



Lance Ferrin, President
Allison Medical Inc.

SureComfort[™]
Delivering Quality and Comfort

Dear Friend,

Your doctor has diagnosed diabetes. You are about to take an important step toward managing your diabetes. Your educator will use this information to help you learn to begin taking insulin and to make decisions important for your continuing good health. This Start Living learning system includes:

- SureComfort[™] Insulin Syringes or Pen Needles
- SureComfort[™] Lancets and Safety Lancets
- SureComfort[™] Alcohol Prep Pads
- Learning to Use Insulin
- Site Selection and Rotation
- Healthy Food Choices
- Foot Care Information
- Additional Resources

Allison Medical, the makers of SureComfort[™] is dedicated to helping you take the necessary steps to Start Living with Diabetes. Information can also be found at www.AllisonMedical.com

Sincerely,

Lance Ferrin
President, Allison Medical Inc.

Healthy Food Choices

There is no “diabetes diet.” The foods recommended for a diabetes diet to control blood glucose (or blood sugar) are good for those with diabetes --and those without. This means that you and your family can eat the same healthy foods at meal time. However, for people with diabetes, the total amount of carbohydrates consumed each day must be monitored carefully. Of the different components of nutrition -- carbohydrates, fats and proteins -- carbohydrates have the greatest influence on blood sugar levels. Most people with diabetes also have to monitor total fat consumption and protein intake. Try to eat the same amount of carbohydrates around the same time every day. This will help keep your blood sugar under control.

CARBOHYDRATE SERVINGS

1 slice wheat bread	1/2 cup oatmeal
1 6 inch tortilla	1/2 cup beans
1/4 large potato	1 small apple

Also watch your portion size. Measure portions at home until you learn to estimate. You can also use your hands to estimate portions:

ESTIMATE PORTION SIZES



Size of your fist = 1 Cup



Size of your palm = 1/2 Cup



Size of your thumb = 1 Tbsp

Work with a registered dietitian to help you find the right balance of carbohydrates, proteins and fats in your diet. Also remember to:

MAKE HEALTHY CHOICES

1. Include fruits and vegetables



2. Choose fiber rich foods



3. Get plenty of calcium



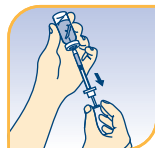
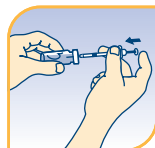
To keep your blood sugar levels in check, you need to make healthy food choices, exercise regularly, and take the medicines your health care provider prescribes. A dietitian can provide in-depth nutrition education to help you develop a personalized meal plan that fits your lifestyle and activity level, and meets your medical needs.

Steps to Using Insulin

Once you have your SureComfort™ syringe, your bottle of insulin and your SureComfort™ Alcohol Prep Pads follow these steps:

12 Steps for Safe Injections

- 1 Wash your hands.
- 2 Inspect your insulin. If the insulin is cloudy, roll the bottle between your hands until the insulin is visually even.
- 3 Prepare the top of the insulin bottle by using SureComfort™ Alcohol Prep Pads.
- 4 Pull the plunger down to let ____ units of air into your syringe. The units of air should equal the amount of insulin you need.
- 5 Insert the needle through the center of the rubber stopper on the top of the insulin bottle. If the needle bends during the process, do not attempt to use.
- 6 Dispose of properly and start again with a new syringe.
- 7 Push the plunger to release air from the syringe. Leave the needle in the bottle.
- 8 With the needle in the insulin bottle, turn the bottle and syringe upside down.
- 9 Identify the correct number of units on the syringe. Pull the plunger down slowly until units are reached.
- 10 Look for the air bubbles in the syringe. If you have air bubbles, push the insulin back into the bottle and repeat step 8. Recheck. Once you have the correct units and no air bubbles, pull the syringe out of the bottle. Be sure the needle does not touch anything.
- 11 Use a SureComfort™ Alcohol Prep Pad to clean the area you plan to inject. Let alcohol dry completely. (See instructions on site selection and rotation.)
- 12 Pick up the syringe. Pinch the skin you disinfected. Push the needle through the skin and push the insulin in with the plunger. Pull the syringe out and press your finger or an alcohol pad over the spot you just injected.



Use insulin syringes only once. Using needles more than once can cause bruising, bleeding or scarring and the risk of the needle breaking increases. Always safely dispose of used syringes and lancets. Your trash removal company or local health department will have helpful guidelines.

