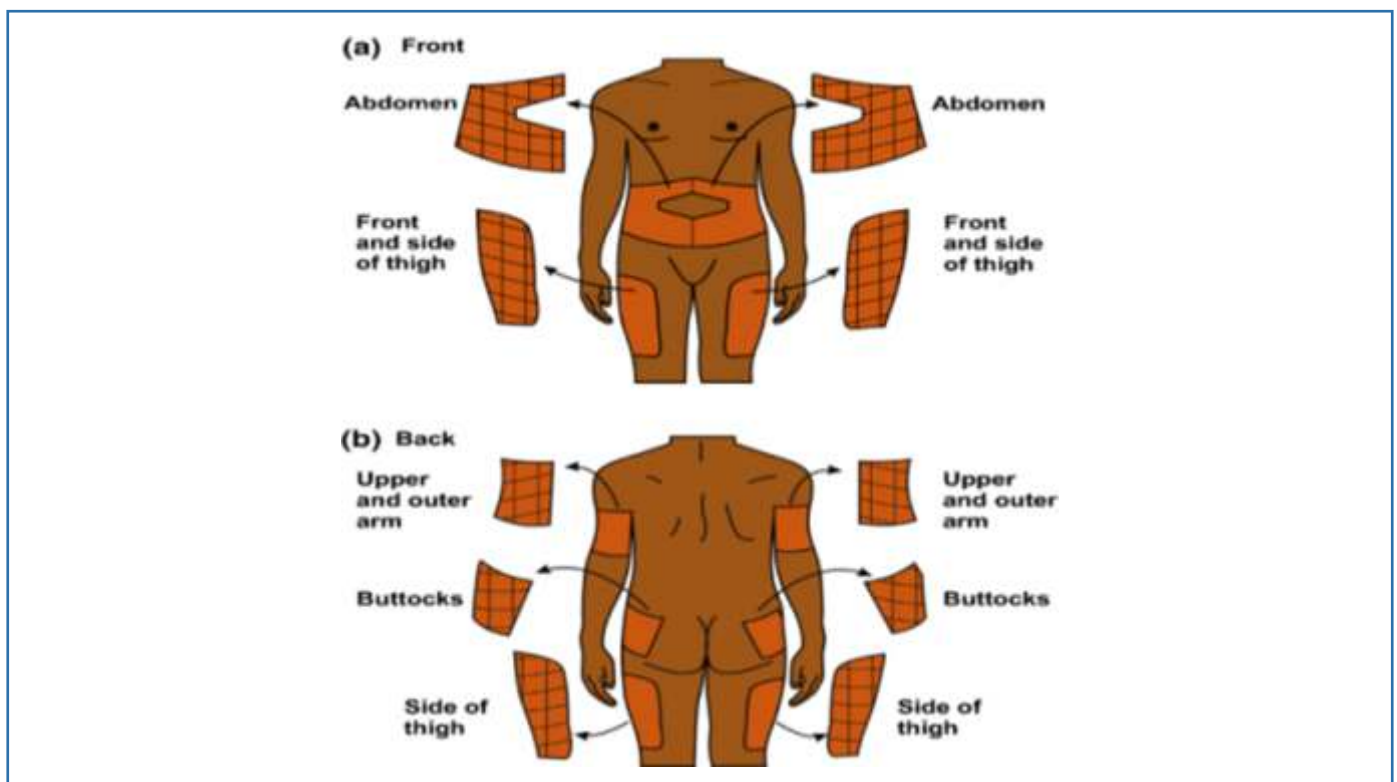


In Diabetes

- Injection Insulin is the key therapy for patients suffering from IDDM Type I or Type II. Educating Patient and relatives about the injection administration techniques is of utmost importance. EADSG has given clear instructions on it.
- Rotation of site of injection is very important aspect of insulin therapy education. Injections may be given in the abdomen, outer thigh, back of the arm, and flank/buttocks regions.
- Injecting insulin injections at the same site repeatedly can cause inflammation or abnormal fat deposition (lipohypertrophy), or scarring. Lipohypertrophy or scarring leads to poor insulin absorption and depot formation, which may affect insulin release, causing early postprandial hyperglycemia and/or delayed hypoglycemia. So rotation of injection sites is important to improve the predictability of insulin absorption and action.



- **Reference** - Bahendeka, S., Kaushik, R., Swai, A.B. et al. EADSG Guidelines: Insulin Storage and Optimization of Injection Technique in Diabetes Management. *Diabetes Ther* 10, 341–366 (2019). <https://doi.org/10.1007/s13300-019-0574-x>.

Dr. Meenakshi Bhattacharya
Prof & HOD Medicine, Government Medical College, Aurangabad