



Dominika

In better control with her pump since 2012

I HAVE JUST BEEN DIAGNOSED WITH TYPE 1 DIABETES



MiniMed® Veo™



The diagnosis of Type 1 diabetes may come as a shock and may lead to many questions, such as: Why is this happening to me? How will my life change? How can I regain control?

Managing diabetes **may seem overwhelming**, especially at the time of diagnosis. The key is to learn as much as possible about the condition and to understand the different ways to **keep glucose levels** within the target range as much as possible.

Read the real-life stories of other people with Type 1 diabetes and discover how they have **found their way to better control**.

“When I was diagnosed with diabetes I basically went into denial. I was not interested in treating my disease. I simply did not want to admit I had it. But then, a girl I knew developed serious long-term complications because she had not managed her diabetes well. I had just found a doctor who really believed in insulin pump therapy, so I decided to try it. Now, thanks to my MiniMed Veo pump, I have much better blood glucose control, I live a normal life and best of all, I’m actually looking forward to the future.”

Dominika, Poland

Being diagnosed with Type 1 diabetes

When first diagnosed with Type 1 diabetes, many people naturally wonder how it will affect their lives both immediately and in the future. **Understanding diabetes** and the impact of activities such as eating, exercise, sick days and everyday life on your glucose levels is an important part of glucose management.

After eating, food is broken down into **glucose** which is needed to give the body energy for all daily activities. Our bodies need **insulin** to help transfer glucose from the blood stream to the cells and insulin is normally produced by the **pancreas**.

When the pancreas does not produce insulin the glucose remains in the bloodstream, leaving cells without any energy. The high glucose level in the blood causes the more acute physical signs and symptoms of diabetes. To treat diabetes **it is important to take into consideration many factors** of its management, including blood glucose monitoring, carbohydrate intake, physical activities and insulin requirements to ensure good blood glucose control and to reduce the risk of complications.

By understanding the body’s needs and learning how to keep blood glucose within recommended levels, it is possible to manage diabetes effectively.

Many people after being diagnosed with Type 1 diabetes resume a **happy, healthy lifestyle and enjoy normal activities**. Through understanding **how to control blood glucose levels**, activities such as eating out, sleeping in on weekends, playing sports and travelling abroad for trips or holidays can still be enjoyed to the full.

“When I was diagnosed, I had problems getting motivated to control my glucose levels and didn’t take my diabetes seriously.” **Dominika, Poland**



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Ways of managing blood glucose levels

To keep blood glucose levels in the target range and to reduce the risk of complications, accurate doses of insulin need to be delivered to the body. Different therapies can include:

- **Conventional Therapy:** 2 to 3 injections per day of mixed long and short acting insulin
- **Multiple Daily Injections (MDI):** injecting 3 or more times per day with rapid acting insulin and 1 to 2 times per day with long acting insulin
- **Insulin pump (Continuous Subcutaneous Insulin Infusion):** CSII replaces the need for frequent injections by delivering rapid acting insulin 24 hours a day. A programmed insulin rate mimics the basal insulin production by the pancreas and can be better adjusted to the body's needs. Rapid acting insulin acts very quickly to help minimise variations in blood glucose levels in response to carbohydrate intake or if needed to lower high blood glucose values



Jane and Emily
In better control with their pumps since 2011 & 2012

Reduce HbA1c, reduce complications

HbA1c: An important measure of how effectively diabetes is being managed using a measure of the amount of glucose that has attached itself to each red blood cell over the preceding 2-3 months to assess the level of diabetes control.

The DCCT (Diabetes Control and Complications Trial) study confirms that **lowering HbA1c by just 1%** can decrease the risk of developing micro vascular complications by up to 40%.^{*} HbA1c should be monitored every 3 months with **the goal of keeping it below 7% (53mmol/mol)**, or at the target set by your physician.^{*}

Ideal glucose values vary between 4.0 and 7.8 mmol/L, and you may want to consider trying to achieve these targets in daily life with self-monitoring of blood glucose (SMBG) levels using a personal glucose meter.^{*}

Hypoglycaemia ("hypos") refers to when the blood glucose level is low, usually below 3.5mmol/L, but this can vary depending on the individual. Hypoglycaemia can be mild, where its symptoms are felt and action can be taken by eating or drinking something with carbohydrates. Severe hypoglycaemia requires assistance from another person and may need treatment at a hospital.

