

MyCARE

With me, every step of the way

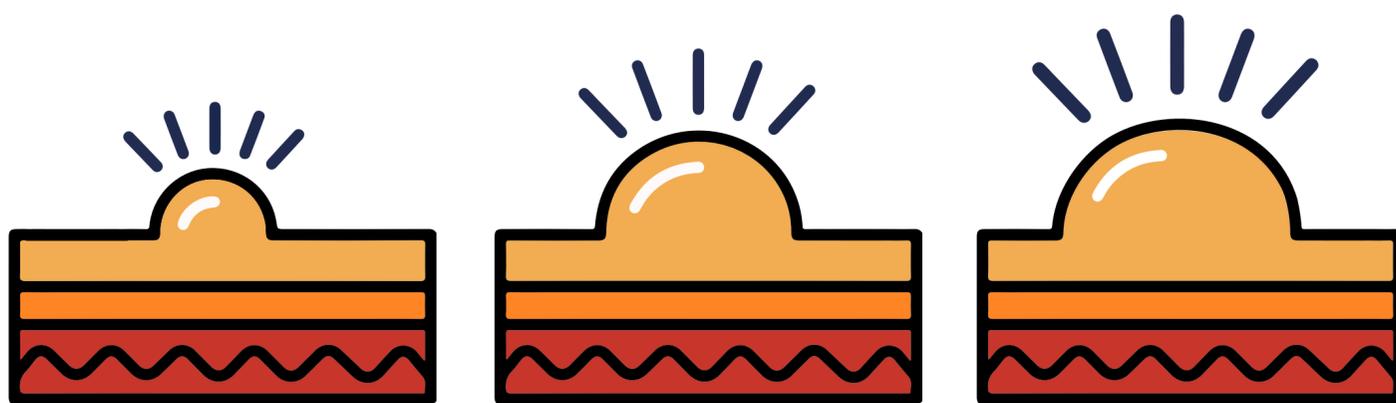


“ Given the importance of site rotation, **LET’S UNDERSTAND WHAT ‘LIPOHYPERTROPHY’ IS** and how you can detect it. ”



LIPOHYPERTROPHY (LIPO) IS THE ABNORMAL

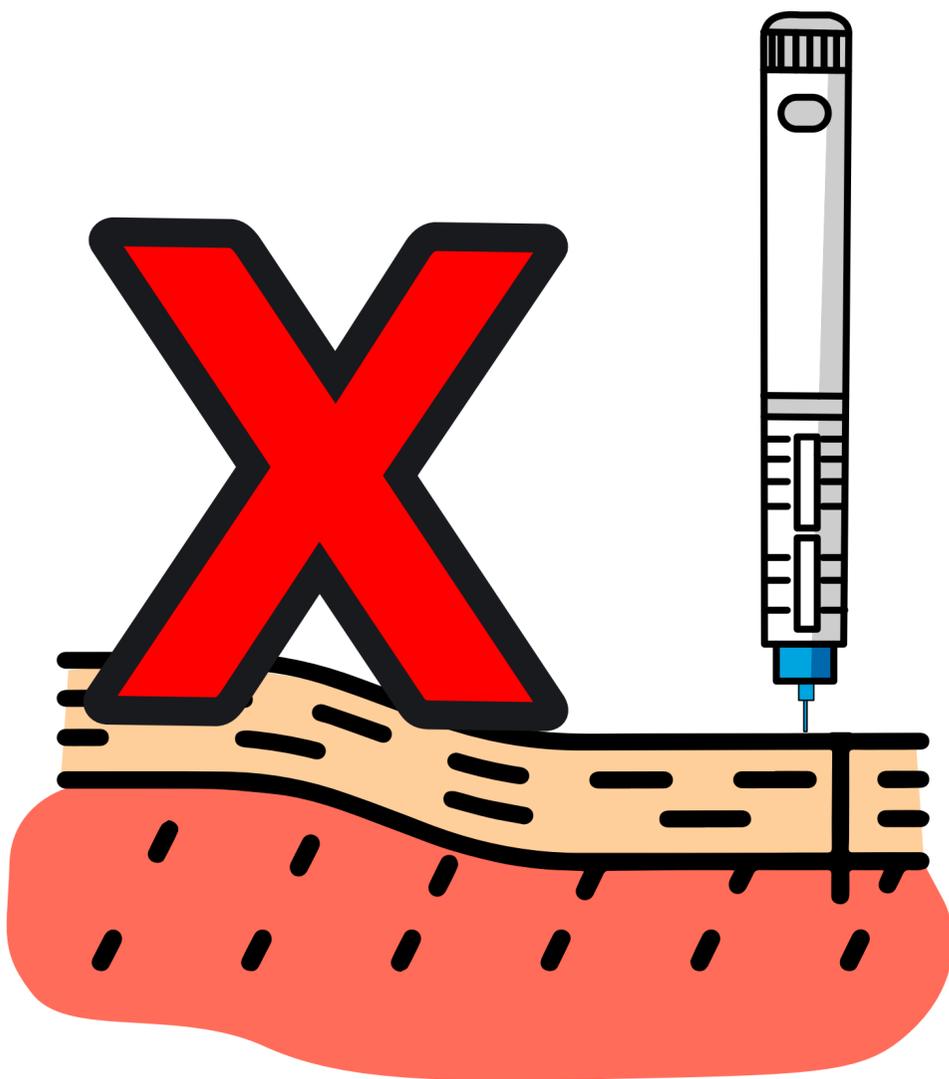
BUILD-UP OF FAT just below the skin's surface. The skin will feel lumpy and firmer than the rest of the skin on your body, usually occurring if multiple injections are roughly administered to the same part of the skin over a period of time.



