

Insulin Pump and Continuous Glucose Monitoring System (CGMS)

About pump therapy



Living with diabetes in 24/7. But it doesn't have to be a lifetime of multiple daily injections, regimented meal plans and unpredictable highs and lows.

With insulin pump therapy you no longer have to arrange your schedule

around insulin injections meals. You can sleep late, eat when you want or

enjoy a last minute run. Pumping puts spontaneity back in your life and you back in control!

How a pump works

Insulin pumps are beeper-size devices that contain a cartridge filled with rapid-acting insulin. They have a screen and buttons for programming the pump's internal computer and a precise motor that pushes insulin

from the cartridge through a tube and into your body.

Insulin pumps closely mimic the human pancreas by



automatically releasing small amounts of rapid-acting insulin (in tenths or hundredths of a unit) every few

minutes. This is called the basal rate. The basal rate keeps your blood sugar steady between meals. When

food is eaten, the patient sets the pump to deliver the amount of insulin needed-called a bolus-to cover the

total food consumed. This is accomplished by just a few button presses.

Advantages of Pump Therapy

A pump can offer you greater control, more predictability and increased flexibility. With pump therapy you

can...

control your blood sugar with only rapid acting insulin

automatically regulate your insulin to accommodate dawn phenomenon

adjust your insulin so you do not have to eat before exercising

increase your insulin temporarily to cover times of illness, stress or just a long trip in the car.

travel across different time zones with ease. And when you eat or snack, a few button presses will cover as

much or as little as you eat!

Who is a candidate for the pump?

People who take insulin

People who have frequent problems with low or high blood sugar

People who have difficulty maintaining control over their blood sugar despite their best efforts

Women who are pregnant or are planning to get pregnant

People who travel frequently or have unpredictable schedules

People who play sports or are regularly active (i.e., runners, hikers, bicyclists, skaters, etc.)

Teenagers undergoing physical changes

People who are very motivated to maintain tight control

People who want the most control over their schedule

Things to Consider



Checking blood sugar more frequently : Pump users must be willing to check their blood sugar at least four times a day. This will give you the information needed to make good blood sugar decisions.

Being attached : Some people are concerned about being "attached" to a device 24/7. This is probably the single largest obstacle most people face when considering pump therapy. Although a concern, the overwhelming majority of people who initiate pump therapy never go back to injections. In fact, most pumpers will tell you that their biggest regret is that they didn't start pumping sooner.

Is the pump Right for you?

Only you and your diabetes team can determine the best way to manage your diabetes. However, if the flexibility of the pump is appealing to you, consider the points below. This section also includes another list of questions that you can use to talk to your physician or diabetes team about going on pump therapy. Now that you have enough information to make an informed decision about pump therapy, you can begin the process of obtaining a pump. If you have any questions regarding getting started with the insulin pump, please feel free to call.