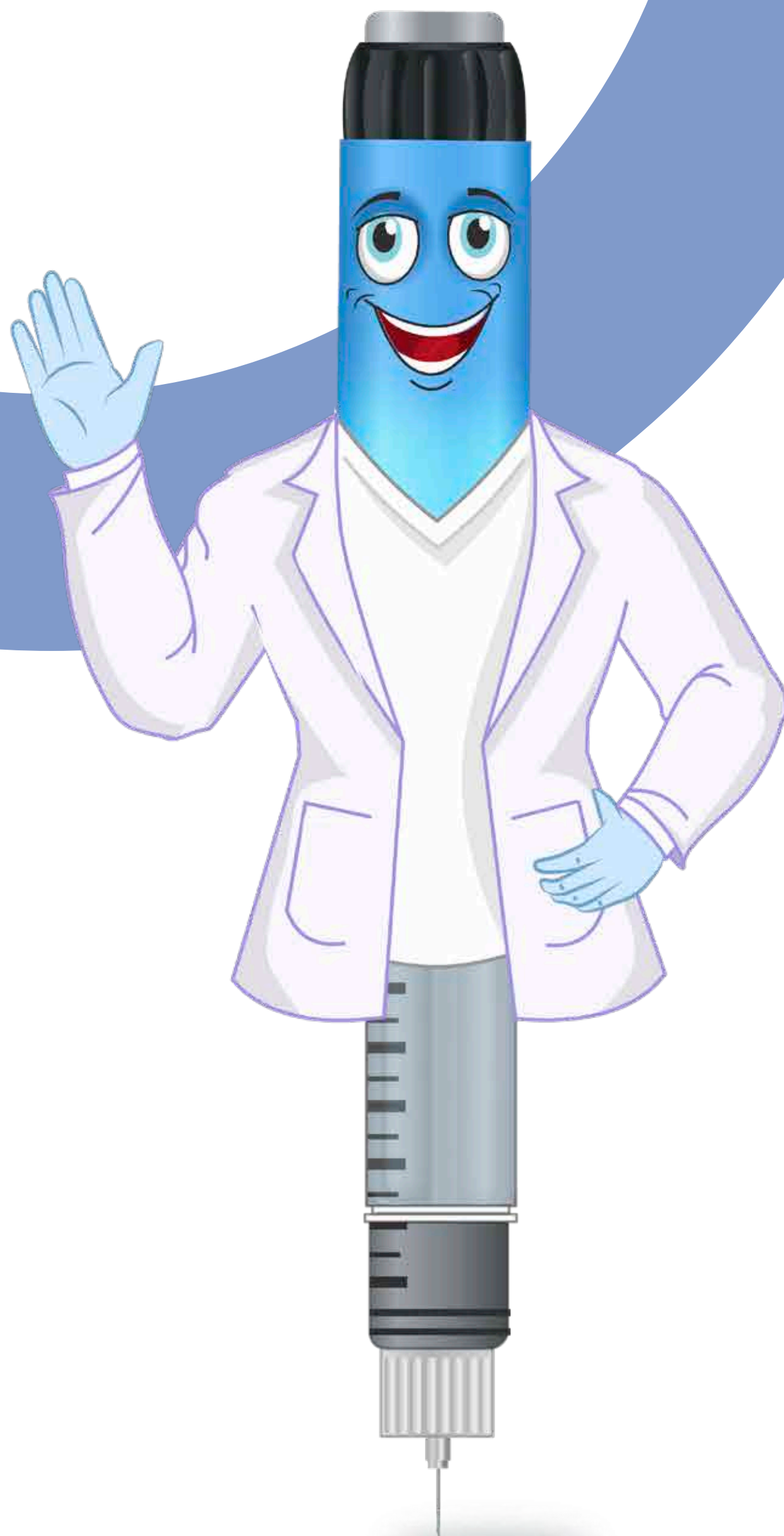


# MyCARE

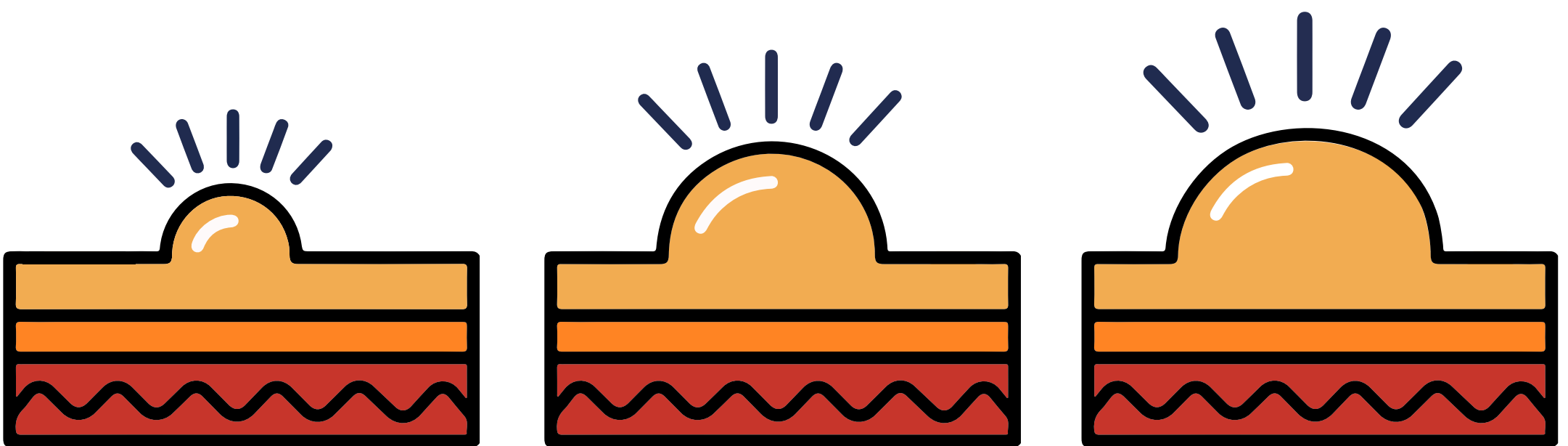
With me, every step of the way



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



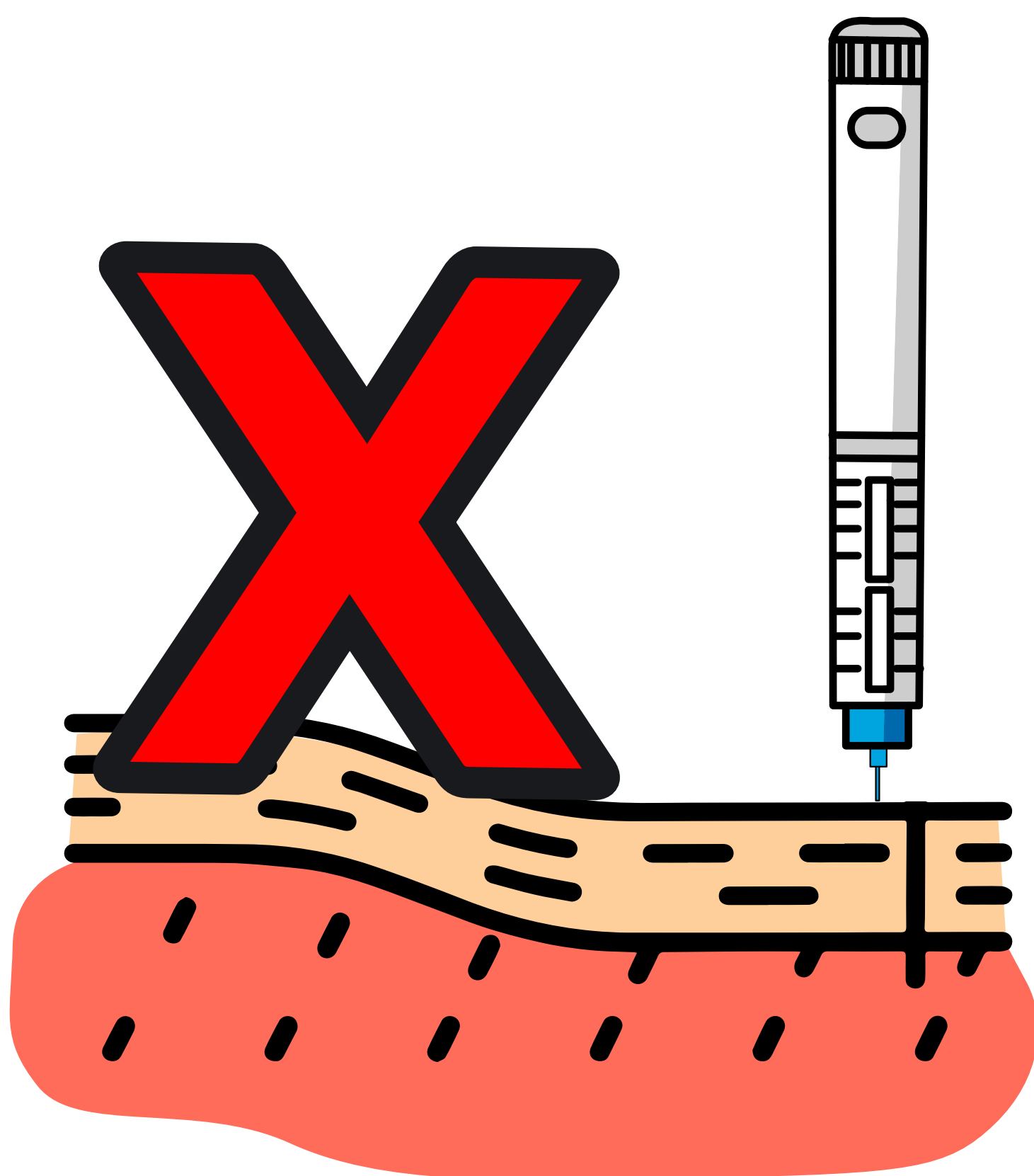
**LIPOHYPERTROPHY (LIPO)**  
**IS THE ABNORMAL**  
**BUILD-UP OF FAT** just below  
the skin's surface. The skin  
will feel lumpy and firmer  
than the rest of the skin on  
your body, usually occurring  
if multiple injections are  
roughly administered to the  
same part of the skin over a  
period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