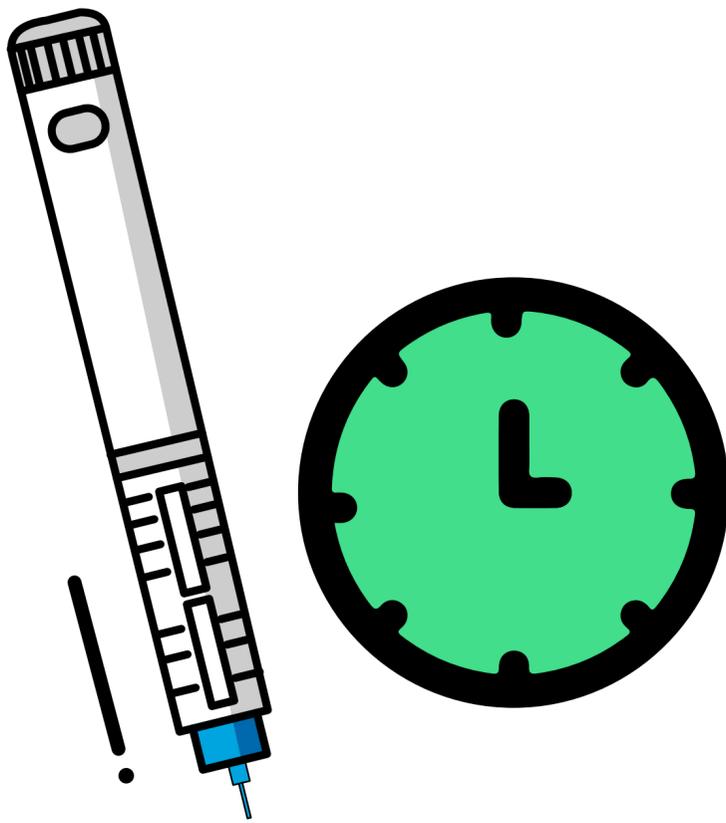
Note: Pain sensation gets reduced at Lipo sites which can be an indicator

LIPOS STOP INSULIN FROM WORKING PROPERLY.

When the skin becomes lumpy, and Insulin is injected into the lumpy area, **IT DOES NOT GET ABSORBED CONSISTENTLY.**



