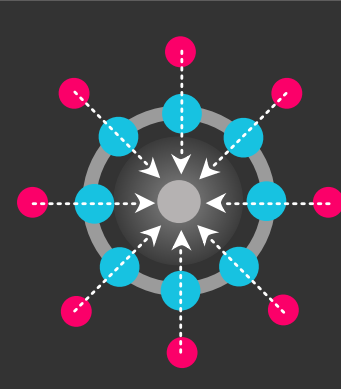
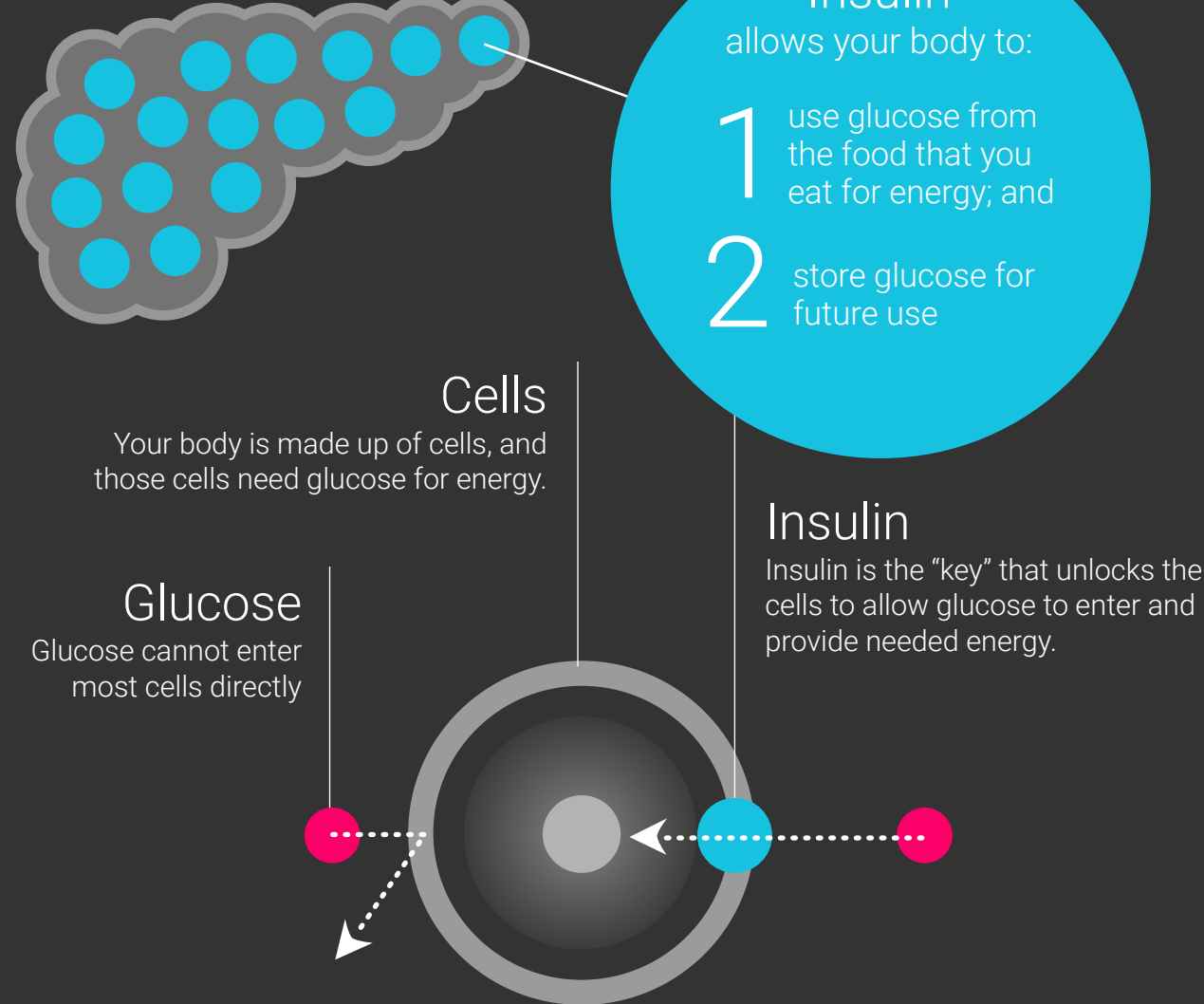


