



## Diabetes: Insulin Types Explained

Insulin therapy varies widely in purpose and effect. Different types control baseline glucose or meal spikes. Understanding insulin types reduces fear and misuse. Proper education improves glucose stability.

Basal insulin controls fasting glucose, while bolus insulin manages meal-related rises. Long-acting, short-acting, and rapid-acting insulins have distinct timing profiles.

Incorrect timing or dosing increases hypoglycemia risk.

Matching insulin type to lifestyle improves safety and control. Consistency improves safety. Try to keep meal timing, carbohydrate intake, and insulin use predictable. When your routine and insulin strategy are aligned, glucose control becomes smoother and more manageable.

### 01 Is This Your Story?

A patient fears insulin initiation, believing it means worsening disease. After education on basal insulin's role, glucose stabilizes and complications are avoided. Lifestyle changes later reduce insulin needs.

### 02 Try This Today

**Measure:** Identify whether glucose issues are fasting or post-meal.

**Do:** Learn which insulin type addresses which pattern.

**Reflect:** Ask whether fear or understanding guides decisions.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

