

Top Myths—And Facts—About Diabetes

(NAPSA)—If you or a person you are caring for has diabetes—and uses insulin—you may want to learn more about the facts and myths surrounding diabetes and insulin pump therapy.

Myth: All people with diabetes are overweight.

Reality: Weight is not a cause (or effect) of either type 1 or type 2 diabetes. Type 1 diabetes (previously called juvenile diabetes) is an autoimmune disorder that prevents the body from producing insulin, which is necessary for the body to use glucose for energy. Type 2 diabetes—which results when either the body doesn't produce enough insulin or the cells ignore the insulin—is sometimes accelerated/worsened by poor diet and an inactive lifestyle as well as genetics.

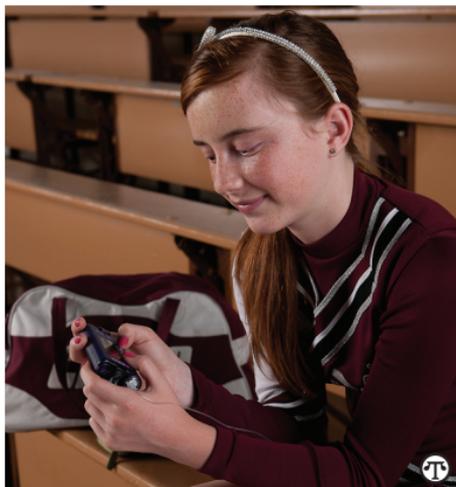
One treatment for people with type 1 diabetes or those with type 2 diabetes who need to take insulin is an insulin pump. Worn externally and about the size of a small cell phone, an insulin pump can be clipped to a belt, slipped into a pocket or hidden under clothes. It delivers precise doses of rapid-acting insulin to closely match the body's needs.

Myth: You have to know a lot about technology to use a pump.

Reality: Successfully managing diabetes with an insulin pump can be as easy as entering blood sugar and meal information—then pressing enter. The insulin pump keeps track of insulin delivered, so there is no need to write anything down.

Myth: You can't be active with diabetes.

Reality: Aerobic exercise is important for people with diabetes because it increases sensitivity to insulin, lowers blood pressure,



Insulin pumps are designed to be comfortable 24 hours a day.

improves cholesterol levels and decreases body fat. For improving glycemic control, the American Diabetes Association recommends at least 150 minutes per week of moderate-intensity physical activity or at least 90 minutes per week of vigorous aerobic exercise.

With a sturdy design and the ability to be secured to the body or even detached, an insulin pump allows the flexibility to participate in physical activities.

Myth: Wearing an insulin pump is uncomfortable and painful.

Reality: Using an insulin pump reduces injections: 1,460 injections per year vs. 122 infusion set changes per year.

The infusion site for the pump is very comfortable and it usually doesn't take long to get used to wearing the device.

For more information, visit www.medtronicdiabetes.com.

For important safety information about Medtronic insulin pumps, please visit www.medtronicdiabetes.com/important-safetyinformation.