Site Selection and Rotation

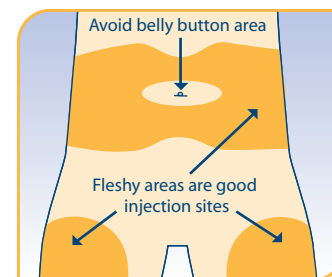
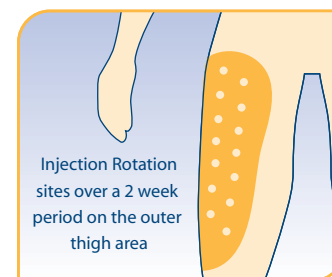
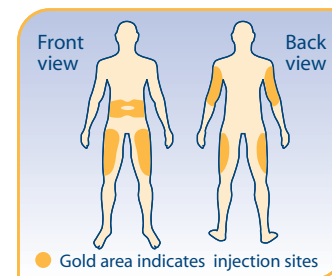
Injecting insulin is now a part of your everyday life. There are ways to make injecting insulin more comfortable. Start by working with your doctor to select a needle length and gauge that are comfortable for you.

The most common injection site is the abdomen or stomach. There is a layer of fat just below the skin which is important for insulin absorption. There are also not many nerves, which increase your comfort. The back of the upper arms, the upper hips and outer thighs can also be used.

Inject the same area of the body, while rotating within that area for 1 to 2 weeks. Using the same area will help to avoid extreme blood sugar variations. Then move to another area and begin a new injection rotation. If you find a spot that does not hurt to inject, be sure to continue the rotation. Repeated injections can cause scarring and may affect insulin absorption.

Avoid moles and scars and also your belly button. If you inject in the thigh, stay to the outer thigh as there is more fat there and fewer nerve endings. If you inject insulin in the upper arm, use the outer backside areas.

Absorption rates will vary based on injection location. Also, do not inject in an area you plan to exercise. Exercising increases blood flow which will cause the insulin to be absorbed faster.



Foot Care Information

Diabetes affects all parts of the body, a simple cut or scrape may be slow to heal and can turn into a serious infection fast -- especially in the feet or legs.

People who have diabetic nerve damage, called peripheral neuropathy, are more likely to have problems such as hammertoes, poor circulation, and a history of foot ulcers. Nerve damage in the legs and feet can make you unable to feel heat, cold or pain in your feet, so a blister or sore can get worse because you may not know it's there. And diabetes can also reduce blood flow to your legs and feet, making it harder for such wounds to heal.

6 Foot Care Tips:

1

Inspect your feet daily. Look carefully for blisters and calluses as well as sores and cuts, especially between toes.



2

Take special care of you feet every day. Wash your feet with warm, not hot, water daily. (Test the water temperature with your elbow first.) Don't soak your feet. Dry them well, especially between the toes.



3

Gently file corns and calluses with a pumice stone after you wash your feet. Keep your toenails trimmed to the shape of your toe, filing the edges with an emery board.



4

High blood sugar levels can cause your body to lose fluid, which can lead to dry, cracked skin. To keep skin from getting too dry, use a small amount of moisturizer daily -- but not between your toes.



5

Get the right shoes. Going barefoot increases the chances of injuring your feet, so always wear slippers or shoes and socks.



6

Get foot exams. Ask your doctor to look at your feet at every diabetes checkup. A podiatrist can also provide regular foot care if you can't.

Learning to Use Insulin

Taking insulin can be done quickly and comfortably. Here are a couple of guidelines to follow while getting started.

1

Select the correct syringe. There are three (3) measurements to look for in a syringe: the CC, the Gauge and the Needle Length. To select the correct size, use the following guidelines:

Less than 30 UNITS at one time –
Use a 3/10cc SureComfort™ Insulin Syringe



Between 30 and 50 UNITS at one time –
Use a 1/2cc SureComfort™ Insulin Syringe



Between 50 and 100 UNITS at one time –
Use a 1cc SureComfort™ Insulin Syringe



Gauge and Needle Length will be determined by your doctor.

2

Check your insulin. Be sure that you have the correct type of insulin. Insulin does have an expiration date. Check to be sure the date has not passed.

Important Information

Name: _____

Doctor: _____ Phone Number: _____

Nurse: _____ Phone Number: _____

Other: _____ Phone Number: _____

My Syringe size is: _____

Type of Insulin _____ Amount _____ Time to take _____

Type of Insulin _____ Amount _____ Time to take _____

Type of Insulin _____ Amount _____ Time to take _____