



Insulin Pumps

Dr Alex Bickerton – Consultant in Diabetes & Endocrinology

The ways of delivering insulin have also progressed. There are now a variety of pens that can be used to inject insulin and on top of that, also insulin pumps which give a small infusion of insulin constantly and are extremely flexible as well. One can adjust the rate at which the insulin goes in and adjust the boluses, the larger doses, that are given with meals both in terms of the amount but also the action of those insulins.

Lil Lintern – Type 1 Patient

So, with my insulin pump, it has made life a lot easier because I've got different basal rates depending on what I do and it's just the simplicity of it. When you've got a basal rate going through with your Lantus or your Levemir, it's a fixed dose to start with. It's really hard. So, if you are unwell or you're a female and you're going through that time of the month, it's not the same basal that you need so having different basal rates, it made a huge difference to my daily life.

Kay Johnson – Type 1 Patient

After about 17, 18 years, I was offered the pump. So, I did 3 days training for the pump and it has been the best thing that has ever happened to me. It is amazing. And then, about a year ago, I passed all the criteria for a sensor and that is just amazing. It's given me freedom. So, I'm very lucky. I'm a bionic woman and I really do have good control but you have to work at it and this has given me freedom. I don't have to think, have I got my finger prickers? The pump gives you freedom. Have I got my pen. Have I got this. It's just amazing so I get on with a normal life.

Sharon Blatcher – Type 1 Patient

I was offered the insulin pump and well, that has absolutely changed my life. I've been on my pump now for the past 12 months. It has taken away the anguish of having to inject, knowing that I have been injecting for a good part of the past 23, 24 years and that is really tough. The pump just allows you to feel more normal and just gives you the confidence that actually, your life's going to be okay. It has just taken the worry away from it. I do appreciate that you need to know what you're doing to be able to monitor how the usage of the pump is and check that it's all working but generally, I can forget about it and that's where I am today.

Kay Johnson – Type 1 Patient



I go on holiday, I've encountered no problems but again, I take it into my own hands. For instance, we went to Russia last year. So, when we walked around Russia, I didn't take my pump. I took my pen because I was just a bit worried about "Oh, what's that on your body?". So, I just lock it in the safe in the hotel or the ship or whatever and then take my pen and put it on as soon as I go back.

Sue Batchelor – Type 1 Patient

I think the thing I like about it most is, I don't have to give background insulin because the pump manages all that. It does the back ground and I bolus when I eat. I found some days if I was a day off, and I'm a gardener and I have a big garden and I'm working hard in the garden, often the background insulin will be knocking in and I can't stop it. So, I have much more control.

Kay Johnson – Type 1 Patient

If I am very stressed and the sugar levels go up, I just my, because my pump is a wife one, I just dial up some more insulin and it goes through. Ten, fifteen minutes later, I take my blood and if the blood's coming down I'm happy. If it is not, I take a little bit more insulin . I just deal with it really

Sharon Blatcher – Type 1 Patient

I believe that technology today is definitely the way forward with diabetes. It is a bit of a challenge, initially, when you are getting used to it yourself but in no time at all, you'll feel like it's just part of you and it actually changes your whole life.