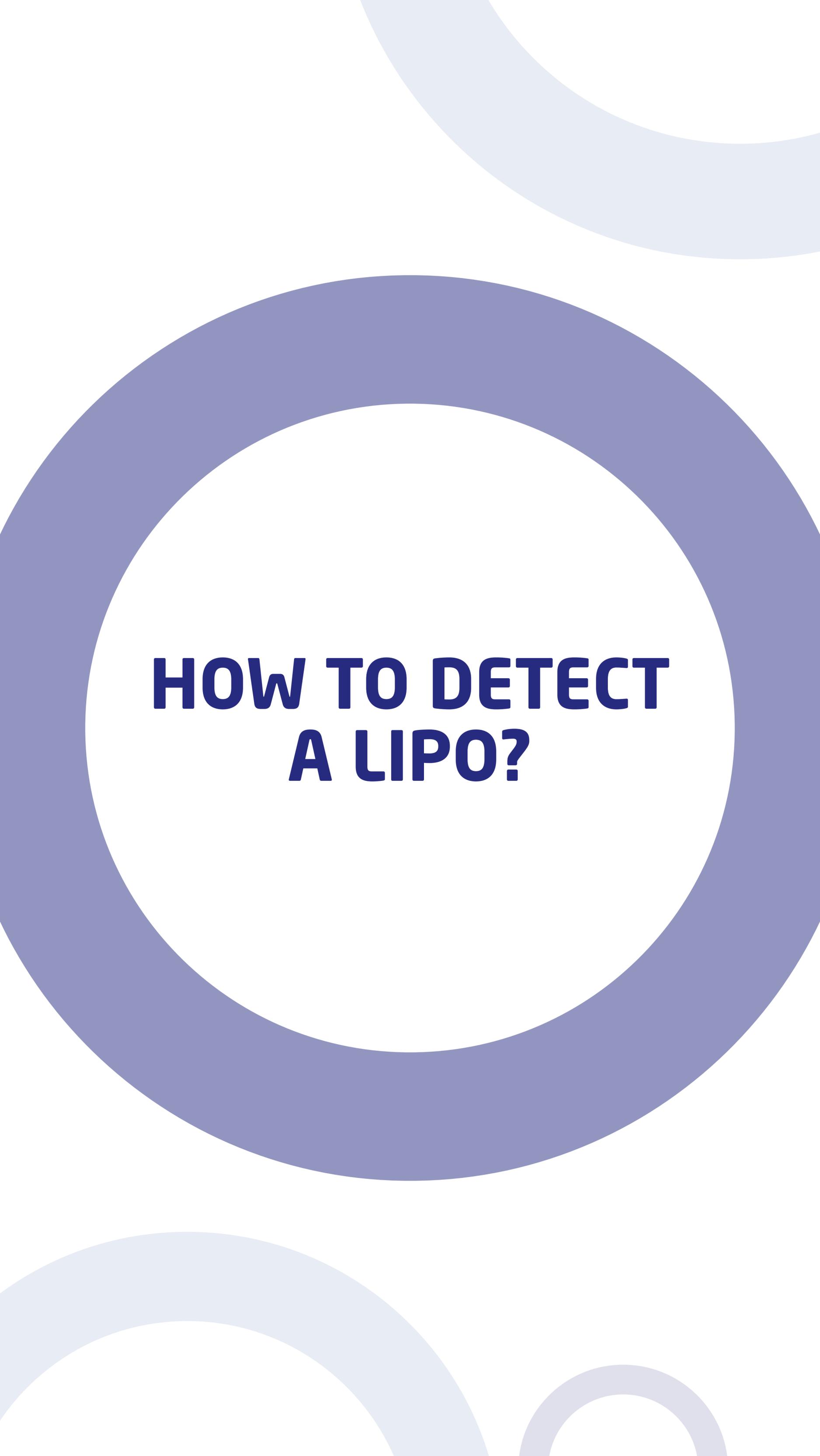
This means the **INSULIN TAKES LONGER TO BE ABSORBED**, leading to high blood glucose levels, **OR CAN GET ABSORBED TOO QUICKLY**, leading to Hypoglycemia.



