

WHAT IS INSULIN?

A GUIDE TO UNDERSTANDING INSULIN

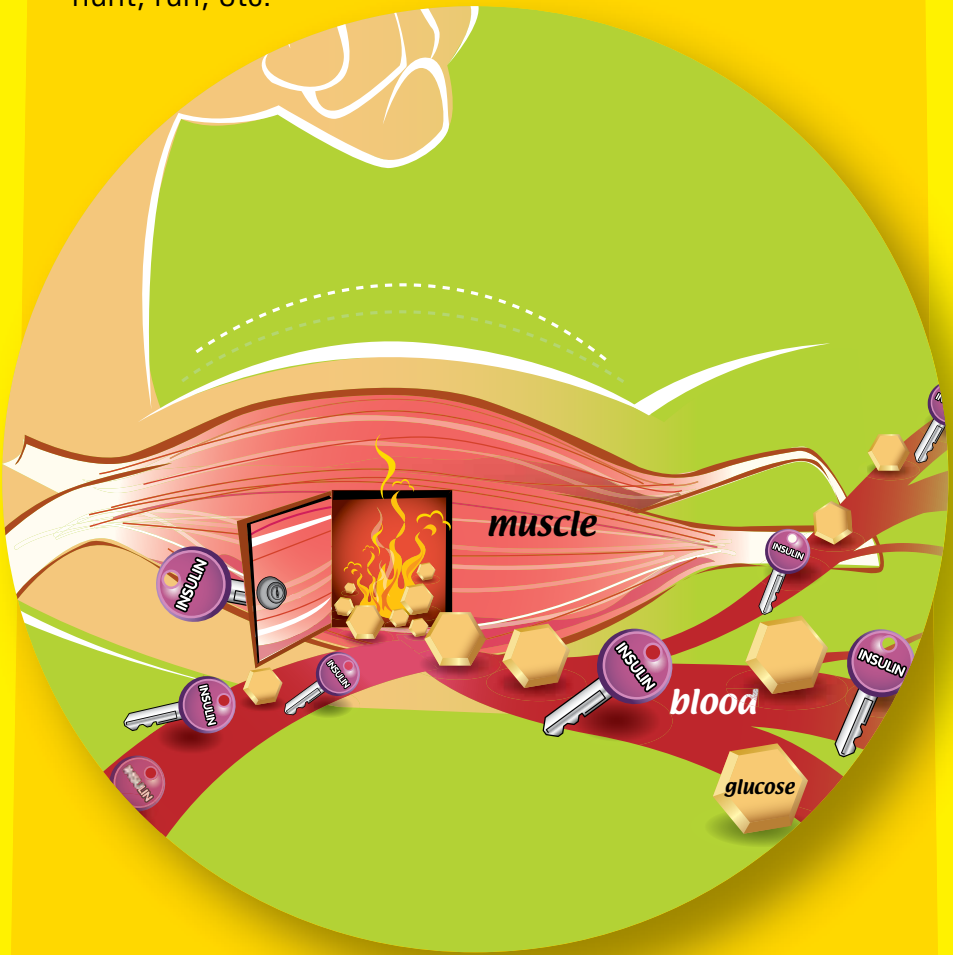


Conseil Crie de la santé et des services sociaux de la Baie James
σϣδδτ^a bτ ΔΓΔ ΔΔ^a Δαα bΓCτσδ⁺
Cree Board of Health and Social Services of James Bay

WHAT IS INSULIN

Insulin is a hormone made by the pancreas. Insulin is like a **key** that unlocks the door, and allows glucose (blood sugar) to enter the different parts of the body.

Glucose is the fuel that gives us energy to move, work, hunt, run, etc.