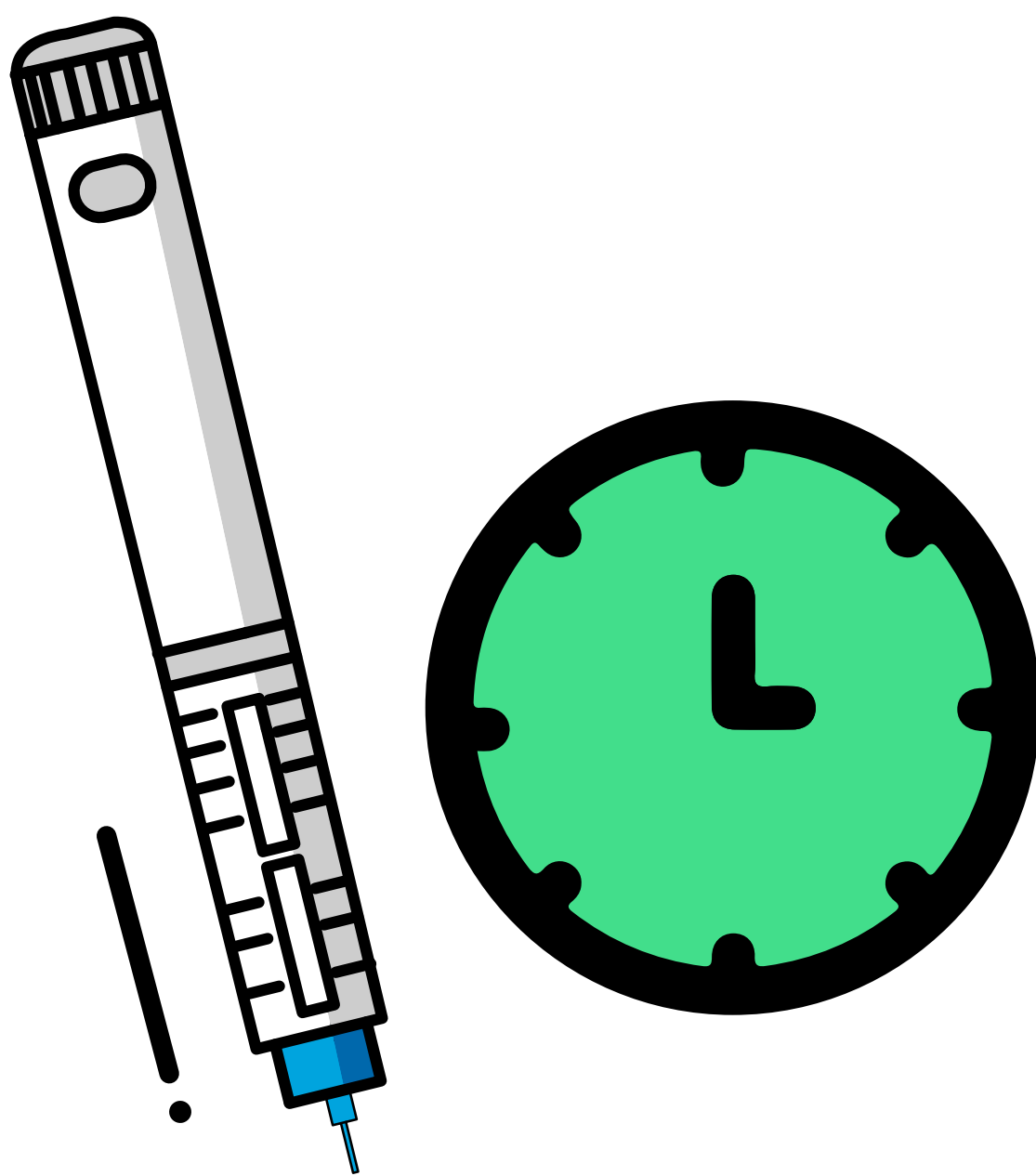
**Note:** Pain sensation gets reduced at Lipo sites which can be an indicator

# 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

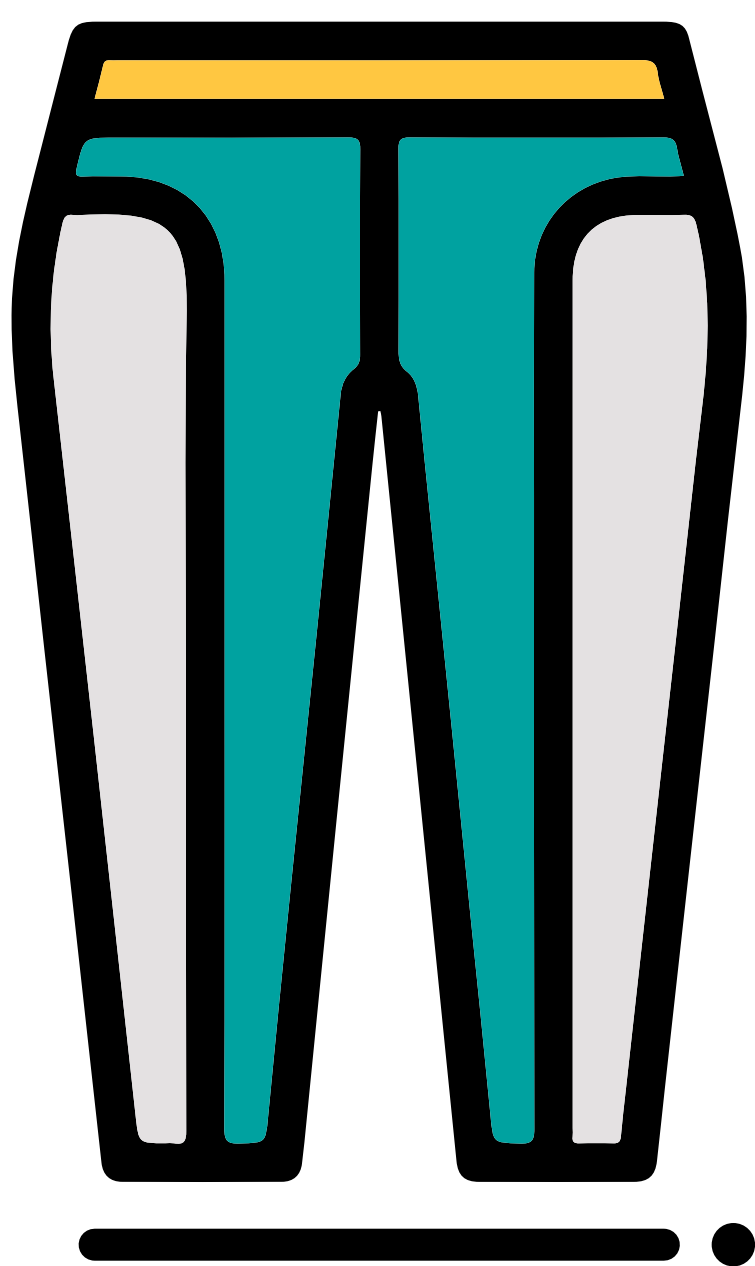
by regularly checking the  
injection sites



