fact:** People may put on weight when they start taking insulin because it causes the body to store calories from food. Following a meal and exercise plan may help keep you from gaining a lot of excess weight.

**Myth 2: Taking insulin means I've failed with pills or my diabetes is getting worse.**

**Fact:** Diabetes is a progressive disease. Over time, some people who start on pills may need to add insulin later to help control their blood sugar. Everyone's body is different. Your health care provider can tell you what will work best for you.

**Myth 3: Injecting insulin is very painful and will interfere with my schedule.**

**Fact:** The insulin needle is small and thin. Insulin is injected into the fatty layer just under the skin, where there are fewer nerve endings. Many patients taking insulin say it has become a part of their daily routine.

**Myth 4: Insulin is addictive.**

**Fact:** Insulin is not addictive like narcotics. It replaces a hormone your body once made naturally.

### If your blood sugar is too low, **Here are some tips to raise it quickly**

- 3 to 4 glucose tablets (check the Nutrition Facts label for carbohydrates per tablet; most tablets are 4-5 grams—at least 15-20 grams are needed). Note: this is a good, quick source of glucose.
- ½ cup (4 oz) of juice or regular soda (not diet)
- 2 tablespoons of raisins
- 8 ounces of nonfat or 1% milk
- Hard candies, jellybeans, or gumdrops (see package to determine servings size)
- 1 tablespoon of honey, sugar, or corn syrup