Is what you know about INSULIN PUMP THERAPY?  

This educational resource is provided by Medtronic MiniMed, Inc.
**MYTH**

You have to know a lot about technology to learn to use a pump

**REALITY**

Interacting with your pump can be simple

Successfully managing your glucose with a pump is often as easy as entering your blood sugar and meal information—then pressing enter. Your pump even does the work of keeping track of your insulin, so you don’t need to write anything down.
A pump will stop me from being active

With a sturdy design and the ability to be tightly secured to the body or even detached, insulin pumps allow you to participate in the physical activities you enjoy. In fact, because you can easily stop insulin delivery before exercising—something you can’t do with basal injections—pump users have greater flexibility and greater protection from dangerous lows when they’re active.

www.medtronicdiabetes.com
MYTH

Everyone will see the pump and immediately know I have diabetes

REALITY

Using a pump can be as public or private as you want

With insulin pumps becoming more and more like cell phones in both size and appearance, wearing a pump is very discreet. Pump users can even completely hide their device by wearing it underneath their clothes.
A pump is a constant reminder of diabetes

Pumps help you focus more on life than on managing your diabetes

Just ask a pump user yourself, because according to one study¹ 94% of them will tell you that they’re either very satisfied or completely satisfied with their insulin delivery (vs. 56% of injection users). You’ll also probably hear about how a pump gave them a level of control and flexibility that injections just couldn’t match—and maybe what they’re reminded of isn’t that they have diabetes, but that they’re doing what’s best for improving their control.

Unloading dosing changes can happen while I sleep—plus it will be uncomfortable all night long.

Insulin pumps are designed and tested to be accurate and comfortable 24 hours a day.

Pumps are developed and thoroughly tested to ensure accurate insulin delivery. You can rest assured knowing that your pump will give you the exact amount of insulin you program it to deliver while you sleep—no more, no less. As for comfort, pump wearers often don’t even notice their device while sleeping—keeping the pump under their pillow, next to them in bed, clipped to their pajamas, or even on their nightstand.
MYTH

Wearing an insulin pump is uncomfortable and painful

REALITY

Using a pump reduces needlesticks

1460* -vs.- 122†

approximate needlesticks each year with a syringe
approximate needlesticks each year with a pump

The infusion site for your pump should cause you no pain, and it usually doesn’t take long for pump users to get used to wearing their device. In fact, most even forget they’re wearing it until they need to deliver a bolus. What pump users do notice though, is the dramatic reduction in needlesticks—from 3 to 4 daily with injections, to only one every 3 days with a pump.

*Based on 4 needlesticks a day for a year. †Based on 1 needlestick every 3 days for a year.
Once I start using a pump, I can eat anything I want

While it is true that using an insulin pump gives you more flexibility in terms of when you can eat and the types of food you can enjoy, good nutrition is still key for avoiding weight gain and maintaining glucose control. With the help of your healthcare team, you can incorporate your favorite foods into a healthy eating plan while on an insulin pump.
The pump is going to get in my way during intimate moments

Insulin pumps keep you engaged in life

With the ability to disconnect for up to an hour, insulin pumps are designed to adapt to every moment of your life.
Now that the truth about insulin pump therapy is in your hands—it’s time to take action

Find out if an insulin pump is right for you by:

• Speaking with your diabetes healthcare team
• Registering for a diabetes management class at www.insulinforward.com
• Visiting www.medtronicdiabetes.com for more information

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