

Transcript

Title: Meet José

José Voice Over: I'm sort of a jack of all trades. I've had a few different careers. I'm retired, and most of the time I garden, walk a lot, and keep things running around the house.

Narrator Voice Over: Meet José, a former restaurant worker, banquet chef, and meat packer. Today, he stays on top of his type 2 diabetes so he can focus on his home and family.

Title: How I Learned I had Diabetes

José VO: And the doctor say, "There is no such a thing as borderline. You have diabetes."

José On Camera: Six years ago, I found out that I had diabetes. I was, you know, a little concerned. Not scared, but a little concerned about it. And I was kind of, you know, my God, what am I going to do now? You know what I mean? So, I said, well, I have to treat it. See a doctor, and make sure that I follow the instructions.

Title: Controlling My Blood Sugar

José VO: I knew I needed to take action to keep it under control.

José OC: We started with pills in the beginning, about five, six months. That didn't do the trick. And then he decided to put me on long-acting insulin, LANTUS®. And that did the trick.

Narrator VO: Insulin is taken as part of an overall diabetes treatment plan, which may include diet, exercise, and other diabetes medications.

You must test your blood sugar levels while using insulin, such as LANTUS®. Ask your doctor how often and when you should check your blood sugar.

Do not make any changes to your dose or type of insulin without talking to your healthcare provider. Any change of insulin should be made cautiously and only under medical supervision.

José OC: What I like about LANTUS® is that I only have to take it once a day, and it lasts for 24 hours. Me, I'll take it in the morning, and it lasts me all day, all night, on to the next morning.

Title: Getting to the Right Dose

José VO: You need to give it time, give it time. You know, you have to work with it.

José OC: He prescribed a certain dose, and I stayed with it, for about two or three months. Go back, see a doctor, look at the numbers, look at my journal. And then he prescribes me again. We did that until we found the right dosage.

Narrator VO: While he was adjusting to LANTUS®, José helped his doctor by keeping a blood sugar log.

José OC: Well, in my opinion the doctors don't know how you feel. You know, you have to take something with you, help them out. You know what I mean? So I keep my journal of the things I eat. You know, what I do during the day, how much insulin I take. And all that.

Transcript

VO: Eventually José switched to the LANTUS® SoloSTAR® pen.

SUPER: Taking LANTUS® SoloSTAR® since 2007.

José OC: All you got to do is screw on the needle, turn the dial, put the amount of units the doctor prescribed, and inject it.

Narrator VO: To help ensure an accurate dose each time, follow all steps in the instruction leaflet that comes with your pen. Otherwise, you may not get the correct amount of insulin, which may affect your blood sugar levels.

José OC: It's such a small needle. I use a 31-gauge needle. It's very thin, so I hardly feel a thing.

Title: Living With Diabetes

José VO: You feel a sense of satisfaction when you look at the meter and see good numbers.

Narrator VO: Family plays a large part in helping José successfully manage his diabetes.

José OC: My youngest daughter, she is in the final stages of becoming a nurse. Before she walks in the door she looks at the glucose meter, see how am I doing for the past 14 days.

My seven-year-old granddaughter is on me all the time. I get up to grab a cookie or something sweet, and he [sic] says, "No, no, Grandpa. That's not good for you."

Narrator VO: José finds ways to work exercise into his day.

José OC: I just keep myself pretty active. Yeah, well I have a little garden there. You know and I'll take care of that. Flower bed, nice. Just weed it. You know, pull weeds and stuff like that.

And, that's the reason I exercise and eat right, to keep my blood sugar under control. That's one of the main things. Because they say that the medicine is not going to do it by itself you need to, you know, give something.

Narrator VO: The most common side effect of insulin, including LANTUS®, is low blood sugar (hypoglycemia), which may be serious. Some people may experience symptoms such as shaking, sweating, fast heartbeat, and blurred vision. Severe hypoglycemia may be serious and life threatening. It may cause harm to your heart or brain. Other possible side effects may include injection site reactions, including changes in fat tissue at the injection site, and allergic reactions, including itching and rash. In rare cases, some allergic reactions may be life threatening.

Narrator VO: Thanks to working with his doctor and sticking to a plan, José's blood sugar is now well under control.

José OC: When I take a look at my glucose meter, look at the numbers, if the numbers are within limits, you know, you feel some kind of satisfaction, like you accomplished something. That means I'm doing my job. I'm doing what I'm supposed to do.