

Transcript

Title: Meet Bill

Bill Voice Over: I was a doughnut freak. I love doughnuts, especially jelly doughnuts. I've been known to drive 50 miles for a jelly doughnut, if it was a good one.

Narrator Voice Over: Meet Bill, a patent attorney with a wife, family, and type 2 diabetes. Bill doesn't let diabetes keep him from enjoying the things life has to offer. His secret is moderation.

Title: How I Learned I Had Diabetes

Bill VO: I thought, when I left that hospital, that I knew everything I needed to know about diabetes.

Bill OC: At first, I didn't have to do anything. The hospital took care of everything for me. They gave me the injections and measured everything. And the care that I received was absolutely phenomenal. It was really excellent.

Plus, I had a tremendous advantage that most people don't have. My sister is a biochemist. My wife is a registered nurse. (Laughs). Just about everybody I know is in the medical business. And so, plus, I did my own research. So, it probably wasn't as frightening for me as it might have been for most people.

Title: Getting Comfortable With Injections

Bill VO: (Laughs). And the nurse looked at me with a big grin and she said, "It's not necessary to inject the whole syringe. Only the needle."

Bill OC: I had a little procedure where I'd go, one, two, three, inject, and nothing would happen. My hand was absolutely frozen.

LANTUS® was ideal because you only had to take it once a day. And, (Laughs), especially for somebody who wasn't thrilled about injecting themselves, it was only once a day that I had to do that.

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

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.

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.

Bill OC: The other reason why LANTUS®, I feel, was the best for me, because it's most like my own insulin that my body makes. And that, I think, makes sense to me.

Title: Starting On LANTUS®

Bill VO: I was under the impression that perfect behavior would mean perfect blood glucose...

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Bill OC: ... and that's not the case. It might be the case, but you'd only be lucky. And, so you end up being up and down and up and down, and it takes a while for the doctors to adjust your dosage.

But the thing that enabled me to get by this up and down thing much quicker than most people is, I kept an incredible journal. People complimented me and they said, (Laughs), "I've never seen anybody keep so many records." I wrote down everything. When they have a record like that, the doctors could very easily see how insulin was acting in my body and in my diabetes. And I'm sure I could have probably got it under control otherwise, but it would have taken much longer.

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.

Shortly after starting on LANTUS®, Bill switched to the LANTUS® SoloSTAR® pen.

SUPER: Taking LANTUS® SoloSTAR® since 2008.

Bill OC: I don't have to worry about syringes, and it's easy to take with me. And the needles are very small. I just did away with the vials. And I've been using it ever since.

The needle that I use is very, very sharp and very, very fine. It is a 31-gauge needle, which is about the size of a human hair, and it's only a quarter of an inch long.

Narrator VO: It is important to keep the injection button pressed all the way in and to slowly count to ten before withdrawing the needle from the skin. This helps ensure that the full dose will be delivered.

Title: Controlling My Blood Sugar

Bill VO: To have my blood sugar under control is a beautiful thing.

Bill OC: There are basically three things. It's the medication, which is the LANTUS®. And then, it's diet and exercise. And, it's a magic combination of the three. And also keeping track of it by monitoring. I monitor my blood every morning, and I also check it once or twice during the day. And then I get my A1C measurement at least every three months or so. So, I know exactly where I'm at.

I don't eat as much as I used to. I used to eat a large meal at suppertime, and not much for lunch, or maybe not even breakfast. You can't do that with diabetes. You have to eat evenly throughout the day. And, it's better to have five or six meals rather than three meals.

To have my blood sugar under control and well-managed is a great feeling of accomplishment for me. I know that I'm doing the best for my body that I can possibly do.