



Know The Facts!

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.

Number 1

Myth - 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 excess weight.

Number 2

Myth - 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. Another reason to follow up with your provider on a regular basis. Your health care provider can tell you what will work best for you.

Number 3

Myth - Insulin is addictive.

Fact - Insulin is not addictive like narcotics. It replaces a hormone your body is not making enough of naturally any more.

Number 4

Myth - If I had an eye exam with my ophthalmologist, I don't need to see any other health care provider regarding my vision.

Fact - It is important to have a special screening of the retina every year. This exam is conducted by specially trained ophthalmologist, to prevent irreversible loss of vision.