

Let's Talk about Lipohypertrophy and Injecting Insulin



Injecting Insulin

Do you inject insulin? Repeatedly using the same area to inject can lead to **Lipohypertrophy** which is an accumulation of fatty deposits under the skin. This is not just a cosmetic issue. Lipohypertrophy can lead to poor and inconsistent insulin absorption and wreak havoc on your blood sugar control. It is estimated that 20 to 40% of people with **Type 1 diabetes** and 4% with **Type 2 diabetes** develop lipohypertrophy.

Please read this article on the problem of “Lipohypertrophy” from the British Medical Journal: Poor Glycaemic control caused by Insulin Induced Lipohypertrophy

Chowdhury TA, Escudier V. Poor glycaemic control caused by insulin induced lipohypertrophy. BMJ : British Medical Journal. 2003;327(7411):383-384.