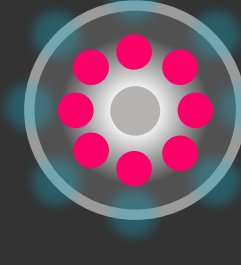
insulin

is a hormone made in the pancreas that helps to regulate the amount of glucose (sugar) in your blood.



When food is consumed and blood glucose levels rise, the body releases insulin into the bloodstream. Insulin attaches to the body's cells and signals them to absorb sugar from the surrounding blood.

As sugar moves from the bloodstream and into the cells, blood glucose levels drop and cells get the energy they need.

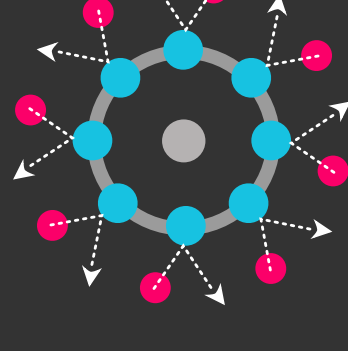
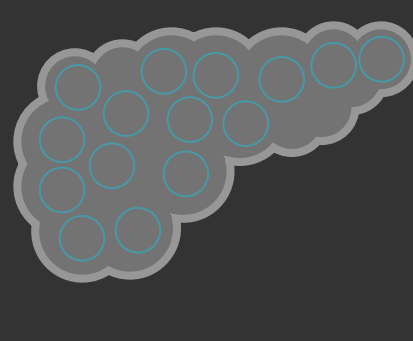


diabetes

a condition where glucose builds up in the bloodstream due to a lack of insulin and/or insulin resistance.

Type 1 Diabetes (T1D)

The body does not make its own insulin because the insulin-producing cells of the pancreas have been damaged or destroyed. People with T1D must administer insulin so that the body can process glucose.

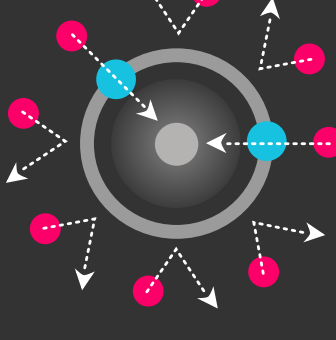


Type 2 Diabetes (T2D)

The body does not respond or is resistant to the insulin produced by the pancreas. People with T2D may need to administer insulin to help them better process glucose.

Gestational Diabetes

The body is not able to make and use all the insulin it needs for pregnancy. People with gestational diabetes may need to administer insulin to meet their bodies' insulin needs and better process glucose.



Insulin Types

Each type of insulin varies in its onset, peak, and duration time.

Onset

how soon insulin starts to lower your blood glucose after you take it

Peak

how long after dosing insulin has the maximum blood glucose-lowering effect

Duration

how long an insulin dose lasts in your body, i.e., the length of time a particular insulin dose will have a blood glucose-lowering effect.

