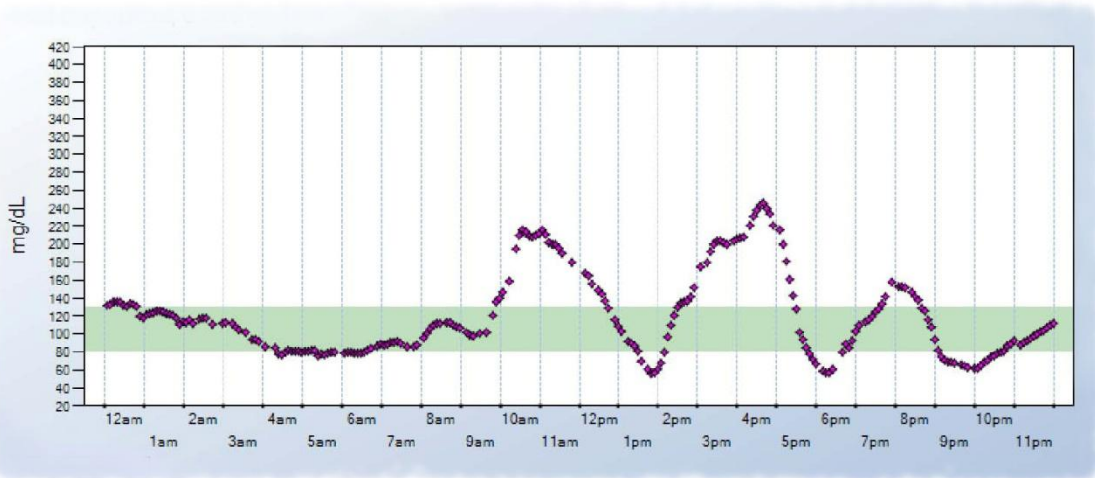


# Insulin 201: Combining Insulin

Understanding the way different types of insulin work is preliminary to understanding the ways in which they can be combined to match the rise and fall of blood sugar that occurs during the day or following a meal.

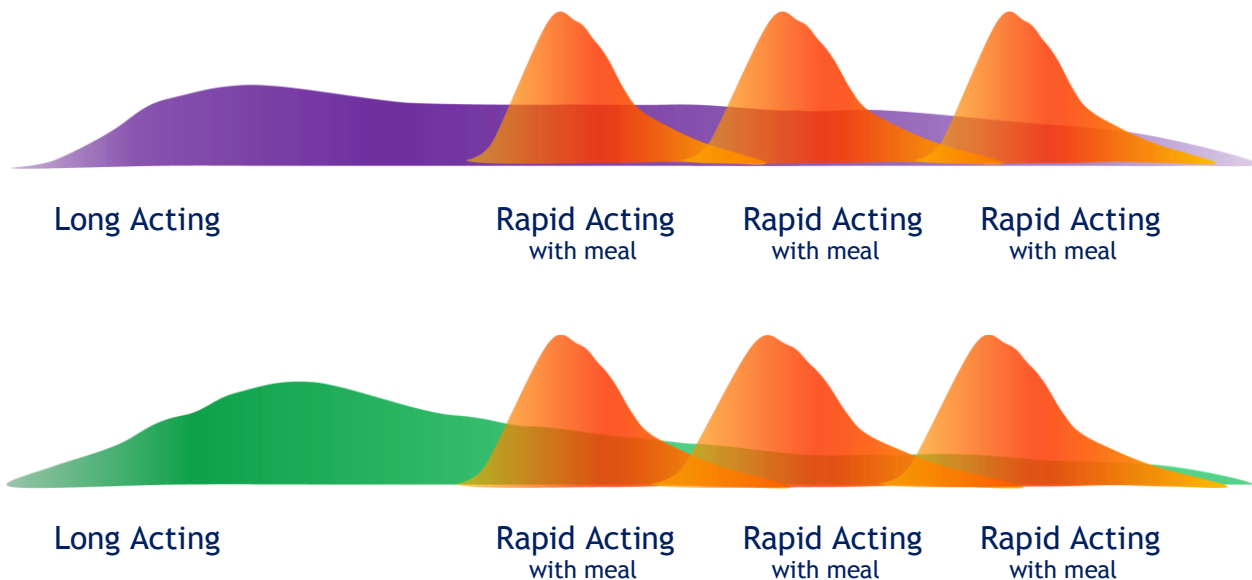
With use of Continuous Glucose Monitoring you can observe the rise and fall as it occurs.



And then with practice in the use of insulin you can minimize after meal peaks and reduce the risk of hypoglycemia.



In order to do this you have to match the curve of insulin absorption to that of food absorption. This can be done through use of various combinations of long acting and short acting insulin and Multiple Daily Injections . . . often referred to as MDI:



Or you can use of Pre-Mixed insulin such as Humalog 75/25 or Novolog 70/30, which combines the action of Long and Short or Rapid Acting insulin into one injection:



As you can see, however, it may be difficult to match your meal time and food intake to the predetermined dosage and time of absorption that a premix requires.

The use of an Insulin Pump is another exceptional tool that allows fine tuning of insulin delivery to that of your bodies circadian rhythm, and the absorption of your food.

*Written by Claire M. Blum, MS Ed, RN, CDE*

