



# I'm Taking Insulin!! Now What?

*Andrew S. Rhinehart, Sherry Wilson*

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The thought of starting insulin can be frightening. I'm Taking Insulin!! Now What? is intended to help alleviate any such fears through the power of knowledge! Dr. Andrew S. Rhinehart discusses:

- The actions of the numerous different insulins available on the market
- Proper injection technique
- Different insulin delivery devices
- Potential side effects of insulin
- Basal-Bolus insulin therapy with multiple daily injections
- Dietary considerations while taking insulin
- Exercise and insulin therapy
- Self-monitoring of blood glucose while taking insulin
- Proper disposal of insulin needles
- Other injectable diabetes treatments

In the Diabetes Care Center where Dr. Rhinehart serves as the diabetologist and medical director he spends the majority of his day initiating insulin therapy and adjusting insulin doses with the assistance of his nurse educators and dietitian. He uses this experience and expertise to author this useful guide for all people using insulin to control their diabetes.

I'm Taking Insulin!! Now What? begins with a discussion of the various types of insulins available for use and Dr. Rhinehart describes how these insulins differ. He also briefly reviews the treatment goals for diabetes discussed in his book first book; I Have Diabetes!! Now What? With the initiation of insulin therapy exercise, diet, and self-monitoring of blood glucose considerations change and become even more important. Dr. Rhinehart discusses each of these issues separately and clarifies any confusion regarding these important aspects a diabetes care.

Proper injection technique is not always taught to people with diabetes and the disposal of insulin needles is frequently an area of confusion. Dr. Rhinehart clears up these issues with step-by-step instructions and practical useful suggestions. He also reviews the various different devices available for the delivery of insulin; including insulin pumps.

I'm Taking Insulin!! Now What? is meant to be a useful, practical, and concise guide for all people with diabetes requiring insulin therapy to achieve glucose control.

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