

# MyCARE

With me, every step of the way



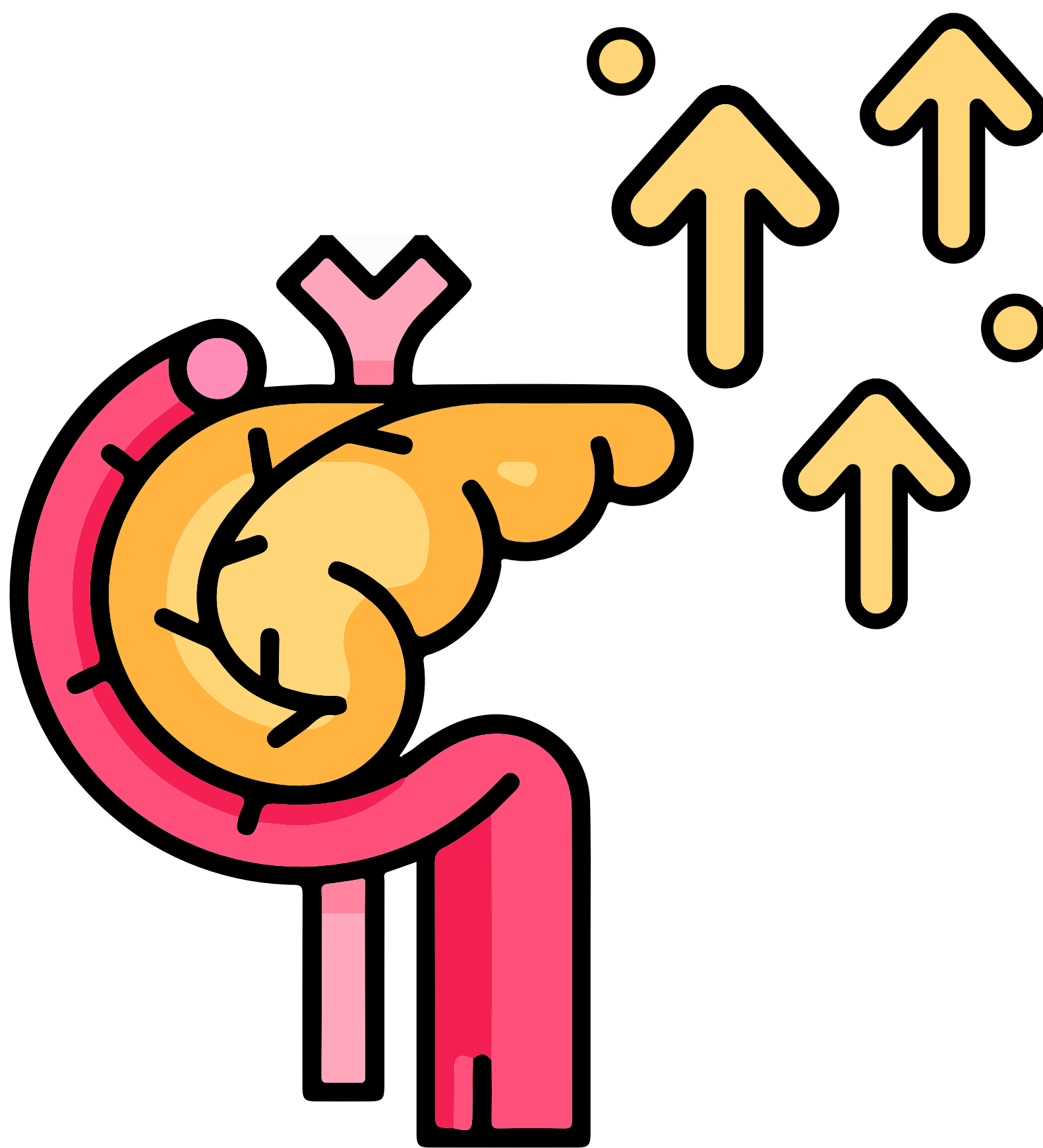
“ Let’s learn more about  
Insulin in people with  
**TYPE 1 DIABETES** ”