IT IS IMPORTANT TO IDENTIFY LIPO FORMATION

by regularly checking the injection sites

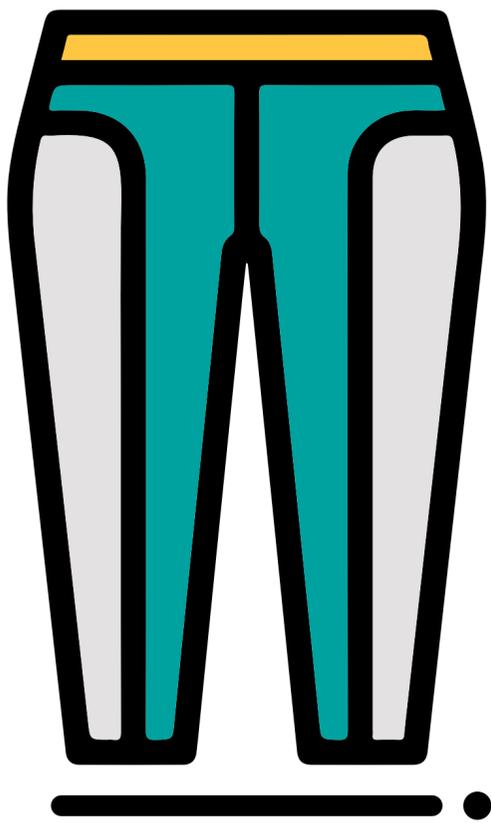




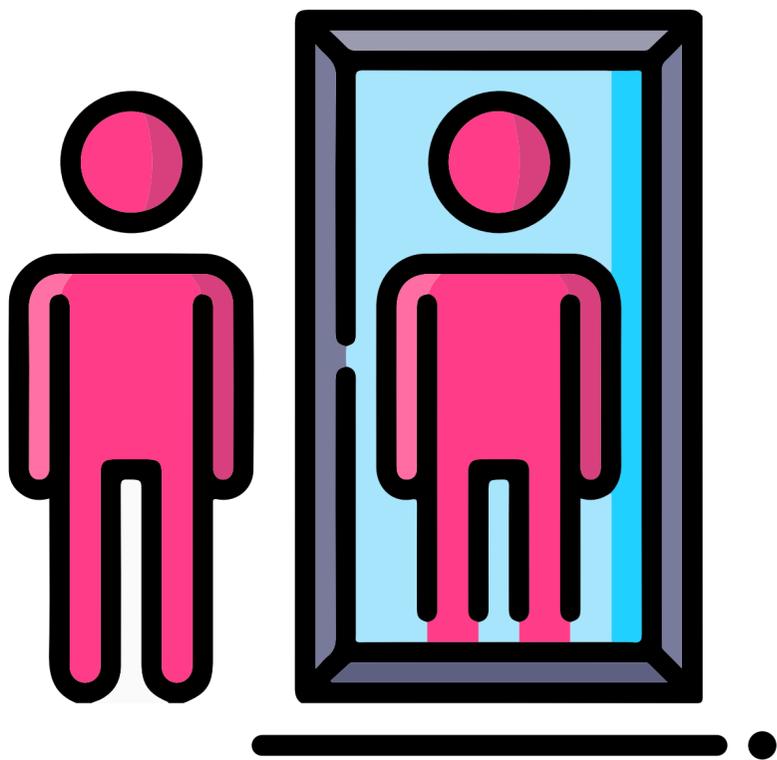
HOW TO DETECT A LIPO?

REMOVE ANY CONSTRICTIVE GARMENTS

from around and over the
places where you inject



OBSERVE YOURSELF in a
full-length mirror



**PLACE TWO FINGERS
AROUND THE VICINITY OF
THE INJECTION SITE.** With
a circular sweeping
motion, firmly press
downward and deep into
the fat layer.