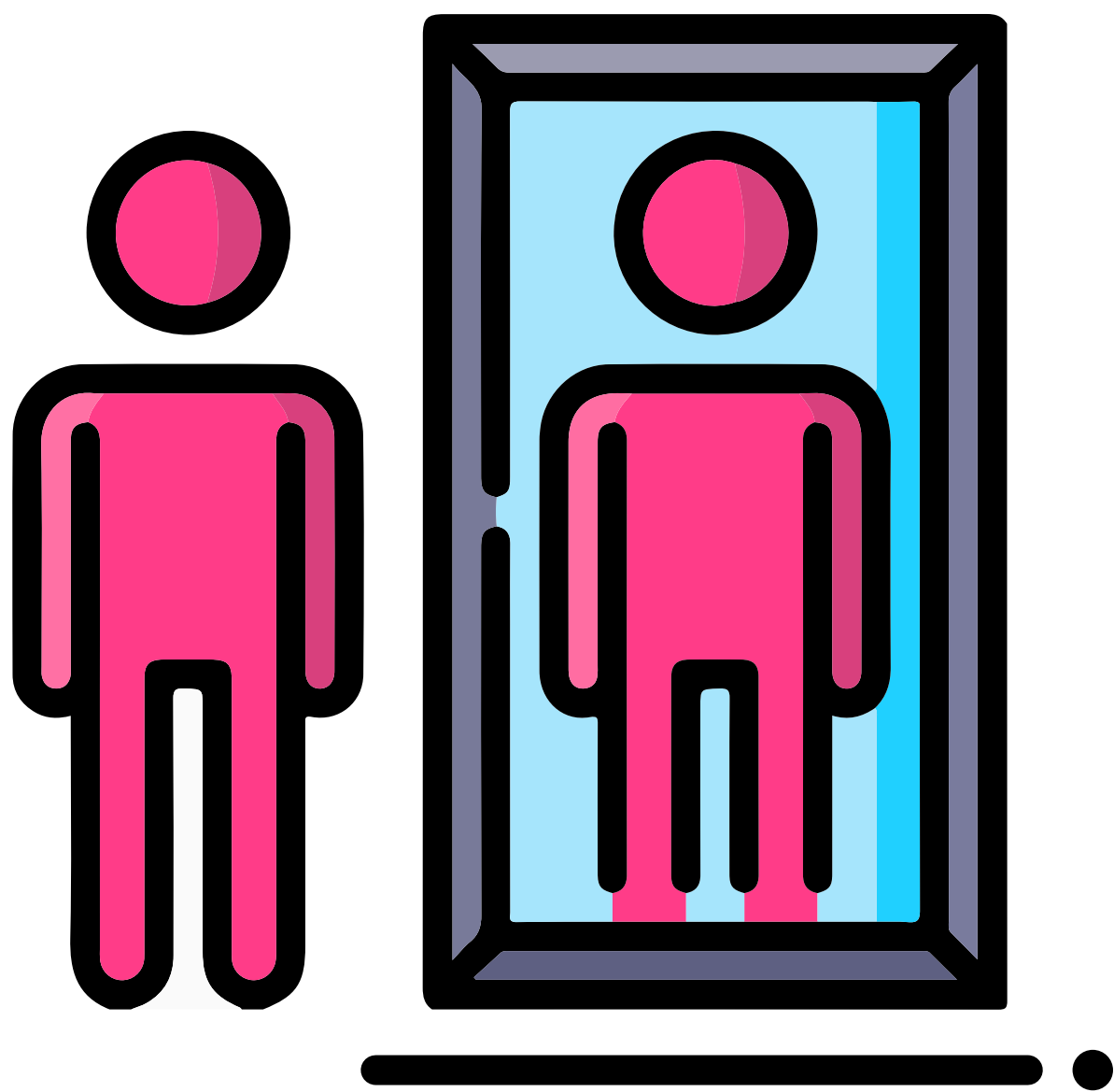


# **HOW TO DETECT A LIPO?**

**REMOVE ANY  
CONSTRUCTIVE GARMENTS**  
from around and over the  
places where you inject



**OBSERVE YOURSELF** in a  
full-length mirror

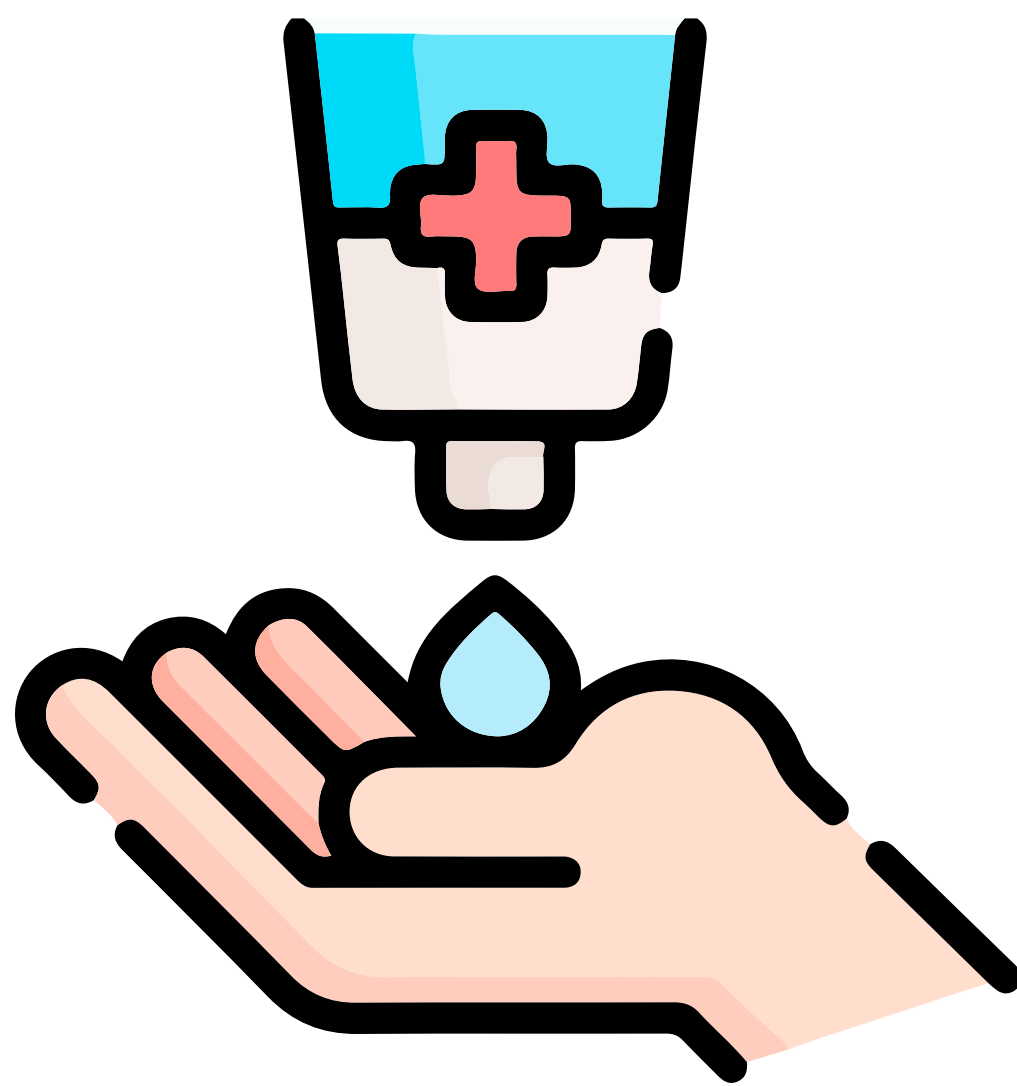




**PLACE TWO FINGERS  
AROUND THE VICINITY OF  
THE INJECTION SITE.** With  
a circular sweeping  
motion, firmly press  
downward and deep into  
the fat layer.