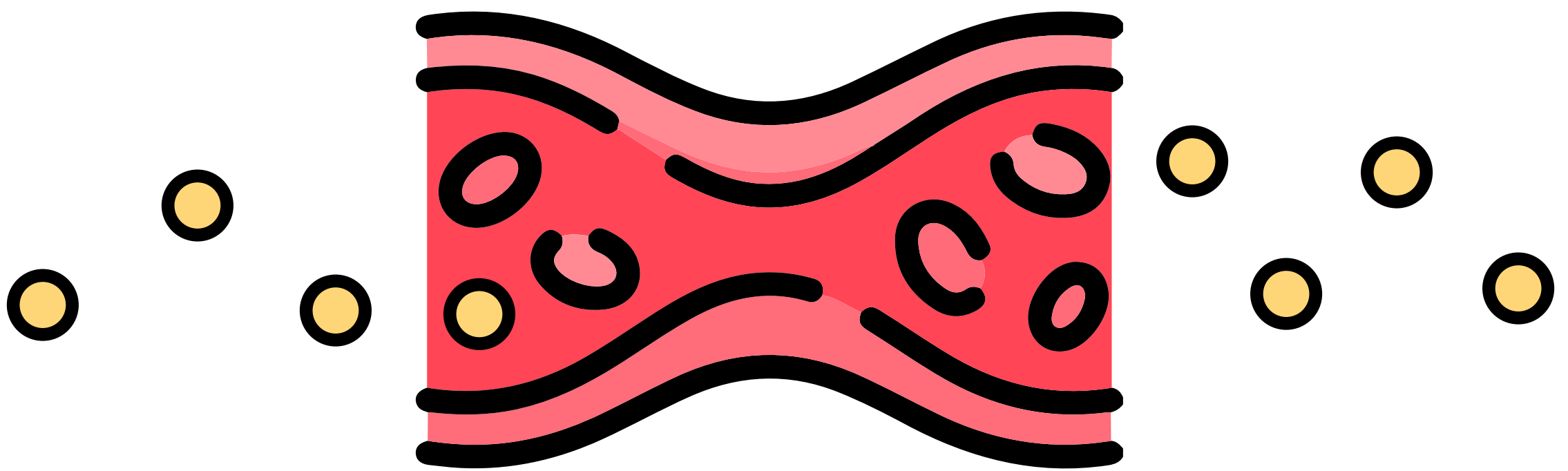
When you consume food,  
carbohydrate in it gets  
converted to glucose and then  
**RELEASED INTO THE  
BLOODSTREAM.**



When your blood sugar level rises, the **PANCREAS** RELEASES A HORMONE CALLED INSULIN.

