

Correct insulin injection critical for diabetes management

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An awareness campaign on safe insulin practices organised by BD across India.



Diabetes has become an epidemic in India with more than 72.9 million patients with diabetes. According to a study published in *The Lancet Diabetes & Endocrinology* journal, Nov 2018 showed that worldwide, the number of adults with type 2 diabetes is expected to rise by more than a fifth from 406 million in 2018 to 511 million in 2030. The study also shows that nearly 98 million people in India may have type 2 diabetes by 2030. Insulin and correct injection technique plays a vital role when it comes to diabetes and its management. Understanding the importance of managing diabetes, BD-India, a leading medical technology company organized an awareness campaign emphasizing on the right technique for insulin injection. The campaign witnessed participation of leading endocrinologists and diabetes educators emphasizing on insulin injection technique for better management of diabetes.

Dr. Manoj Chadha, Endocrinologist, PD Hinduja Hospital & Medical Research Centre Mumbai and Hope & Care Centre, Vashi & FITTER India Scientific Advisory Board Member, said “Mostly people are unaware of the complications that may arise due to incorrect insulin administration. According to recent observations, about 60-70% of people haven't received proper education in terms of how to give an insulin shot correctly. I appreciate BD-India's efforts to enhance awareness on right injection techniques for insulin that will help patients to comply with their regime and prevent any complications that may arise due to incorrect techniques.”

Dr. Anushree Mehta, Diabetologist-Juvenile Diabetes Foundation, Mumbai added, “I have been on insulin therapy for the past 22 years. My journey with insulin injections was comfortable only because I had an amazing doctor and Juvenile Diabetes Foundation to guide me with proper knowledge about the correct insulin injection technique. This has helped me manage my condition well and today I live a very healthy lifestyle. I am happy to contribute towards this awareness campaign as I feel it is essential to impart proper knowledge about diabetes and guidelines on using correct insulin injection technique for patients.”

The right technique of insulin injection is crucial for patients to avoid complications. In this regard, Forum for Injection Technique & Therapy Expert Recommendations (FITTER) India 2017 laid emphasis on the importance of good injection

practices including barriers to insulin injection therapy and its preventive measures, recommendations on device specifications, insulin injection practices in indoor settings, adverse safety outcomes of faulty techniques and measures to enhance awareness of the good injection practices among HCPs and patients.

Highlighting their role as a partner committed to diabetes care, **Pavan Mocherla, Managing Director-BD India & South Asia said**, “Insulin delivery technique education is a critical factor in effective diabetes management. BD is committed to helping improve the injection experience for people living with diabetes, through continuous patient education, and innovating high-quality technologies that make a difference. We have been a leader in diabetes injection devices for almost 95 years and Insulin Injection Day is a perfect occasion for us to encourage talking about best practices in managing insulin therapy. I am sure with such collaborative efforts to raise awareness on the right insulin injection technique, we will be able to achieve improved patient outcomes going ahead.”

BD has demonstrated its long history of innovative firsts - the first insulin syringe in 1924, the first 5 mm pen needle in 1999 and the world's first 4 mm pen needle, the BD Nano, and now educating doctors, and patients on good insulin injection techniques.