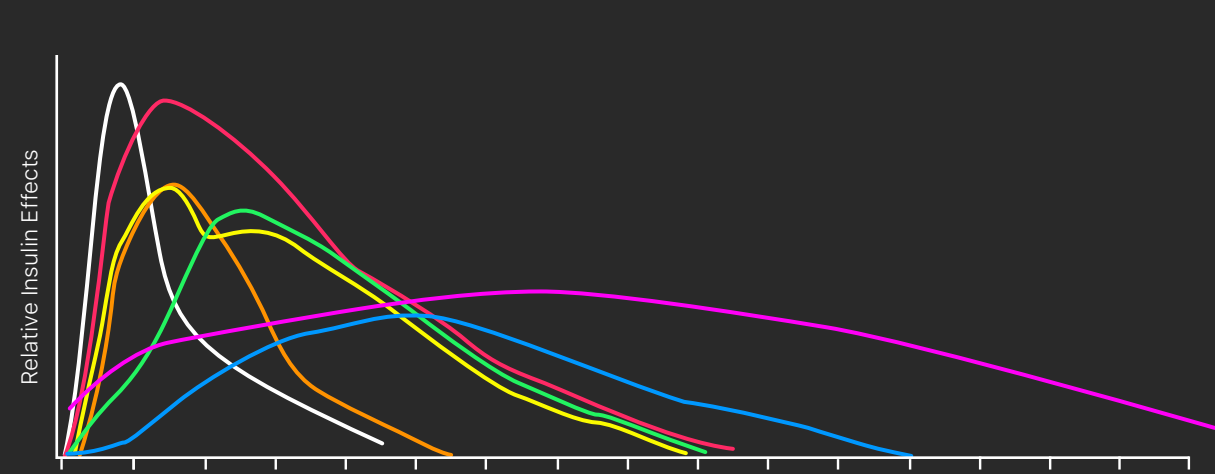
The table below shows different types of insulin available today. Onset, peak, and duration times may vary from person to person — the times shown below are estimates based on manufacturer prescribing information and clinical studies.

Insulins

Type	Brand Name	Manufacturer	Generic Name	Onset	Peak	Duration
Rapid-acting	Afrezza	MannKind	Technosphere Inhaled Insulin	12 min	35-45 min	1.5-3 h
	Apidra	Sanofi	Glulisine	15 min	1 h	2-4 h
	Humalog	Lilly	Lispro	15 min	1 h	3-5 h
	Novolog	Novo Nordisk	Aspart	15 min	45 min	3-5 h
Short-acting	Humulin R	Lilly	Regular	30 min	3 h	8 h
	Novolin R	Novo Nordisk	Regular	30 min	1.5-3.5 h	8 h
Intermediate-acting	Humulin N	Lilly	NPH or isophane	1-1.5 h	6-10 h	up to 24 h
	Novolin N	Novo Nordisk	NPH or isophane	1.5 h	4-12 h	up to 24 h
Long-acting	Lantus	Sanofi	Glargine	1 h	none*	up to 24 h
	Toujeo	Sanofi	Glargine	6 h	none*	up to 30 h
	Basaglar	Lilly	Glargine	1 h	none*	up to 24 h
	Levemir	Novo Nordisk	Detemir	1 h	none*	up to 24 h
	Tresiba	Novo Nordisk	Degludec	1 h	none*	up to 42 h
Pre-Mixed	Humalog Mix 75/25	Lilly	75% lispro protamine 25% lispro	15 min	2-3 h	up to 24 h
	Humalog Mix 50/50	Lilly	50% lispro protamine 50% lispro	15 min	2-3 h	up to 24 h
	Novolog Mix 70/30	Novo Nordisk	70% aspart protamine 30% aspart	15 min	1-4 h	up to 24 h
	Humulin 70/30	Lilly	70% NPH 30% regular	50 min	3.5 h	up to 24 h
	Novolin 70/30	Novo Nordisk	70% NPH 30% regular	30 min	2 h	up to 24 h
	Ryzodeg 70/30	Novo Nordisk	70% insulin degludec 30% insulin aspart	15 min	2 h	up to 42 h

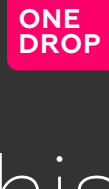
*The blood glucose lowering effect is relatively constant with no pronounced peak.

Relative Insulin Effects



Insulin Type

- Rapid-acting (e.g., Humalog, Novolog, Apidra)
- Pre-mixed Analog (e.g., Humalog Mix 75/25, Novolog Mix 70/30)
- Short-acting (e.g., Regular)
- Pre-mixed Short- and Intermediate-acting (e.g., Humulin 70/30, Novolin 70/30)
- Intermediate-acting (e.g., NPH)
- Long-acting (e.g., Lantus, Levemir)
- Very Long-acting (e.g., Tresiba)



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