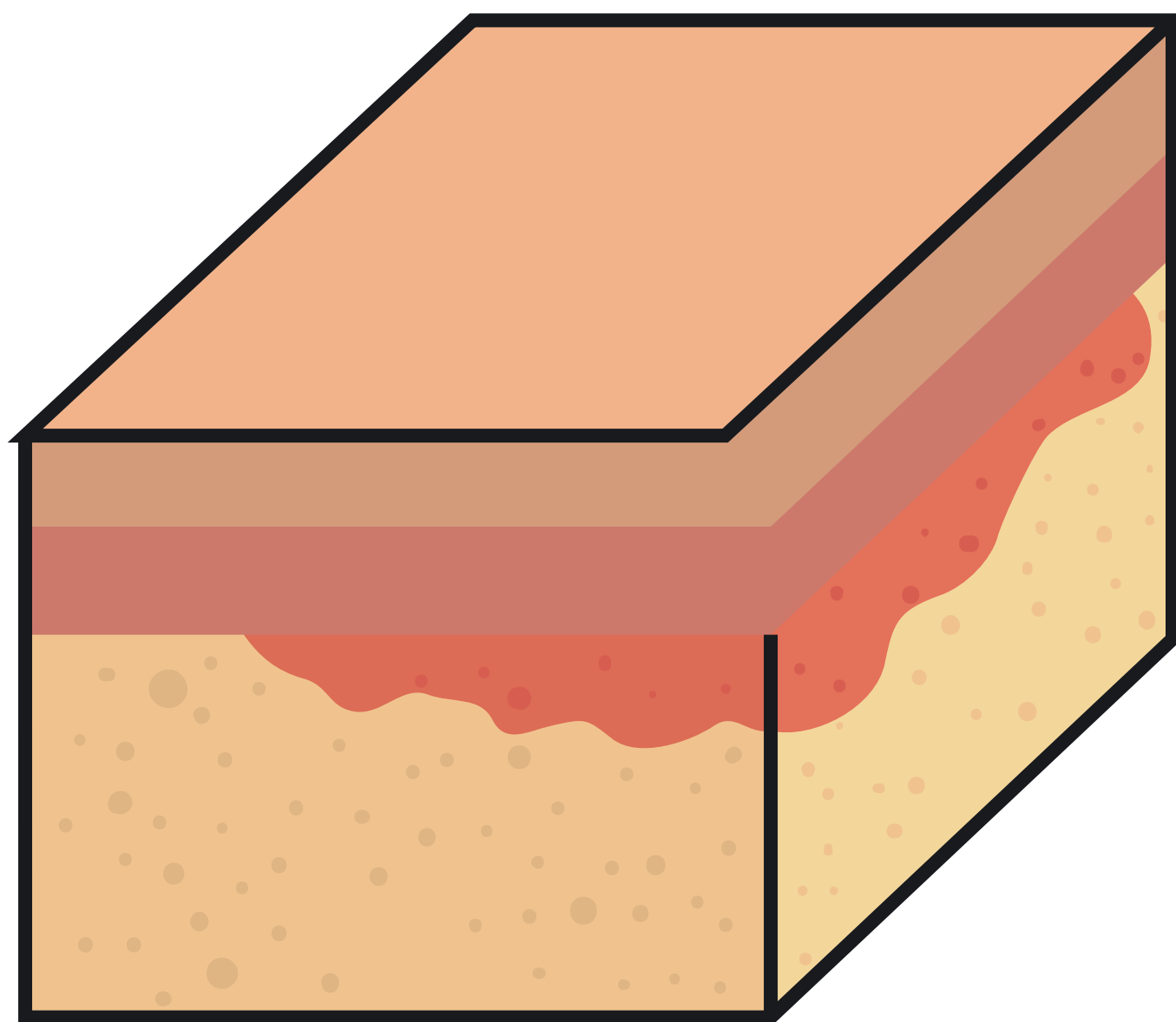


If you apply a gel or moisturiser to the examination area, **YOU WILL FIND THE EXAMINATION TO BE EASIER** and more comfortable.