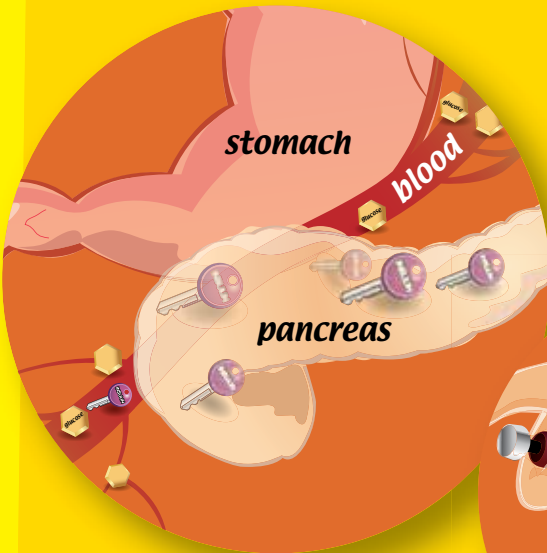
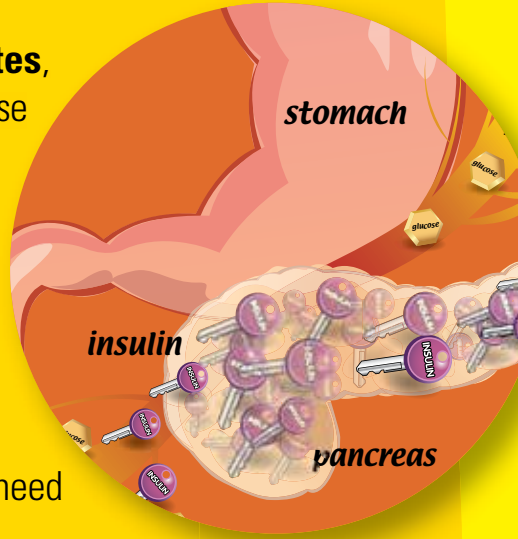


WHAT IS INSULIN

Type 2 diabetes is when your body can't use the insulin it makes.

At the beginning of diabetes, you can keep your blood glucose levels in a healthy range through regular physical activity, healthy eating and by taking your diabetes pills.

Over time, your pancreas makes less insulin. You will need insulin injections.



TYPES OF INSULIN

There are different types of insulin:

- **Bedtime insulin** is long acting. It will lower blood glucose during the night and in the morning
- **Mealtime insulin** is rapid acting. It will lower blood glucose after meals
- **Premixed insulin** is bedtime and mealtime insulin mixed together

Your health care team will help you find the right combination of insulin to match your lifestyle needs.

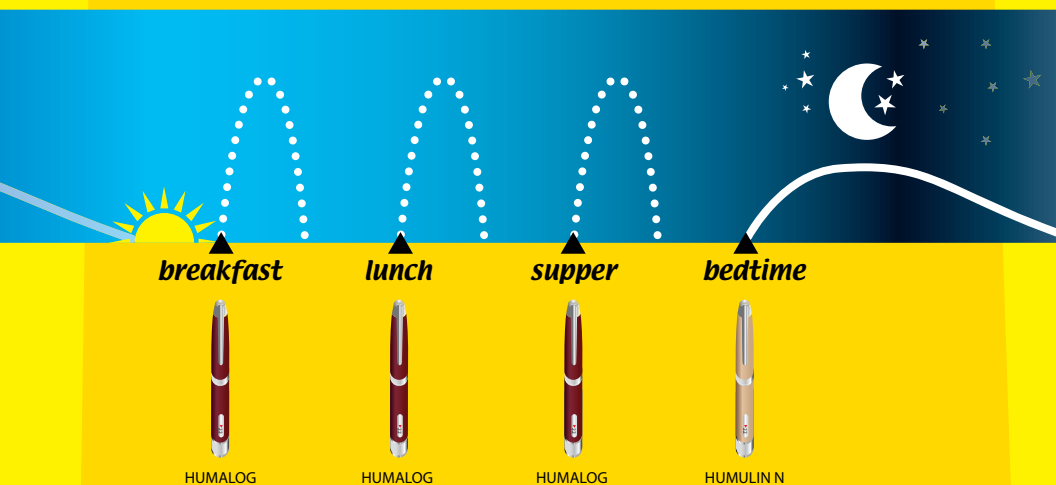


DID YOU KNOW

- Insulin from injection is similar to insulin produced by your own body.
- Insulin can't be made as a pill. It has to be injected.

