

Lantus® SoloSTAR® Video – Mary Ellen

Title: Meet Mary Ellen

Super: Mary Ellen, Taking Lantus® (insulin glargine injection) 100 Units/mL SoloSTAR® since 2007

Mary Ellen: Hi, I'm Mary Ellen, and I have type 2 diabetes. I'm married and I have three children, and I live in the Bronx.

I like to conserve trees in the Adirondacks. I'm active in scouting. I like to do hiking. I like to take my mom out to eat.

I like walking my dog, which is one of many rescues that my family has.

I also like to play pool with my children, and sometimes I actually win.

I've learned that it's very important to take care of myself first, because if I'm not healthy and I don't take care of myself first, then I can't take care of others.

Title: Running Scared From Diagnosis

Mary Ellen: Before I was diagnosed, I was tired all the time. I needed to eat every three hours and then every two hours, and I really couldn't get out of bed some days, and I was blaming it on some other health conditions that I have.

I had a lot of family members that had diabetes. My grandmother had diabetes, and she took insulin. She would cry, she'd get very emotional when she had to take her shots, and she'd get reactions to the shots. And I just grew up hearing all these things.

My family believed a lot of myths about taking insulin... "If you're on insulin, your diabetes is terrible and you're really, really ill"; "Insulin was the last resort ..."

Finally, I decided that I could not be in denial anymore because I had to start taking care of myself.

Title: Uncontrolled Blood Sugar

Mary Ellen: Well, I started out with my diabetes medications. First I did just only diet and exercise. When that didn't work, my doctor added a diabetes pill. Then I started with two pills, and switched pills, and then that still did not get my blood sugar under control.

I did see an endocrinologist who is a diabetes specialist, and he showed me how to control my blood sugars better.

He recommended that the first thing I should do would be to lose weight, and I did lose some weight, but it was very difficult, and it wasn't enough.

I realized then that if I was to be able to take care of my family, that I had to take care of myself, and I decided to take control of my uncontrolled blood sugar.

Title: Getting Help

Mary Ellen: I decided that the way I was going with just the diet, exercise, and oral pills was not the way to treat diabetes because it was not controlling my blood sugar. Something had to be added.

Finally, my doctor and I decided to consider insulin.

... I thought there would be all sorts of problems with my lifestyle, which was very active.

Super: The most common side effect of insulin is low blood sugar (hypoglycemia), which may be serious and life threatening.

Mary Ellen: And my doctor explained to me that there was an insulin I could take once a day, and I said, "Gee, I can do that."

And then, my blood sugar started to get under control.

Mary Ellen: I was on insulin about four years before I switched over to the Lantus[®] SoloSTAR[®] pen.

Super: Do not take Lantus[®] if you are allergic to any of its inactive ingredients.

Title: Changing Perceptions

Mary Ellen: I had wonderful conversations with a certified diabetes educator. She changed all of my preconceptions about insulin overnight. She showed me how to do an injection, which I found was really relatively painless. I was really surprised.

Super: Individual discomfort levels may vary.

Mary Ellen: My certified diabetes educator showed me how important it was to test my blood sugar regularly...to write it down, to keep a log. She told me what to do if I had a low blood sugar reaction.

And I also thought it was really wonderful that she was able to work with me, with my meal preferences, to design a meal plan that I could live with.

She showed me how to balance the foods I ate, how to use exchange lists published by the American Diabetes Association. And this was something that I was able to do.

Title: Today's Advantage

Super: Before starting Lantus[®], tell your doctor about other medicines and supplements you are taking and all medical conditions.

Mary Ellen: I feel it's much easier to manage my blood sugar today than my grandmother's time through diet and exercise and oral medications and the insulin that my doctor has told me to take.

We have so many great tools. We have insulin that we can bring with us anywhere in a pen.

I can test my blood sugar at any time. I can do this at home...

When I go hiking, I always take snacks just in case I have a low blood sugar reaction, and I'm prepared to do anything that I'd like to do.

Title: Sense of Accomplishment

Mary Ellen: Through the years, I did gradually lose weight, but I've done a lot better with that recently because I've been taking care of my mom, and I've been running up and down stairs all day, and that's really been the difference.

I do walk my dog in the evenings and that helps me actually to relax.

I lived with uncontrolled blood sugar for at least nine years, and when I did finally get control of my blood sugar, it gave me such a sense of accomplishment.

I'm still involved with scouting. I'm a Merit Badge counselor and I do actually train other scout leaders. I also enjoy hiking; and I do everything I like with my family. I'm an active person. I have to take care of them, too. I have to drive people everywhere. I'm, you know, "Mom's Taxi."

Title: It's Never Too Late

Mary Ellen: I believe that every failure is a learning experience, and I've learned from my failures how to be successful.

I am so very happy that I've been able to manage my blood sugars.

I think it's important for me to tell my story because it's never too late to get control of high blood sugars.

The key to staying in control is balance. I take things one day at a time, one step at a time, and one dose at a time.

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