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A Straightforward Quantitative Approach for the Outpatient Use of Insulin

For primary care providers, using insulin can present challenges that can be met by a straightforward approach using the following principles. Depending on when injected, each component of the insulin regimen has a maximal effect on a specific period of the 24 hour cycle, e.g., overnight, morning, afternoon, evening. The glucose pattern in that period determines whether the dose of that component of the insulin regimen requires adjusting. Regarding which insulin types and insulin regimens to use, human insulin (NPH and regular) is as effective (and less expensive) as analogue insulins and a 2-injection intensified insulin regimen is as effective (and more convenient to most patients) as a 4 injection one.

Biography:

Dr. Davidson is a Professor of Medicine at Charles R. Drew University and the David Geffen School of Medicine at UCLA. He has been caring for diabetic patients for over 50 years. He was the Past President of the American Diabetes Association (1997-1998), the Founding Editor of Current Diabetes Reports (2001) and the Editor-in-Chief of Diabetes Care (2002-2006). He received the Outstanding Physician-Clinician in Diabetes Award from the American Diabetes Association in 2016. Dr. Davidson is also the Chief Medical Officer of Mellitus Health, Inc.