**THE GOOD NEWS**

There are a number of contributing factors to this situation. For people living with Type 2 diabetes (T2D), delaying the introduction (initiation) of insulin or not increasing their insulin dosage (intensification) at the right time are major factors that hurt their ability to successfully control their glucose (sugar) levels.1,2

**DID YOU KNOW?**

This plan will include learning about and adopting healthy eating and exercise habits, monitoring blood glucose levels, taking diabetes medications including insulin and managing stress.

**SELF-MANAGE YOUR DIABETES WITH CONFIDENCE**

**HOW TO GET STARTED?**

1. Ask questions and set out a plan

2. Find the insulin that’s right for you!

3. Remember, you are not alone!

**TALK TO YOUR HEALTH CARE PROVIDER (HCP)!**

Your plan will establish:

Your Health Care Team including your family doctor, nurse, dietitian, endocrinologist, pharmacist and psychologist

Your target glucose goals

Your healthy eating habits and physical activities

Your best medical treatment options including an insulin initiation plan and education

You might, like many Canadians, have concerns about taking insulin. Here is a sneak peak at what you will learn from your healthcare provider.

**What your concerns could be**

- Fear of needles & injections
- Belief that insulin is too complicated to take
- Fear that insulin use will cause complications and undesirable effects
- Fear of hypoglycemia (low blood sugar)

With the help of your health care team, you can put together a plan to take charge and live a long and healthy life with blood glucose levels in the target range.

**THE GOOD NEWS**

**INSULIN IS A REPLACEMENT THERAPY FOR THE NATURAL HORMONE PRODUCED BY YOUR BODY**

With the new Once-Daily Basal Insulins available, you will only need to inject once a day as the name implies!

- Insulin pens have a very small and thin needle tip
- The insulin injection site is situated just under the skin and does not go into a vein
- The new pens can be prefilled or refillable, eliminating the need to transport vials and syringes. Once-Daily basal insulins are available, making them more convenient, and easy to use when you want to inject your insulin
- Insulin will help you achieve your blood glucose target and minimize the risk of complications
- Weight gain with basal insulin regimens is small (1-2 kg) especially with newer basal insulin analogues
- New generations of basal insulin, have lower risks of hypoglycemia
- Most hypoglycemic episodes are mild
- Your HCP can help you to prevent hypoglycemia

**With the help of your Health Care Team, you will be EMPOWERED to take control of the treatment of your T2D and maintain a healthy and active life.**

For more information, please visit SANOFI.ca

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