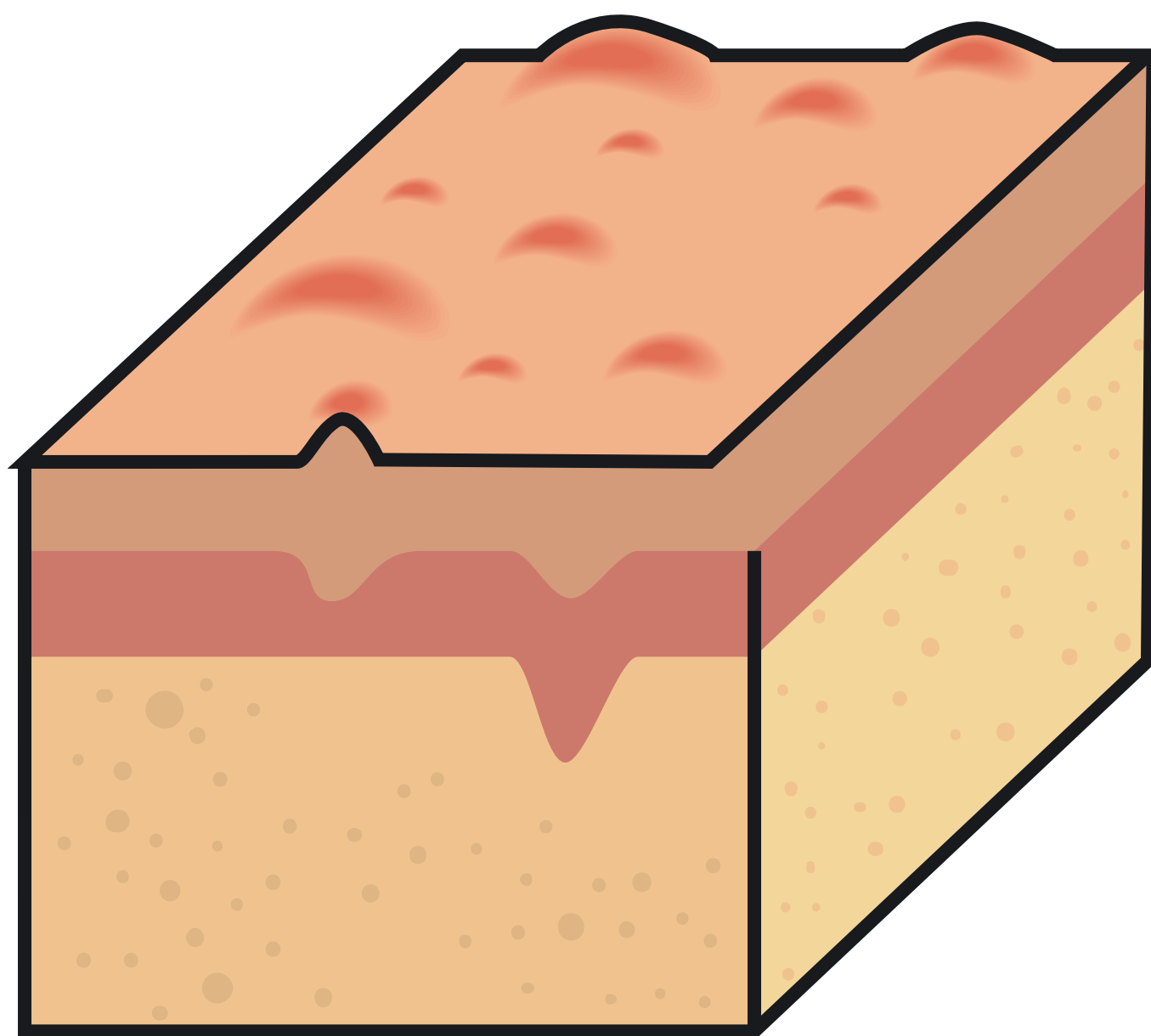


**Note:** You can also do this while having a bath with soapy skin

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



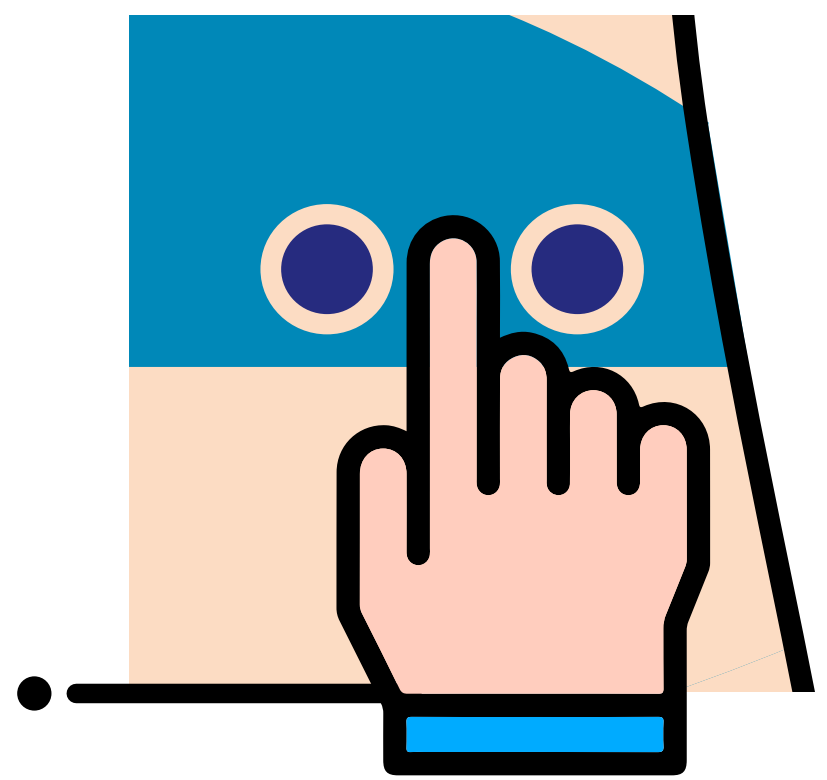
If Lipos are present,  
**YOUR FINGER WILL FEEL A  
HARD/RUBBERY TISSUE  