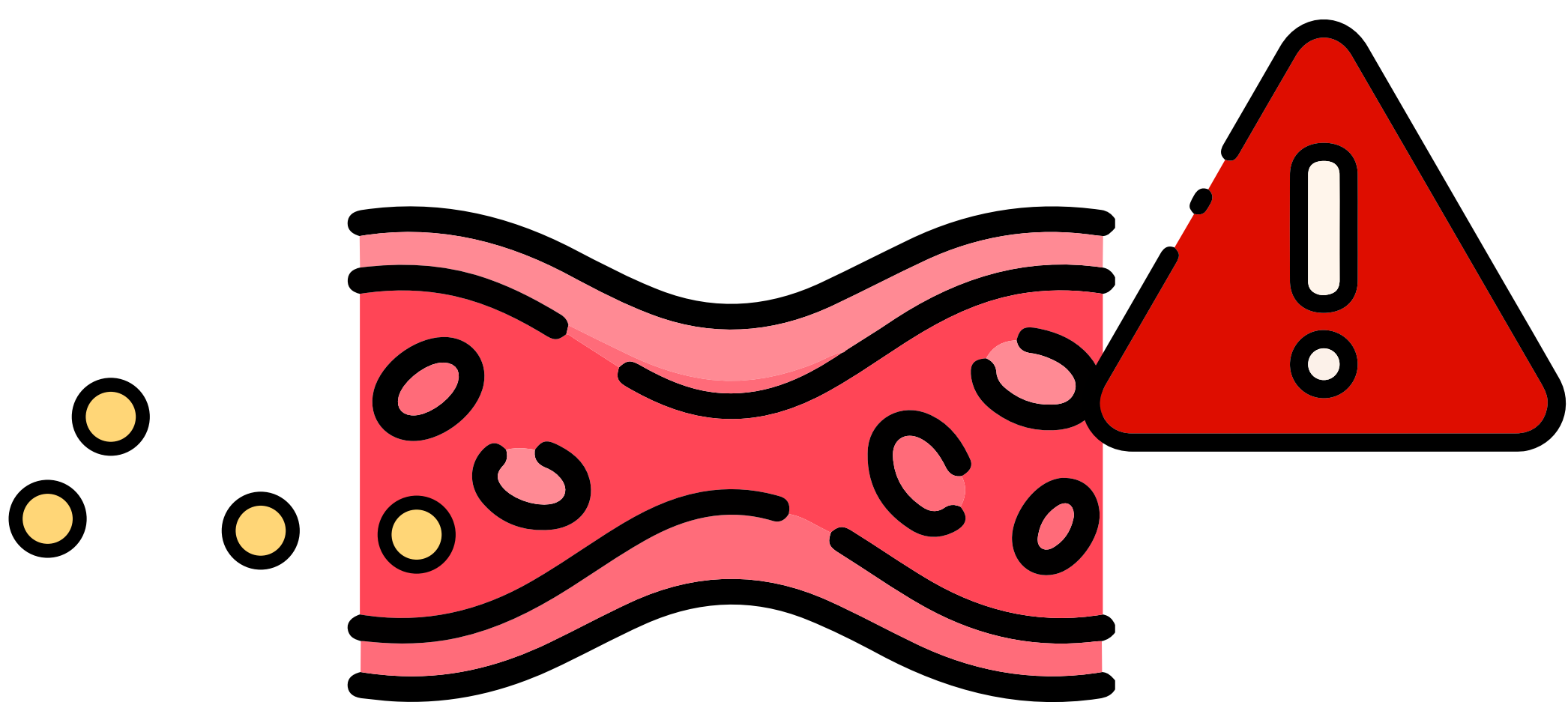


Insulin helps move the sugar (glucose) from the **BLOODSTREAM INTO THE BODY'S CELLS** where the glucose is used for energy.



