

# INSULIN BY THE NUMBERS

**Insulin 101:** Insulin is a hormone made inside the pancreas. With each meal, insulin is released to help the body use or store blood glucose (sugar) from food.

## TYPE 1 DIABETES

When the body makes very little or no insulin at all

## TYPE 2 DIABETES

When the body doesn't make enough insulin or doesn't use it properly

## THERE ARE 4 WAYS TO TAKE INSULIN



SYRINGE



INSULIN PEN



INSULIN PUMP



INHALED INSULIN

## WHO USES INSULIN?

**29+ MILLION**  
people in America have diabetes

Of the 21 million people with diagnosed diabetes, roughly **6 million of them use insulin.**

12m  
pills only

3m  
insulin + pills

3m  
insulin only

3m  
no medication

## DURATION OF INSULIN BY TYPE



Inhaled  
(Taken With  
Long-Acting)



Rapid-Acting



Regular/  
Short-Acting

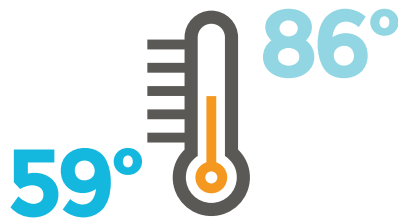


Intermediate



Long-Acting

## TIPS FOR STORING INSULIN



Store open bottles at  
room temperature:  
**59° to 86° F**



Insulin is safe at room  
temperature for  
**28 days**



Insulin pens and  
cartridges can be  
stored from  
**7 days to 1 month**

Medical Reviewer: William Lloyd, MD  
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### SOURCES:

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