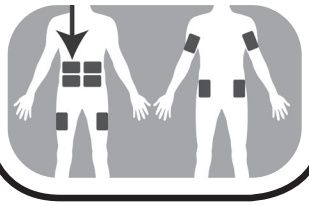
Why should you rotate your injection sites?

It matters more than you may realize.

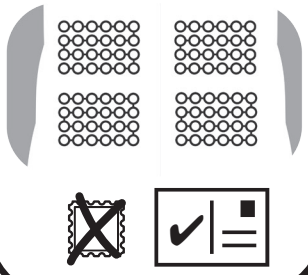
1 CHOOSE AN AREA

Abdomen, thigh, buttocks and back of arm



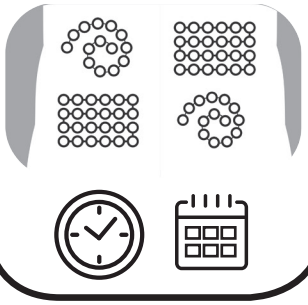
2 SELECT A ZONE

Use a large zone i.e. postcard

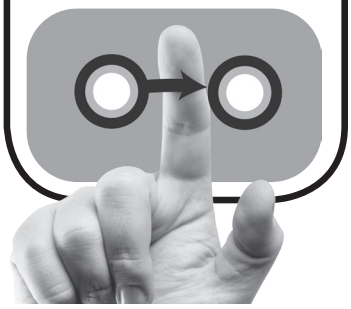


3 SELECT A SITE

Create a structured rotation plan



4 INJECT 1 FINGER WIDTH AWAY FROM LAST INJECTION



Properly rotate injection sites.

- To keep all injection sites healthy
- To reduce the amount of unexplained & frustrating ups and downs in blood glucose
- To reduce the chance of developing hardened lumps beneath the skin which can affect insulin absorption

Protect your skin

Injection comfort

Potentially **improve insulin absorption**

With every injection, **just two small steps** can make a difference:

1. replace your needle.

2. rotate injection sites.

Brought to you by BD Nano™ 4mm Pen Needles - the #1 Selling Pen Needle in Canada.*

*IMS Brogan 2017

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Caring for your feet

It matters more than you may realize.

People living with diabetes are 20 times more likely to be hospitalized for non-traumatic limb amputation[1]

Inspect and feel your feet

- Look at your feet daily for any issues including areas between toes
- Let a healthcare professional know if your feet are hot, you have a blister, cut, scratch or ulcer
- Avoid walking barefoot, and wearing shoes or socks that are too tight

~85%
of foot ulcers are preventable[2]

Caring for your feet

- Wash feet daily and dry them carefully especially between the toes (make sure water isn't too hot)
- Trim your nails straight across to prevent in-grown toenails
- Use moisturizers daily to lubricate dry skin (but not between the toes) and wipe off any excess, especially between the toes
- Use a concentrated healing and moisturizing balm for targeted therapy (for example severe skin dryness, fissuring, and callous formation)

1. Public Health Agency of Canada (August 2011); using 2008/09 data from the Canadian Chronic Disease Surveillance System (Public Health Agency of Canada)

2. Vig S, Alchikhal T, Turner B. The foot attack: Where are the defence mechanisms? Br J Diabet Vasc Dis 2014;2:72–4.

BD provides this pamphlet for informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this pamphlet.

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