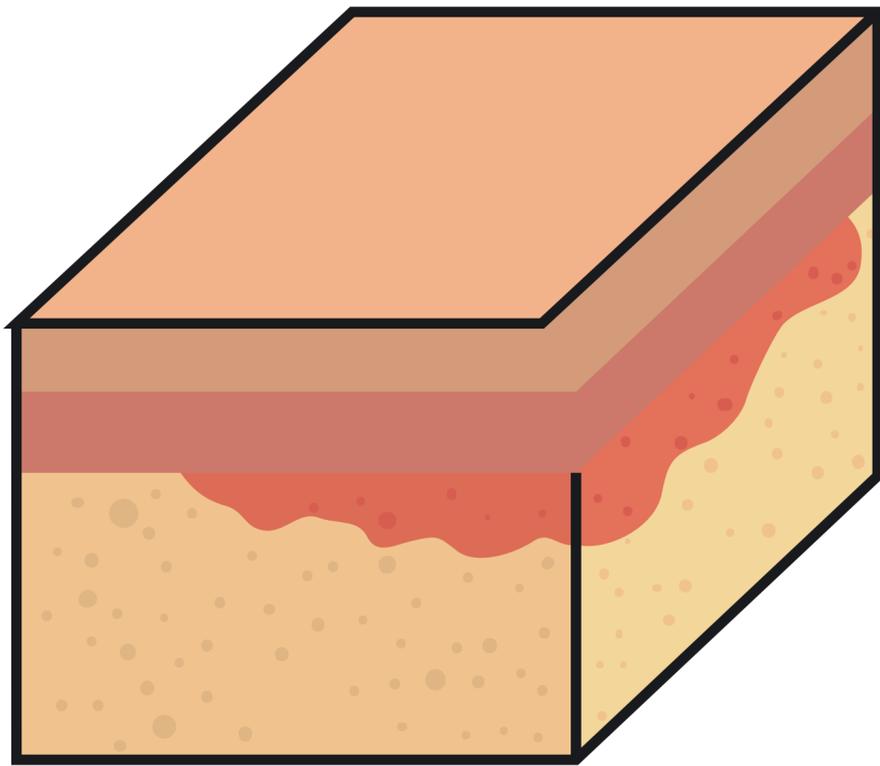


If you apply a gel or moisturiser to the examination area, **YOU WILL FIND THE EXAMINATION TO BE EASIER** and more comfortable.