Hyperglycaemia ("hypers") refers to when the blood glucose level is high, usually above 11.1 mmol/L, but this can vary depending on the individual. Glucose levels above 15 mmol/L need to be treated quickly to help avoid acute complications.

It can be a challenge to reach and maintain the HbA1C goal whilst minimising the risk of hypoglycaemia. **Insulin pump therapy enables adjustment of the insulin regime to meet the body's requirements.**

*references kept on file and are available on request; please contact your local Medtronic representative.

So, as someone who has been recently diagnosed with Type 1 diabetes, how can you keep your glucose levels under control whilst maintaining your lifestyle?

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For many, an insulin pump offers an ideal solution

To deal with the challenges of **keeping blood glucose levels under better control**, many people with Type 1 diabetes **rely on insulin pumps**.

An insulin pump is a **small device**, about the size of a mobile phone that can be **easily carried** on a **belt**, inside a **pocket**, or even attached to a **bra**.

An insulin pump can help you and your healthcare team to more closely **mimic the way a healthy pancreas delivers the basal insulin to the body** by providing small amounts of rapid acting insulin during the day and night.

It can **help to better manage the need for insulin dose adjustment**, particularly after meals and overnight and can thus **help to achieve better glucose control**.

Instead of frequent injections, all that is needed on pump therapy is a **change of infusion set every few days**.



Dominika's real size pump

*"I played many sports and always wanted my best performance, but I found it difficult to achieve good control with insulin pens." **Simon, Germany***



How does the MiniMed® Veo™ help control glucose levels?

The MiniMed® Veo™ allows for **better glucose control** due to the ability to adjust insulin delivery, reducing the risks of hypes and hypos. With insulin pump therapy users can benefit from:

- **Easier dosing:** calculating insulin requirement can be a complex task with many different aspects to be considered. In the MiniMed Veo, the built-in **Bolus Wizard®** feature helps to ensure **accurate dosing** by taking into account any insulin already in the body, the current glucose levels, carbohydrate intake and personal insulin settings to determine the right dose
- **Fewer injections:** **precise** amounts of rapid acting insulin are delivered throughout the day by the infusion set which is easily removed and replaced every 2 to 3 days
- **Greater flexibility:** the MiniMed Veo can be **instantly adjusted** to allow for exercise, during illness or to deliver small boluses to cover snacks. This can be easily done with a **touch of a button**, rather than with an injection. There is even a **temporary basal rate** option to proportionally reduce or increase the basal insulin rate, an option that can be used during exercise or illness, for example

*"The pump changed a lot in my life, I can do all I want. I can also take it off... when I take a shower, at the seaside or when I exercise." **Teresa, Italy***

- More **convenience:** the MiniMed Veo offers the additional convenience of a **wirelessly connected blood glucose meter**. This meter automatically sends blood glucose values to the pump, allowing **more accurate Bolus Wizard calculations**. It also **stores this information in a digital diary** along with your insulin doses

Clinical studies confirm that many Type 1 patients of all ages who switch from MDI to insulin pump therapy report improvements in their quality of life and increased satisfaction with their treatment.*