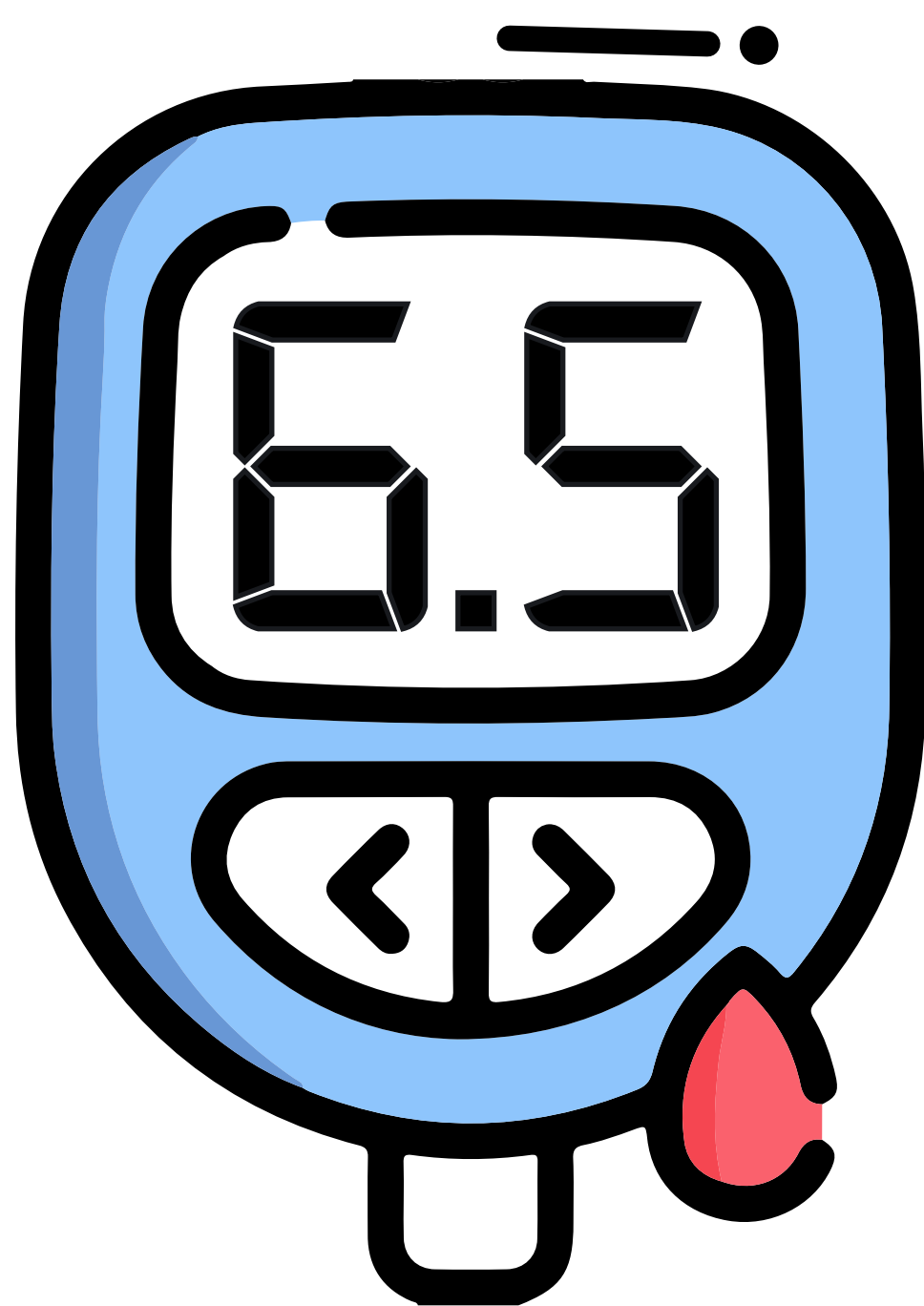
In **TYPE 1 DIABETES**, due to an autoimmune reaction, the **BODY'S IMMUNE SYSTEM ATTACKS ITS OWN CELLS THAT PRODUCE INSULIN.**

The body produces very little or no Insulin at all, leaving too much sugar in the bloodstream.