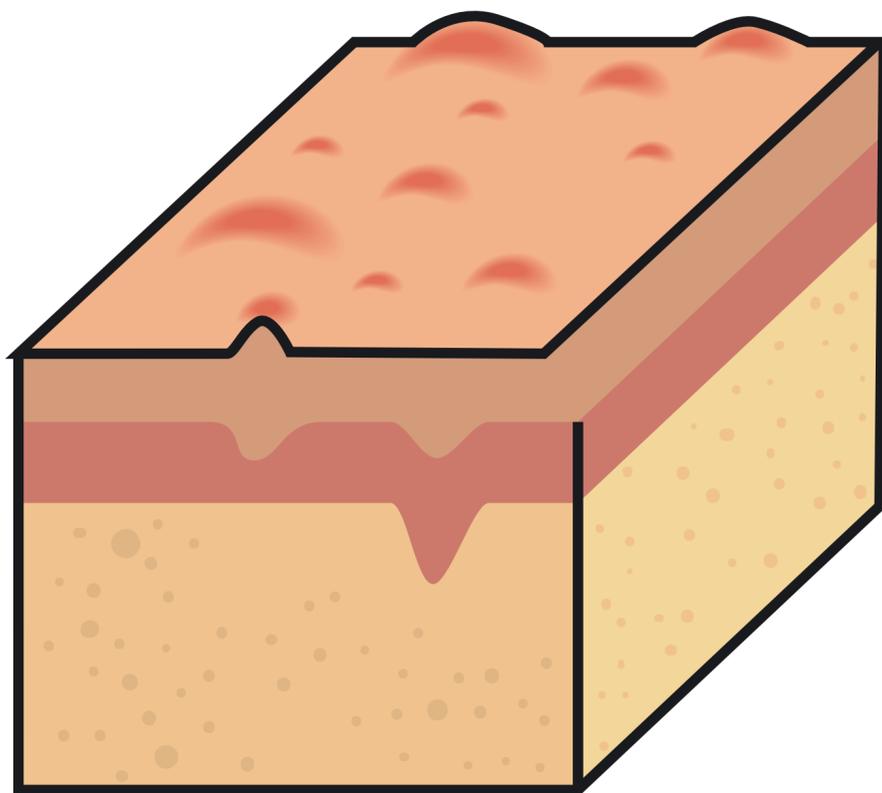


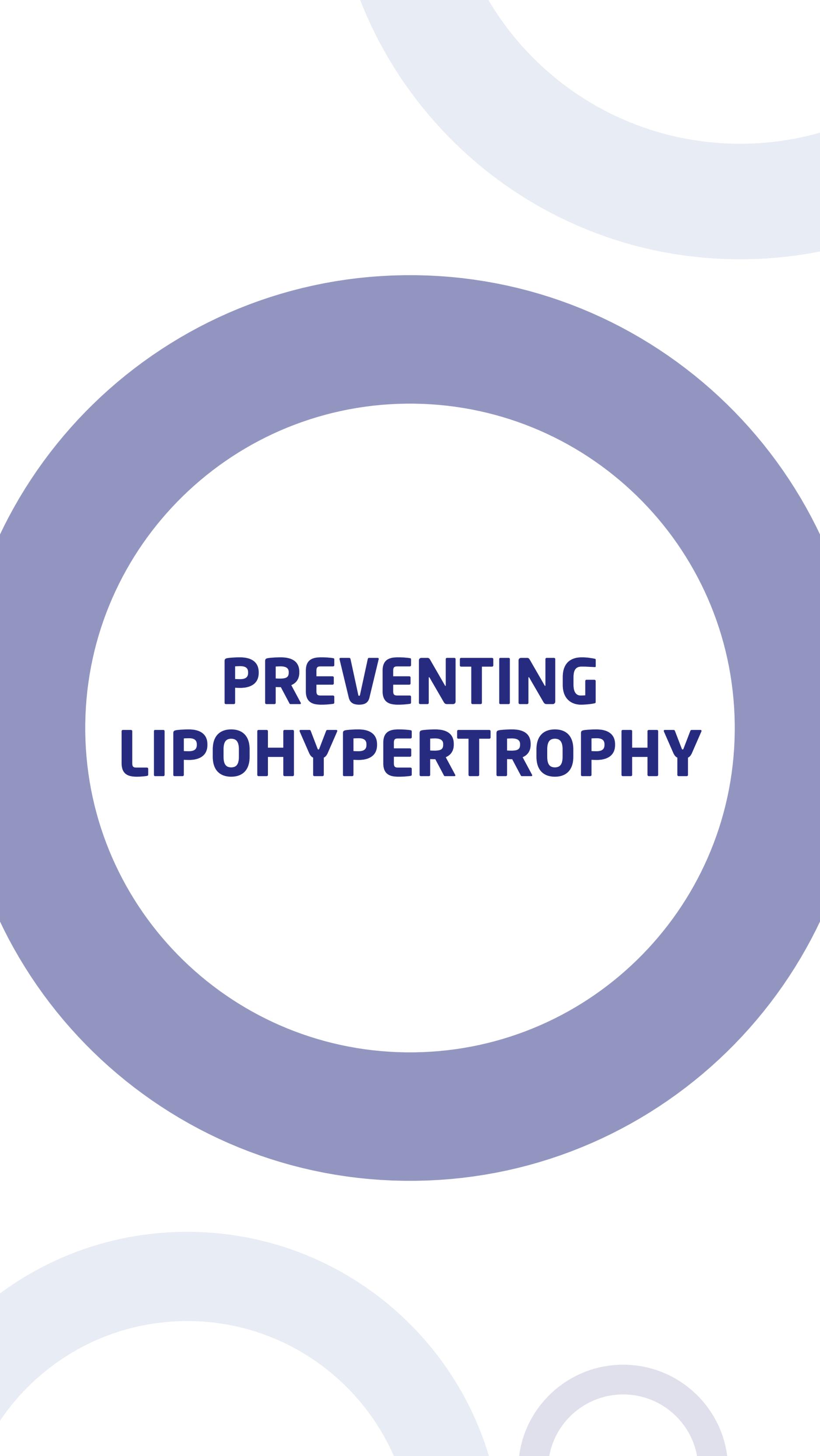
Note: You can also do this while having a bath with soapy skin

If there is no Lipo, **YOUR FINGERS WILL SIMPLY SQUASH THE SOFT FAT TISSUE**, if the tissue is healthy.



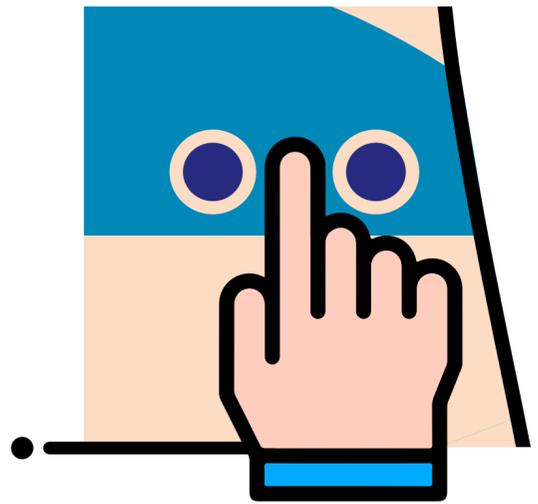
If Lipos are present,
**YOUR FINGER WILL FEEL A
HARD/RUBBERY TISSUE
RESISTANCE.**



