For Immediate Release

Diabetes Patient Educates Peers on Managing Diabetes: The Next Step

Who: Frank Atherton will be delivering a free, one-hour educational program at UT Health Services to share his personal experiences with diabetes and taking insulin to help control his blood sugar.

What: Frank Atherton is a specially trained member of the A1C Champions® Program, supported by Sanofi US, which provides a patient-led approach to diabetes education. He has diabetes and takes insulin as part of his overall diabetes treatment plan that includes diet, exercise and other diabetes medications. A1C Champions® know first-hand the challenges to managing diabetes and understand the fear and uncertainty about taking insulin. They share information about diabetes self-management and insulin based on formal training and their personal experiences.

During this Managing Diabetes: The Next Step presentation, Frank will share:

- Why insulin is not a sign of failure but may help you achieve blood sugar control, as part of an overall diabetes treatment plan.
- The concerns he had about starting insulin
- Misperceptions about insulin

Why: Are you aware of your A1C level (the ADA recommends an A1C goal of less than 7% for most people with diabetes)? Have you talked with your healthcare provider about an A1C goal that is right for you? Has your healthcare provider suggested insulin and you’re saying “No way!”? Have you just started insulin and have questions? This session may be for you. Frank is a person with diabetes who understands the challenges to controlling blood sugar and starting insulin. Come to this session and find out why you might want to talk to your doctor about whether insulin is right for you.

Diabetes is a chronic, widespread condition characterized by high blood sugar in which the body does not produce or properly use insulin, the hormone needed to transport glucose (sugar) from the blood into the cells of the body for energy. It is estimated that that nearly 26 million Americans have diabetes, including an estimated 7 million who remain undiagnosed. At the same time, about 40 percent of those diagnosed with diabetes did not achieve the blood sugar control target of A1C <7 percent recommended by the American Diabetes Association. The A1C test measures average blood glucose levels over the past two-to-three-month period.

Important Safety Information for Insulin
The most common side effect of insulin is low blood sugar (hypoglycemia), which may be serious. Other possible side effects may include injection site reactions, including changes in fat tissue at the injection site, and allergic reactions, including itching and rash. Tell your doctor about other medicines and supplements you are taking because they can change the way insulin works. Glucose monitoring is recommended for all patients with diabetes.

When: Tuesday, April 8, 2014, 8:00 AM
Where: UT Health Services, 7000 Fannin, Houston, TX 77030
Contact: Shannon Weston at 713-500-3986 or shannon.r.weston@uth.tmc.edu

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