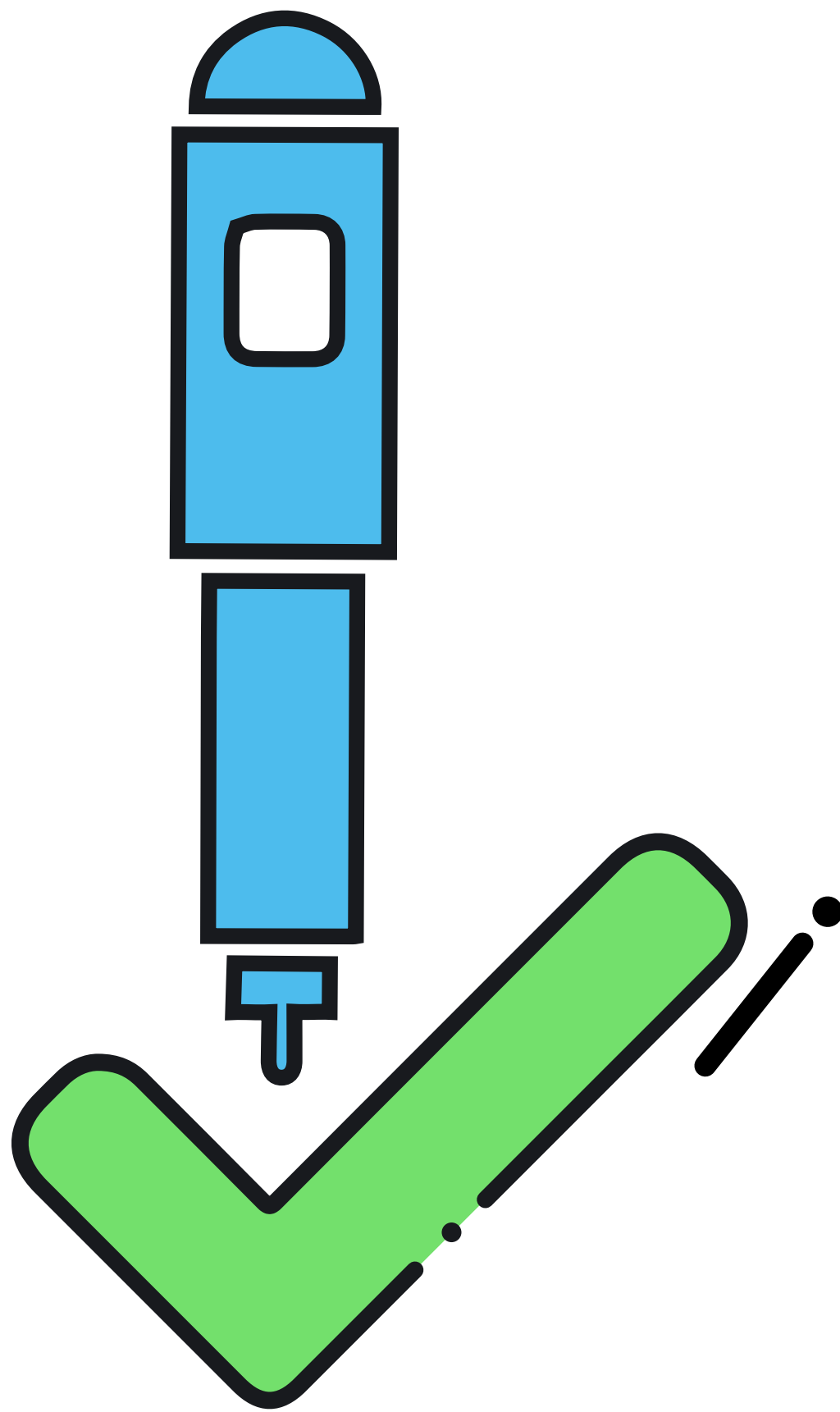


**TYPE 1 DIABETES** was earlier known as **INSULIN-DEPENDENT** or **JUVENILE DIABETES** because of its diagnosis in childhood, adolescent years or in young adults, however, it can happen at any age.

That is why people with Type 1 Diabetes require **DAILY EXTERNAL INSULIN TO BE ADMINISTERED** to keep their blood sugar level in the normal range.