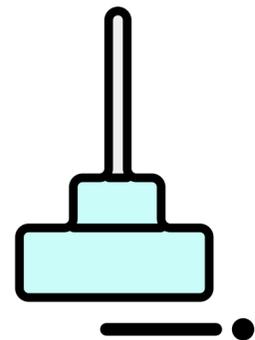


**PREVENTING
LIPOHYPERTROPHY**

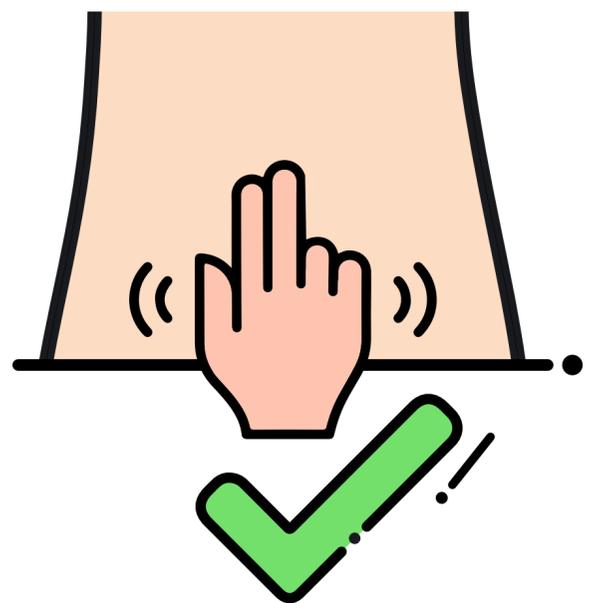
DO NOT INJECT AT THE SAME SITE REPEATEDLY and follow site rotation. Inject about the width of **A FINGER AWAY FROM THE LAST INJECTION POINT.**

