

# Insulin Is an Important Medication for People with Type 2 Diabetes

## Why do many people with type 2 diabetes need insulin?

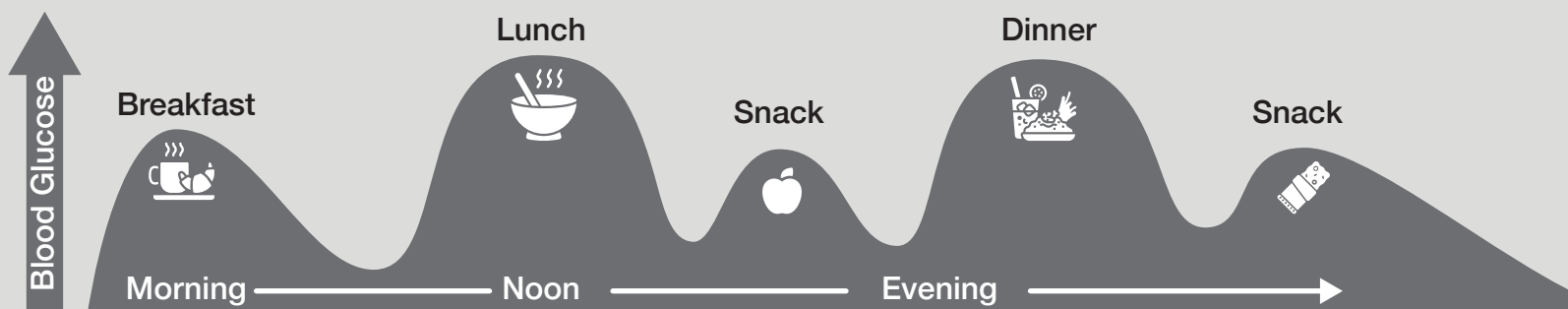
- Over time, other diabetes medications can become less effective
- Over time, bodies of people with type 2 diabetes may have a lower ability to make insulin

Initially, most patients are started on long-acting (or basal) insulin.

## Basal insulin can:

- Be added to other diabetes medications you are already taking
- Be taken once daily (depending on the type of insulin you and your health care provider decide on)
- Improve your blood glucose

People living with type 2 diabetes may also need mealtime insulin if they experience large spikes in their blood glucose after meals.



Your healthcare provider will educate you on appropriate insulin use.



Proper Injection  
Technique



Glucose Monitoring



Diet/Nutrition



Recognition and  
Treatment of Hypoglycemia