

VIDEO ROUNDTABLE

ABSTRACT

Evolution and Revolution—Our Changing Relationship With Insulin

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Type 2 diabetes (T2D) is a progressive condition that culminates in the inability of beta cells to produce enough insulin to control blood glucose levels. Basal insulin is a mainstay of treatment for individuals who require insulin replacement therapy. However, despite its significant evolution over the past 100 years, challenges with the appropriate utilization of basal insulin persist, by both patients with T2D and the healthcare professionals (HCPs) who treat them.

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DISCLOSURES

John Anderson, MD
Has received consulting fees or speaker honoraria from Abbott, Alfa Sigma, Bayer, AstraZeneca, Boehringer Ingelheim, Eli Lilly, Gelesis, Novo Nordisk, and Sanofi

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In this video series available on the *MDedge Family Medicine* website, the authors discuss advances in basal insulin therapy, as well as potential barriers to initiating basal insulin therapy and the subsequent therapeutic inertia. The authors review differences between people living with T2D and their HCPs in their perceptions of care and attitudes toward care, highlighting that people living with T2D are often willing to do more to improve their management of the condition than HCPs expect. The authors discuss the importance of glycemic control to reduce cardiovascular complications of T2D and how to achieve this with appropriate therapy. The authors provide practical tips on how to identify people who should receive basal insulin, which assessments are necessary, and how to initiate conversations about using insulin. The authors also emphasize the importance of shared decision-making and the use of the wider medical team to provide education about basal insulin therapies, including dose titration and awareness and management of hypoglycemia. The benefits of once-daily administration and reduced risk for hypoglycemia with newer basal insulin therapies are discussed, along with data demonstrating the positive effects of treatment adherence and persistence on healthcare resource utilization. ●

VIDEO

The video roundtable associated with this abstract can be found online at <https://www.mdedge.com/JFP/Evolution-Revolution-Our-Changing-Relationship-with-Insulin>

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