**EXTERNAL INSULIN** therapy  
simply **SUBSTITUTES THE**  
**INSULIN** the body would  
normally make.



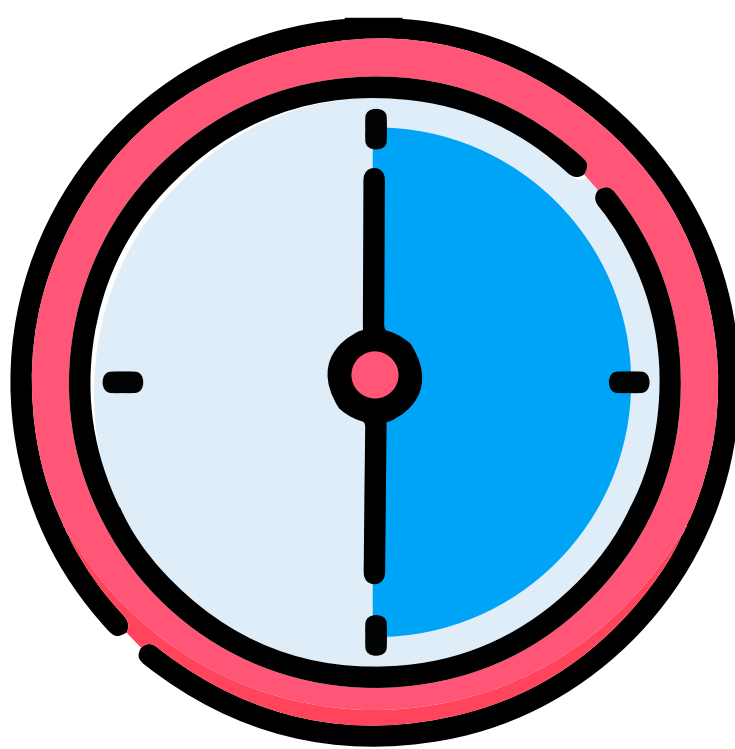


## **MANY TYPES OF INSULIN ARE AVAILABLE TODAY.**

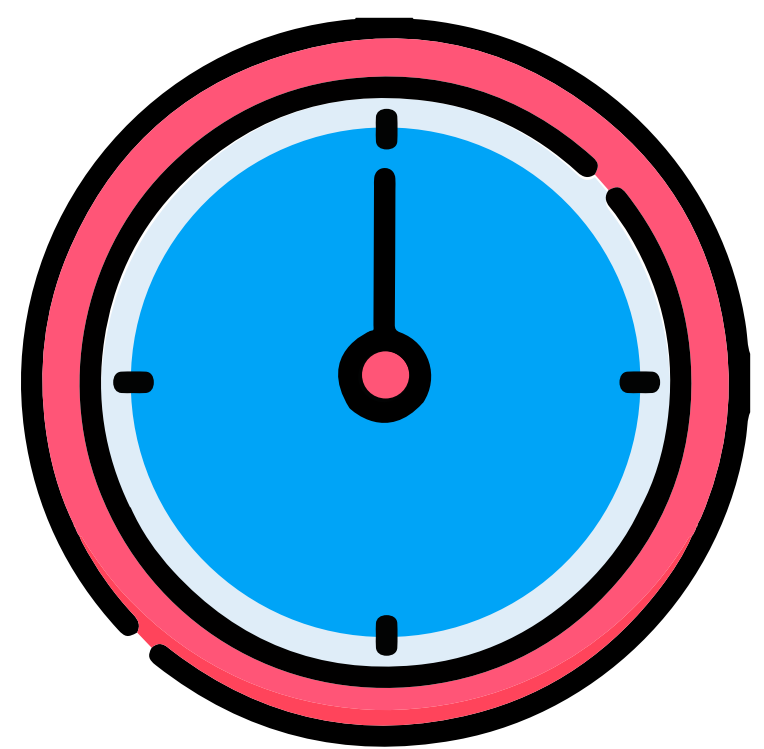
The type of Insulin you need and the frequency will be decided by your doctor depending on your lifestyle and blood sugar levels.



