

# Insulin Pumps

## pros and cons

source: <http://www.diabetes.org/living-with-diabetes/treatment-and-care/medication/insulin/insulin-pumps.html>

- Insulin pumps replace the need for periodic injections by delivering rapid-acting insulin continuously throughout the day using a catheter.
- They offer many advantages that can simplify diabetes management.
- There are some downsides, but most pump users agree that the benefits are worth it.
- Switching to a pump requires some adjustment, so discuss the options with your health care team before making a decision.

By using an insulin pump, you can match your insulin to your lifestyle rather than adjusting your lifestyle to your body's response to insulin injections. With help from your health care team, insulin pumps can help you keep your blood glucose levels within your target ranges both day and night. People of all ages with type 1 diabetes use insulin pumps, and people with type 2 diabetes have started to use them as well.

### **Advantages of using an insulin pump instead of insulin injections are:**

- Using an insulin pump means eliminating individual insulin injections
- Insulin pumps deliver insulin more accurately than injections
- Insulin pumps often improve A1C
- Using an insulin pump usually results in fewer large swings in your blood glucose levels
- Using an insulin pump makes diabetes management easier – if your glucose level is high or you feel like eating, figure out how much insulin you need and push the little button on the pump
- Insulin pumps allow you to be flexible about when and what you eat
- Using an insulin pump can improve your quality of life
- Using an insulin pump reduces severe low blood glucose episodes
- Using an insulin pump eliminates unpredictable effects of intermediate- or long-acting insulin
- Insulin pumps allow you to exercise without having to eat large amounts of carbohydrate

### **Disadvantages of Using an Insulin Pump**

The disadvantages of using a pump are that it:

- Can cause weight gain
- Can cause diabetic ketoacidosis (DKA) if your catheter comes out and you don't get insulin for hours
- Can be expensive
- Can be bothersome since you are attached to the pump most of the time
- Can require a hospital stay or maybe a full day in the outpatient center to be trained

There are pluses and minuses to using a pump. Even though using an insulin pump has disadvantages, most pump users agree the advantages outweigh the disadvantages.