

Diabetes News!

***Exubera-** is a dry powder which contains rapid acting insulin that has enough to cover a mealtime of food, controls the rise of blood sugar from the meal or food. (made by Pfizer) Best for Type II Diabetes, A1C drop of 2% was observed.



***Handheld Inhaler-** about the size of an eyeglass case, also in blister patches with 2 dosage sizes, 1 and 3 mg. and is equal to 3 to 9 units of injectable rapid-acting insulin.



***AVOID-** if Smoke, have stopped Smoking in the past 6 months, have Asthma, Emphysema, or Bronchitis.

***Type II Diabetes-** can use Exubera as an alternative to Rapid-Acting Insulin pills or injections or in combination with pills or a longer lasting injectable insulin as Levemir or Lantus.

***Can't-** use Exubera before meals and be set, need to control blood glucose throughout the day (a longer acting insulin or pill). Exubera can cause Hypoglycemia (Low Blood Sugar).



***Inhaled Insulin-** FDA approves an alternative to injections. (made by Pfizer, should be available this summer, first inhaled insulin approved by FDA) -Delivers- Short-Acting Insulin for Type I or Type II Diabetes, not approved for children < 18 years of age.



-Very Important- to have inservice education on how to use, check blood glucose at mealtimes, need to clean every 24 hours; an alternate to using a needle.

***Ultimate Goal-** is to better control your blood sugar with Diet, Exercise, and Medication.



***Recommend-** Lung Function Test before using, after 6 months and yearly.

***Approved-** in January, some say it is revolutionary, while others view it with skepticism.

***Magazine-** Diabetic Living, Summer 2006

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