Fast acting



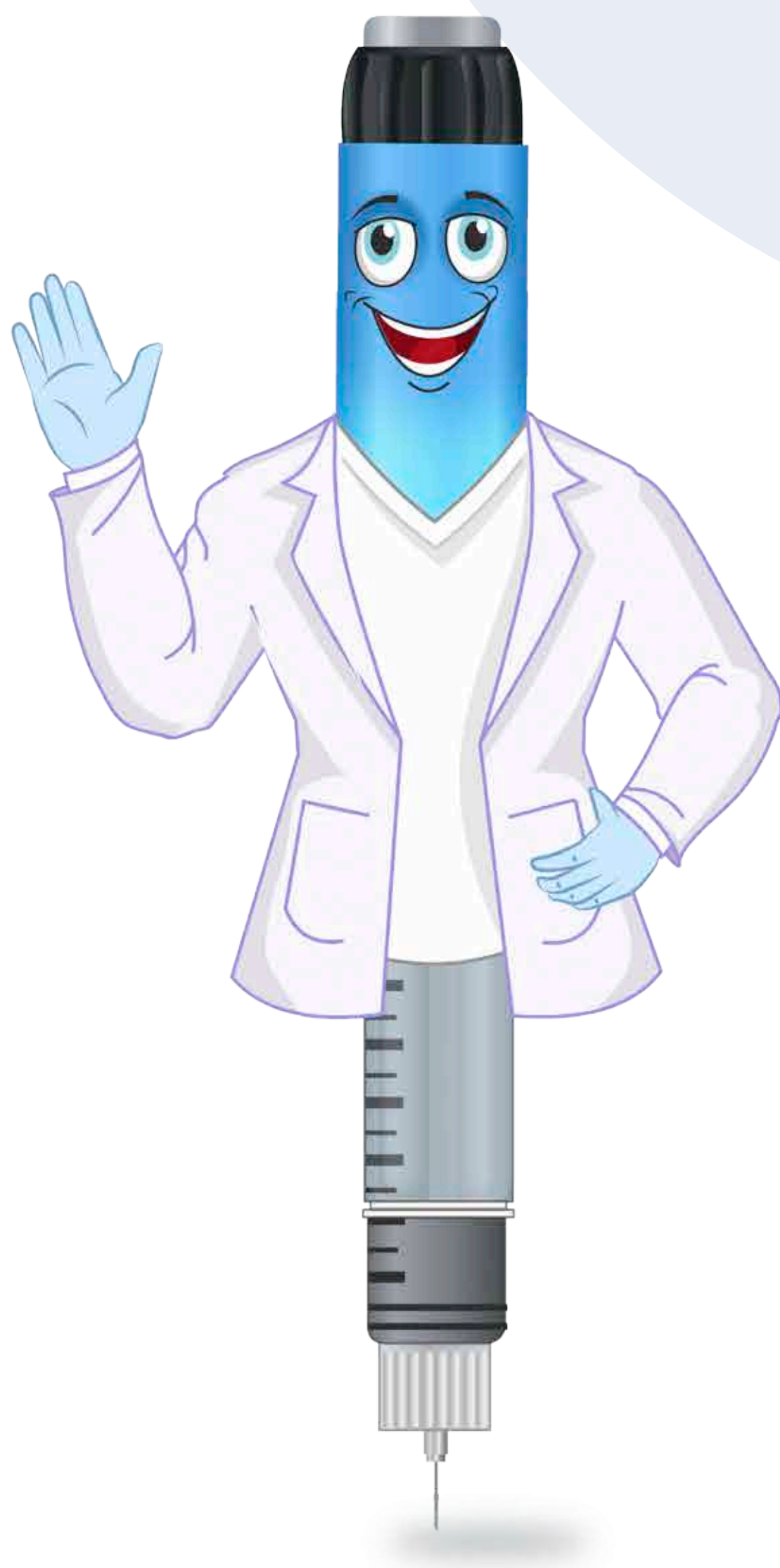
Intermediate



Long acting

The above picture is for representation purpose only.





“ Remember, **INSULIN IS A SAFE & TRUSTWORTHY FRIEND** who will help you lead a happy, long and healthy life. ”



“ **INSULIN IS A LIFE SAVIOUR** for people with Type 1 Diabetes and you must **NEVER STOP INSULIN WITHOUT INFORMING YOUR TREATING DOCTOR.** ”

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## Reference

- 1.** What is Diabetes. CDC (2021). Retrieved 6 July 2022, from [https://www.cdc.gov/diabetes/basics/diabetes.html#:~:text=Diabetes%20is%20a%20chronic%20\(long,your%20pancreas%20to%20release%20Insulin.](https://www.cdc.gov/diabetes/basics/diabetes.html#:~:text=Diabetes%20is%20a%20chronic%20(long,your%20pancreas%20to%20release%20Insulin.)
- 2.** About Diabetes. International Diabetes Federation (IDF). Retrieved on 7th July 2022 from <https://www.idf.org/aboutdiabetes/type-1-diabetes.html>

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