RESISTANCE.**



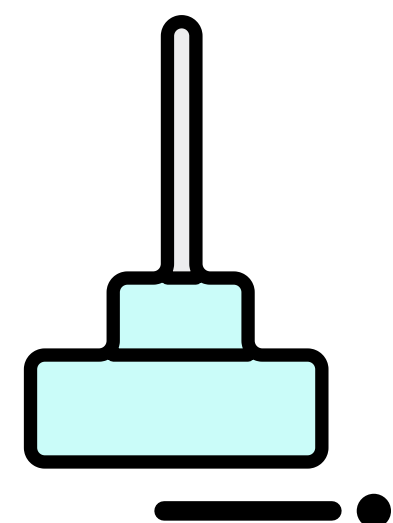


# **PREVENTING LIPOHYPERTROPHY**

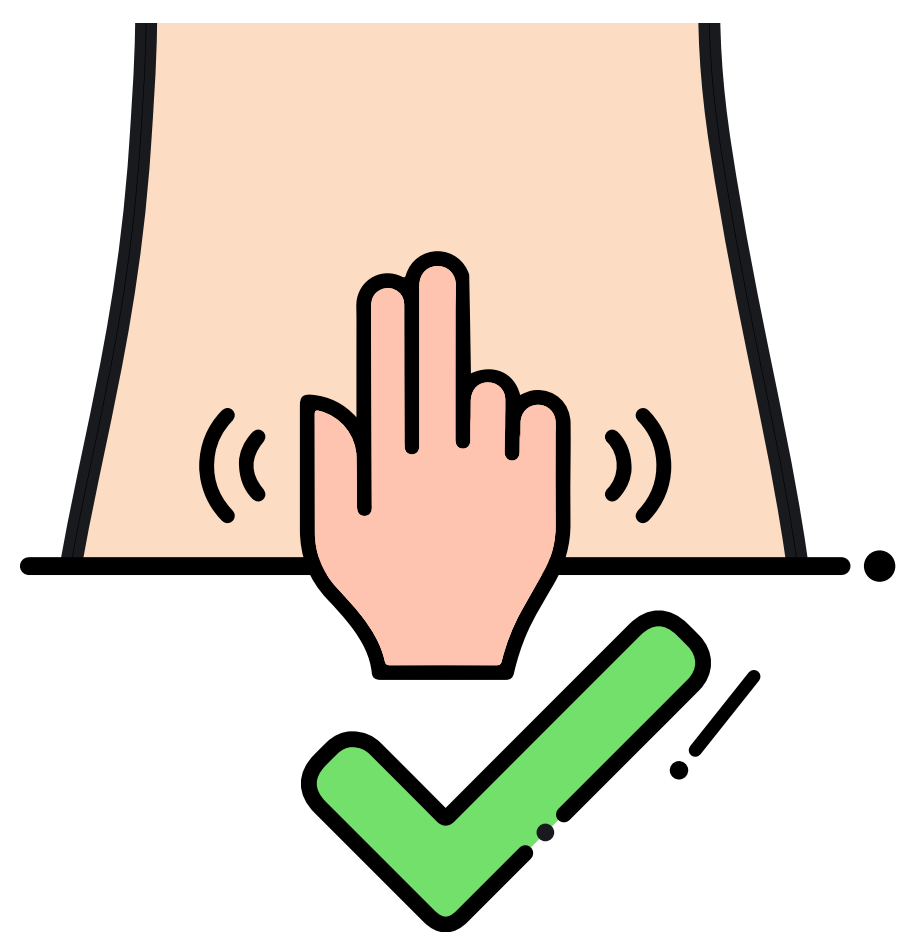
**DO NOT INJECT AT THE SAME SITE REPEATEDLY** and follow site rotation. Inject about the width of **A FINGER AWAY FROM THE LAST INJECTION POINT.**



