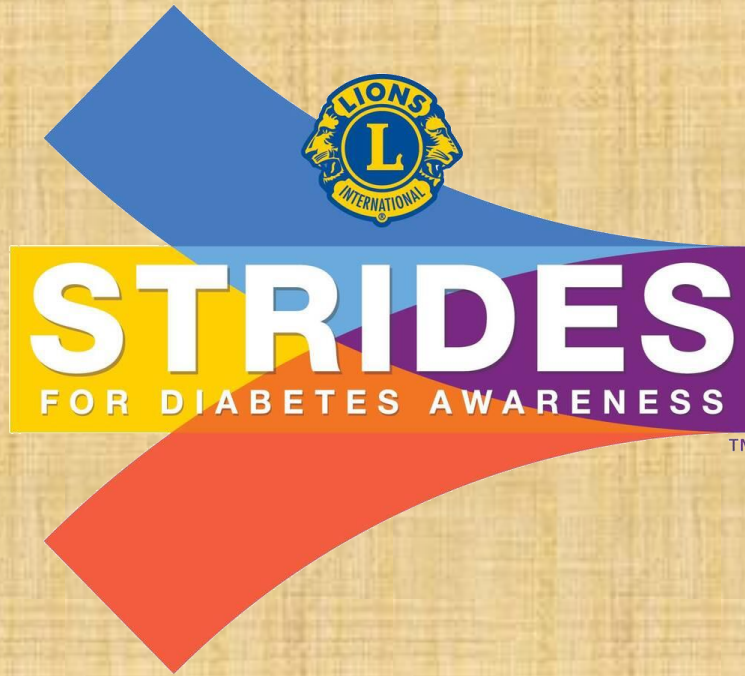




# Misconceptions of Insulin



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**California Lions Clubs Multi-District 4**

**State Diabetes Chairperson**



# Disclaimer

- This presentation is for informational purposes only.
- Before changing any regiment regarding diet exercise or medication, speak with your physician.





# DAWN study in 2001

# DAWN™

Diabetes Attitudes Wishes & Needs



**5426**

Adults with diabetes

**3982**

Healthcare professionals

**13**

Countries

**Platform for stakeholder dialogue and engagement**

To improve outcomes in diabetes,  
we must focus on the *person* with the condition



# DAWN 2<sup>TM</sup>

DIABETES ATTITUDES WISHES & NEEDS



# Purpose of DAWN Study

- assess current diabetes care and self-management among people with diabetes
- establishing national benchmarks for health status, quality of life, self-care, and access to diabetes self-management education and support
- The original DAWN study found that diabetes is often associated with multiple psychosocial problems that are barriers to self-management behaviors and that current health care resources are sometimes poorly equipped or used to provide needed support.



# Lessons From Study

Unwilling to take insulin

Willing to take insulin

• Believes disease is worsening	46.7	35
Restrictions of usual activities	56.1	42
• Needle pain	50.8	30
• Fear of low blood sugar	49.3	38
• Unable to handle demands of insulin	58.1	40
• Personal failure	55	34



# Summary of Key Findings

- Enhance communications between people with diabetes and healthcare providers
- Promote team-based diabetes care
- Promote active self-management
- Enable better psychological care for people with diabetes





# Doctors

- Not enough time
- Diabetics more demanding
- (>60% response) were interested in improving communication with their patients



# Promote active self-management

The DAWN™ study showed that:

- Not following Doctors Advice
- Demanding- prevents normal activity
- Doctors recognize stress and mental health issues affect diabetic compliance (control)



# Barriers to treatment

The DAWN™ study showed that:

- More than half of people with Type 2 diabetes are worried about starting insulin
- Half of them believe that starting insulin means they have failed to manage their diabetes
- Only one of out five believe insulin would help them manage their diabetes better
- A third of physicians postpone insulin until "absolutely essential"





# Better Psychological Care

The DAWN™ study and related data showed that:

- Of those reporting, more than two in five people with diabetes report poor psychological well-being.
- Many patients experience emotional stress related to their diabetes.
- More than a third of healthcare providers do not feel equipped to adequately address patients' psychological needs.



# Better Psychological Care

- For psychosocial problems of family members are barriers to their involvement, but they are also an underused resource support
- Health care systems are limited in the provision of psychosocial support and education to families.
- Diabetes affects the lives of FMs, causing significant burden and distress



# Behavioral Diabetes Institute



Dr. William Polonsky

Diabetic Etiquette

[BehavioralDiabetes.org](http://BehavioralDiabetes.org)





# Diabetes Myths

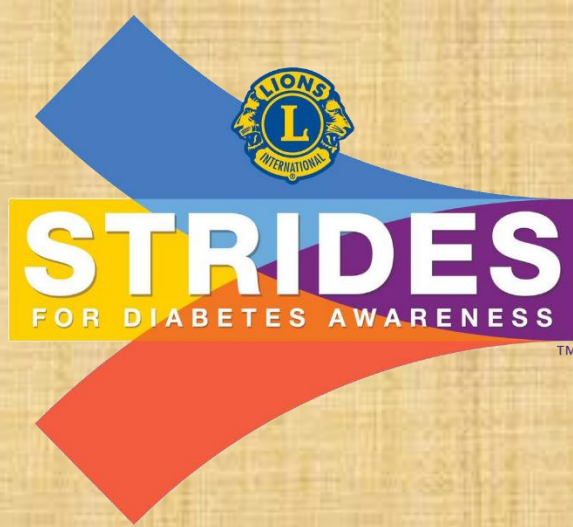
- *There is no diabetes in my family, so I don't have to worry*
- *It's called sugar diabetes, so it must come from the sugar I eat*
- *I'll know that I have diabetes by my symptoms*
- *My doctor says I have "borderline" diabetes. Since I have just a "touch of sugar," I don't have to worry.*



# Diabetes Myths

- ***Insulin is a cure for diabetes***
- ***My friend takes insulin pills to control her diabetes***
- ***If I don't take diabetes medicine, my diabetes must not be serious***
- ***I have diabetes, and I've seen its effect on family members. I know there is nothing I can do about it***
- ***Taking insulin means I am type 1***





# Questions

[www.LionsDiabetes.org](http://www.LionsDiabetes.org)

[www.LionsDiabetes.org/DawnStudy](http://www.LionsDiabetes.org/DawnStudy)

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