

Transcript

Title: Meet Lynda

Lynda Voice Over: I've been to Kosovo, Serbia, Macedonia, Honduras and last year, I was in Tanzania.

Narrator Voice Over: Meet Lynda, a certified diabetes educator who travels the world as a medical missionary. The tables turned when she developed type 2 diabetes herself. But that hasn't kept her from logging frequent flyer miles.

Title: How I Learned I had Diabetes

Lynda VO: Even though the doctor was saying, "Yes, you do have diabetes," I just didn't believe it at first.

Lynda On Camera: I was taking a course as a CDE at the University. And about a week before the course they sent us this package that said, "For a week, you have diabetes and we want you to do everything you tell your patients to do." Well they sent us some diabetes equipment and it included a glucose meter and test strips, etc. And the first time I checked my blood sugar it was 160.

And since I'm a diabetes educator I had about a dozen different meters in my office. So I lined them all up across my desk and checked my blood sugar on every one of them. And they were all over 160. And I went, "Oh my gosh, I've got diabetes."

When I thought about it, I thought to myself, "What are the symptoms?" And I went down all the symptoms and I had almost every one of them.

Title: I Asked for Insulin

Lynda VO: My doctor said that he's never had a patient ask him to be put on insulin before.

Lynda OC: I tried the healthy eating and the exercise alone for a while, when I first started with diabetes. Then my doctor said, "We need to put you on medication." So he did start me on some different oral medicines. We did that for a while and it worked for a while. But after a couple of years, my A1C started to slowly climb. And I knew where it should be and I knew I wasn't getting there. So I told the doctor, "I know I can do better with insulin." And, after he got over the shock of a patient asking him to go on insulin, he agreed that, yeah, we'd start the insulin. And he started me on LANTUS®.

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.

LYNDA OC: And he told me about how the LANTUS® was supposed to work. It's just one injection a day, at bedtime, and that the insulin didn't have a peak to it. It just kind of worked slow and steady all through the day.

Narrator VO: Despite the fact that Lynda is a nurse, she, like many other people, struggled with the first injection.

Transcript

LYNDA: I was a little hesitant at first, but then it's, get over it. Just do it. And I was relieved. It didn't hurt like pricking my fingers. I didn't even realize the needle went in.

Title: Getting to the Right Dose

Lynda VO: I wanted to get instant results. I wanted my blood sugar to be under control today.

Lynda OC: When I first started on taking insulin, we started at a low dose. And we watched the blood sugars real closely, the doctor and I. It took a while to see much change in my blood sugar reading.

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.

Title: Living With Diabetes

Lynda VO: I don't let diabetes keep me from doing what I want to do.

Lynda OC: I use a bottle and syringe for my insulin when I'm at home, but I'm a part-time medical missionary, and I travel all over the world. And, to take along a bottle and syringe is a little bit more cumbersome than I'd like. So I started using the LANTUS® SoloSTAR® pen.

SUPER: Taking LANTUS® SoloSTAR® since 2006.

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.

Lynda OC: I like LANTUS®, because it gives me that baseline insulin that my body's not making enough of. I love a challenge. I challenge myself to keep my blood sugars as well-controlled as I can. I try to keep my A1C under control. And, it's a good feeling when you get those numbers.