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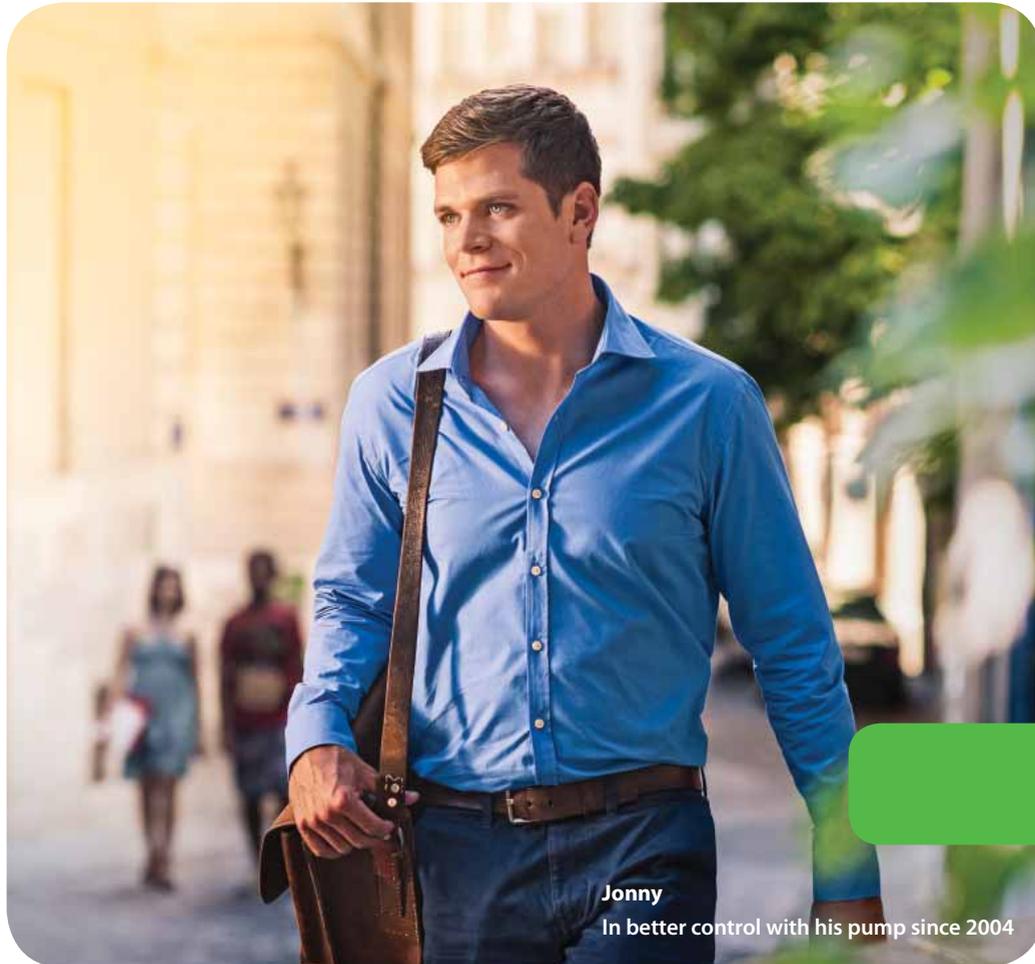
How the MiniMed® Veo™ helps in daily life

The MiniMed® Veo™ can **help maintain target levels** and reduce hypoglycaemia*. Easily managing your insulin needs can allow a more **flexible lifestyle**.

MiniMed® Veo™ and Food

Food plays a central role in diabetes management. If you are using frequent injections, it can be more difficult to manage delayed meals, skipped meals or diverse diets. With the MiniMed Veo **balancing insulin requirements with food can be easier**, for example, the different bolusing options can be used to **match the needs of the situation and the meal type**.

*references kept on file and are available on request; please contact your local Medtronic representative.



Jonny
In better control with his pump since 2004

The **Bolus Wizard®** feature makes calculating the amount of insulin needed easier, as it **does the maths** based on: carbohydrate intake, blood glucose levels, insulin to carb ratios and the amount of active insulin in your body. This helps to ensure you are getting precisely the right amount of insulin to manage your glucose levels.

MiniMed® Veo™ and Exercise

Regular exercise is important for body and mind and is recommended by most physicians. Exercise may also lower blood glucose levels. The MiniMed Veo offers **the ability to adjust the basal rate** of insulin as needed for the activity; from a competitive match to a gentle hike, and helps reduce the risk of post exercise hypoglycaemia. **Many athletes** with Type 1 diabetes use an insulin pump to gain better glucose control.

