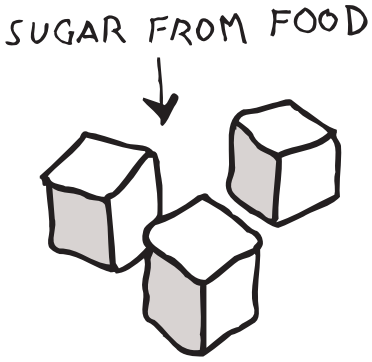
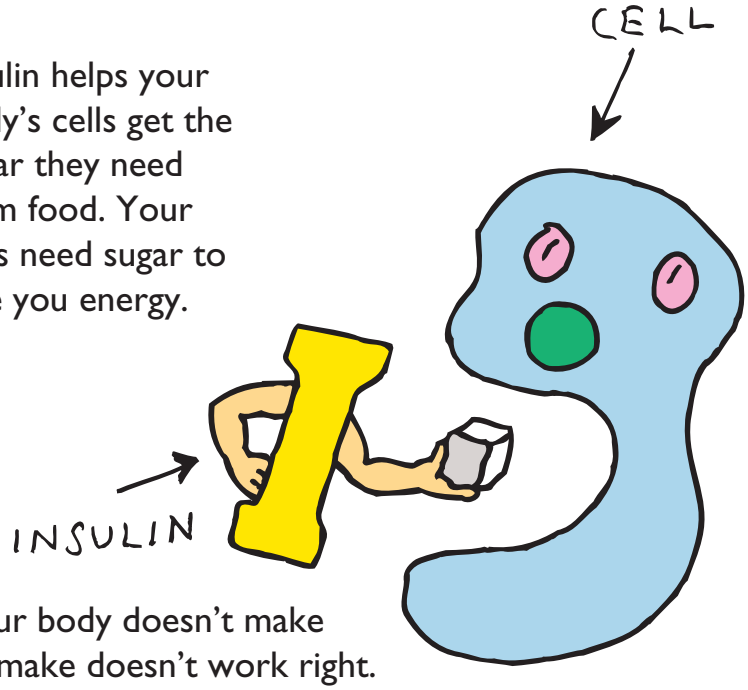
WHY DO I NEED INSULIN?

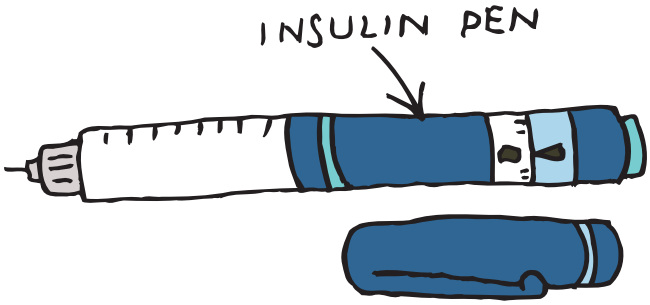


Insulin helps your body's cells get the sugar they need from food. Your cells need sugar to give you energy.



When you have diabetes, your body doesn't make insulin or the insulin you do make doesn't work right.

You can get the insulin you need by injecting it with an insulin pen, a syringe, or insulin pump.



Taking insulin will:

- help to control your sugar levels
- give you energy
- help you stay healthy

Low blood sugar can be a problem if you take insulin.
Be sure you know how to treat low blood sugar before you take insulin.

CLINICA
family health
303.650.4460 www.clinica.org

Provided by Clinica Family Health.
© 2008 Learning About Diabetes, Inc.
All rights reserved. Rev. 2015