EXAMPLE OF INSULIN TREATMENT

3 injections of mealtime insulin + 1 injection of bedtime insulin. This insulin treatment works like a healthy pancreas.



DID YOU KNOW

You can “learn to think like a pancreas” by adjusting your insulin dose to your lifestyle: foods you eat, activities you do and special situations (like being more active in the bush, delayed meals or going to a feast...)

GLUCOMETER

To know your blood glucose values, use your glucometer **as often as you need**.

Bring your glucometer each time **you come to the clinic**.

You can get a printout of a logbook from your glucometer and discuss your glucose values with your health care team.




Blood glucose healthy range:

- 4-7 mmol/L before meals
- 5-8 mmol/L one to two hours after meals

LEARN ABOUT YOUR BLOOD GLUCOSE

Fill out a selfcare diary for 1 to 2 days.

 Canadian Diabetes Association
© 2014 CDA / 2014 ADA - Tous droits réservés
Cet ouvrage est protégé par le droit de propriété intellectuelle.

SELF CARE DIARY

DATE: Feb 2

FASTING BLOOD SUGAR: 7.1

BREAKFAST: 2 fried eggs, 2 slices bologna, 1 slice white toast

1-2H BLOOD SUGAR: 10.0

BEFORE LUNCH BLOOD SUGAR: 6.8

LUNCH: Macaroni and ground beef, Apple crumble

1-2H BLOOD SUGAR: 9.0

BEFORE SUPPER BLOOD SUGAR: 4.7

SUPPER: 1 hamburger, Salad

1-2H BLOOD SUGAR: 7.9

BEDTIME BLOOD SUGAR: 7.9

PHYSICAL ACTIVITY FOR THE DAY:

10:38 13-11

11.7 mmol/L

8.0

Moose meat, Creamed corn, Mashed potatoes, Peach powder punch

11.7

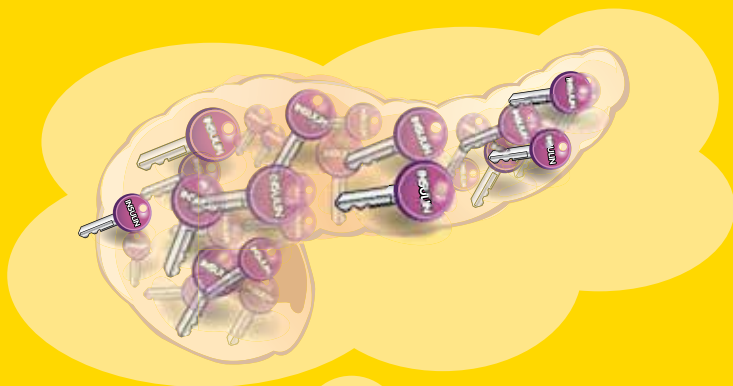
5.5

Mashed potatoes, Carrots, 1 tea

Understanding how your blood glucose levels change will help you adjust the amount of insulin you need according to the food you eat and activities you do.

Discuss the results of your selfcare diary with your health care team.

LEARN TO THINK LIKE A PANCREAS!



**ASK QUESTIONS ABOUT INSULIN
AND GET THE SUPPORT YOU NEED
FROM YOUR HEALTH CARE TEAM.**

Prepared by:

Public Health Department

Cree Board of Health and Social Services of James Bay

Tel.: 418-923-3355



Conseil Cri de la santé et des services sociaux de la Baie James
σDδγ^ bγ ΔΓΔ ΔΔ^ ΔααbΓCδσD^
Cree Board of Health and Social Services of James Bay



To print more copies of this document,
and for different language versions, go to:
<http://creehealth.org/library/what-is-insulin>

 facebook.com/creenationdiabetes

APRIL 2016