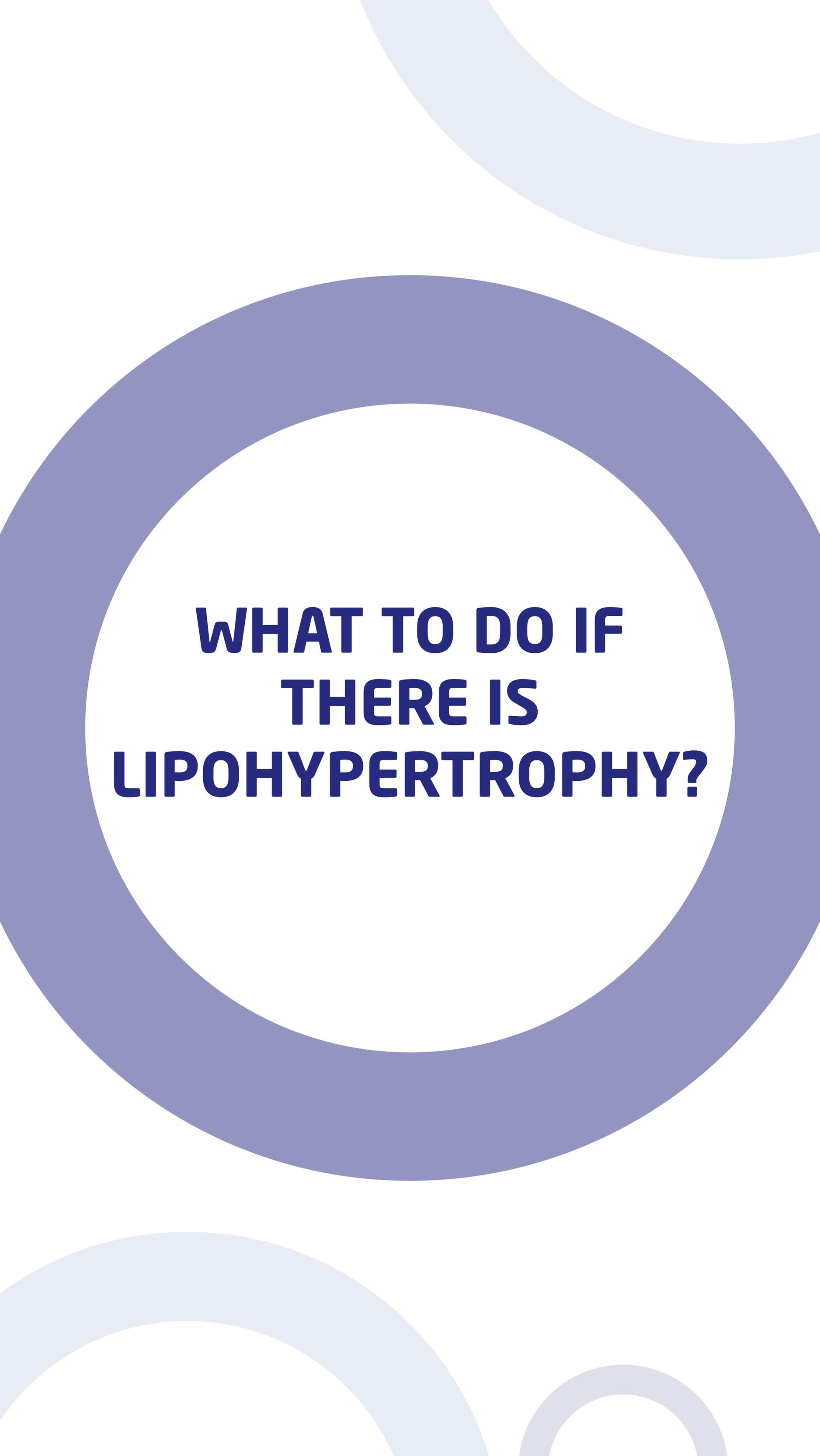


TRY AND FOLLOW single use of needles



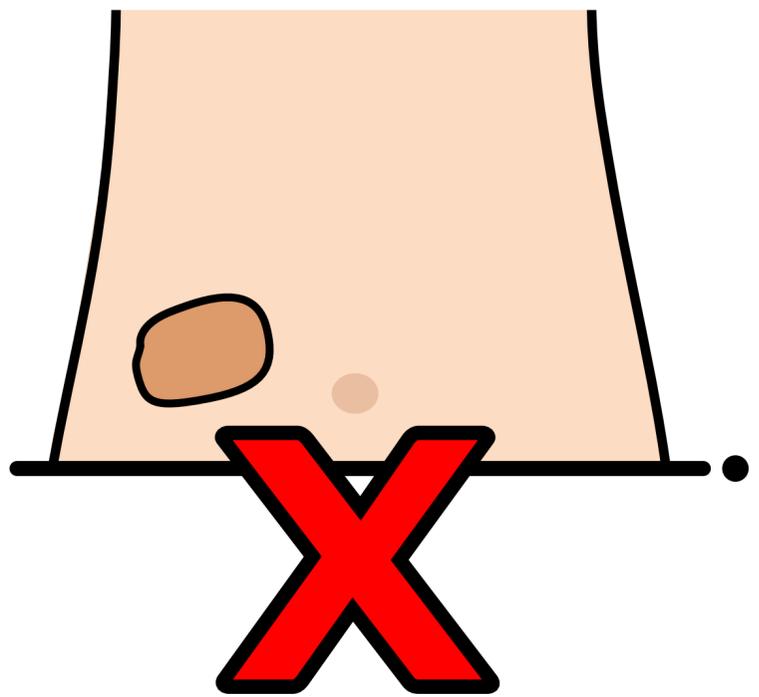
INSPECT THE AREA of injection regularly for lumps





**WHAT TO DO IF
THERE IS
LIPOHYPERTROPHY?**

DO NOT INJECT INTO THE SAME SITE until it heals completely. This can take upto 2-3 months.



Inform your doctor or **MyCARE** Diabetes Educator right away if you see any **LUMPS, BUMPS, OR SWELLING WHERE YOU'VE BEEN TAKING INJECTIONS.**



“ For more information,
contact your doctor or your
MyCARE Diabetes Educator.”



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Reference

1. Gentile, S., Guarino, G., Giancaterini, A., Guida, P., Strollo, F., & AMD-OSDI Italian Injection Technique Study Group (2016). A suitable palpation technique allows to identify skin lipohypertrophic lesions in Insulin-treated people with Diabetes. *SpringerPlus*, 5, 563.
<https://doi.org/10.1186/s40064-016-1978-y>
2. Diabetes.co.uk . Lipohypertrophy - Injections and Lumpy Skin (2019). Available at
<https://www.Diabetes.co.uk/conditions/lipohypertrophy.html>
3. Tandon N, Kalra S, Balhara YPS, et al. Forum for Injection Technique and Therapy Expert Recommendations, India: The Indian Recommendations for Best Practice in Insulin Injection Technique, 2017. *Indian J Endocrinol Metab.* 2017;21(4):600-617. doi:10.4103/ijem.IJEM_97_17

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