

# What's the point of a new needle?

It matters more than you may realize.

protect your skin

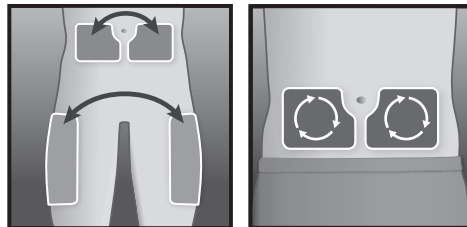
Use a new insulin syringe/pen needle every time. Using the same needle for multiple injections may increase injection pain and may increase the risk of damaging the needle — and your skin.<sup>1</sup>

injection comfort

Healthy skin is good for you in more ways than one. Using a new insulin syringe/pen needle with each injection and rotating your injection sites may help reduce the chance of developing hardened lumps beneath the skin that can cause inconsistent insulin absorption.<sup>1</sup>

potentially improve insulin absorption

The arms, abdomen, thighs and buttocks are generally recommended injection sites. It's important that you rotate your injections within each site and between each site, on a regular basis. This may allow your body to more consistently absorb the insulin you inject and help better manage your diabetes.<sup>2</sup>



Change sites.

Rotate within sites.

Talk with your doctor or diabetes educator to develop a rotation plan that's right for you.

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

- 1. replace your needle.**
- 2. rotate injection sites.**

1. Frid, A, et al. *Diabetes Metab*, 2010. 36(2):53-518

2. Blanco M, et al. *Diabetes Metab*, 2013. 39(5):445-53