**TRY AND FOLLOW** single use of needles



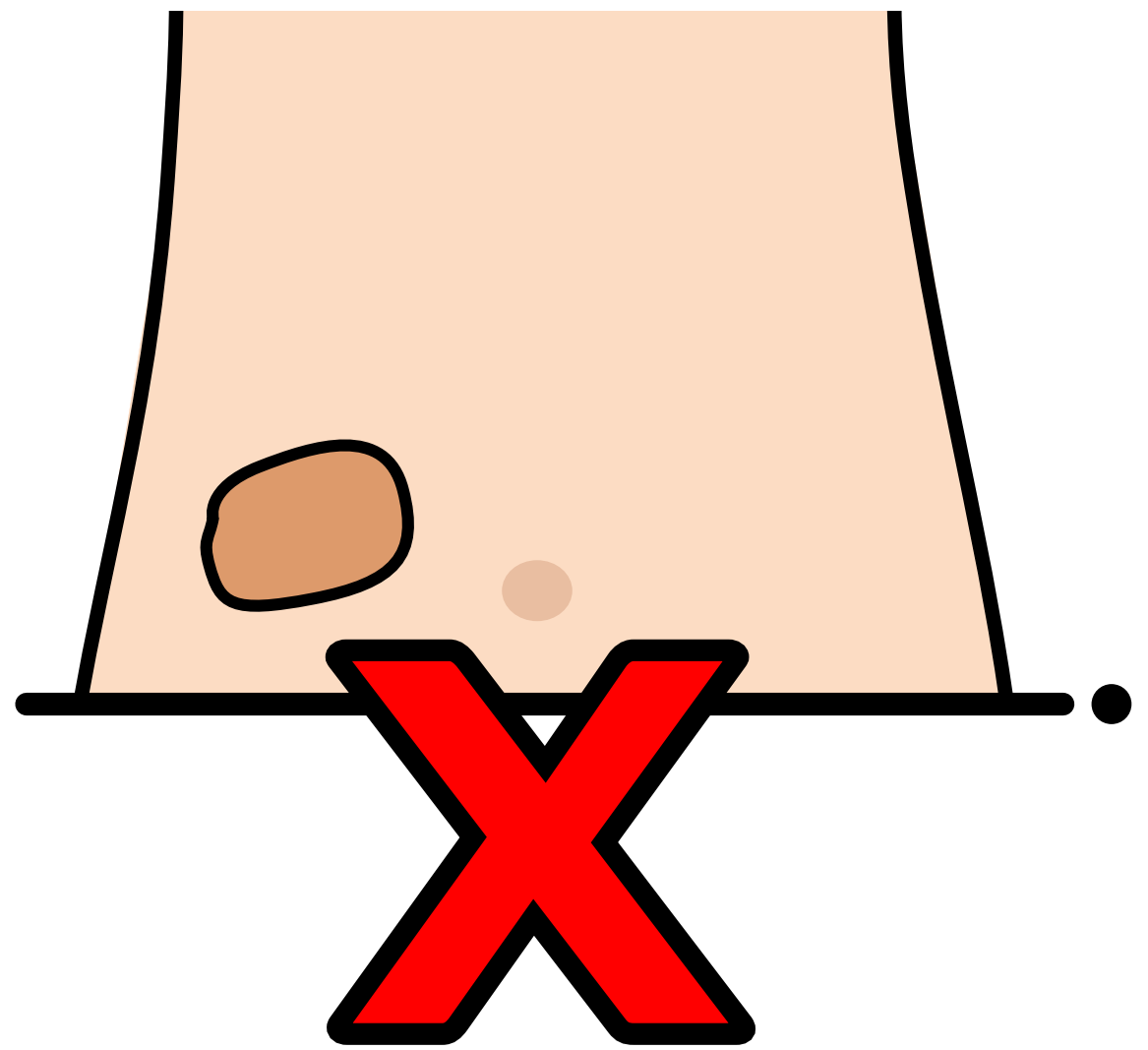
**INSPECT THE AREA** of injection regularly for lumps





**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.**”





With me, every step of the way

## 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

Issued in Public Interest by



The guide/presentation/content/literature is for general information, guidance and educational purposes only and is not complete or exhaustive. The guide /presentation/content/literature is not intended or implied to replace or substitute any current practice and or advice/guidance/diet provided by healthcare professionals. This guide/presentation/content/literature does not constitute any treatment/therapy/medication/diet/opinions for any patients who are on diabetes medication, the patients are required to prior consult their healthcare professional before acting on any change on treatment/therapy/ medication/diet and/or opinions. USV Private Limited makes no representations as to accuracy, completeness, correctness, suitability or validity of any information contained in this guide/presentation/content/ literature and will not be liable for any losses, injuries or damages arising from its use.