MiniMed® Veo™ and Night Hypos

Basal needs may change over the course of 24 hours. With MDI long acting insulin doses are usually matched to the average need and typically do not cover for these fluctuations. With the MiniMed Veo, **different basal rates matched to hourly personal requirements can be set**, which could help to minimise hypoglycaemia, especially overnight when sleeping.*

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*"There are so many things you can learn about at diagnosis, including insulin pumps, that will help you live well and take control." **Jonny, Canada***

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Is an insulin pump right for me?

Many people with Type 1 diabetes may benefit from an insulin pump without even knowing it. In general if they experience any of the following, they could get better control with an insulin pump:

- Fear of needles
- Difficulty in managing highs and lows
- Fear of hypoglycaemia, especially at night
- HbA1c outside target range
- Reduced hypoglycaemia awareness
- Concerns about long-term complications
- Seeking more flexibility in everyday life

The best way to stay within a healthy glucose range is to test blood glucose levels (SMBG) at least 4 times per day and make adjustments to the therapy as needed. The MiniMed® Veo™ with the use of the Bolus Wizard® can make these calculations and adjustments to help improve glucose control.

"I decided for using the pump after I started thinking about the future. I would not forgive myself if did not do anything for my children."

Dominika, Poland

Talk to your physician about insulin pump therapy and whether it may be right for you.

Additional options available with the MiniMed® Veo™

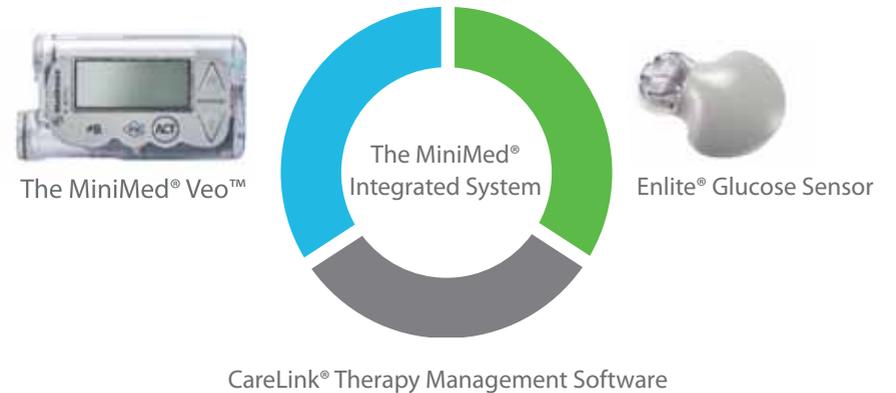
The MiniMed® Veo™ is also available with the additional integrated function of Continuous Glucose Monitoring (CGM) and CareLink® Therapy Management Software.

The MiniMed Veo when coupled with CGM is the **only insulin pump** with a feature which can help reduce the impact of hypoglycaemia*. If glucose levels fall too low, the MiniMed Veo can turn off insulin delivery for up to 2 hours. It can also **indicate if glucose levels are rising or dropping quickly by sounding an alert**. This can be a big advantage compared to SMBG alone as the MiniMed® Integrated System will also alert when crossing pre-set threshold limits and shows current glucose trends.

To learn more about these additional options and how they can improve diabetes therapy, please visit our website www.medtronic-diabetes.co.uk, or speak to your healthcare team.

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The MiniMed® Integrated System



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If you have a question about insulin pump therapy or you would like to learn more about how a Medtronic insulin pump could give you Better Control then you can contact us by:

email: believeinbettercontrol.uk@medtronic.com

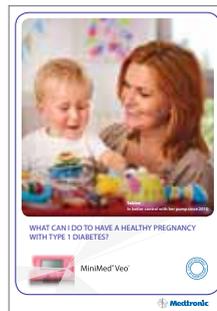
Phone: **01923 205167** Press option 3

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