

## **Soundbite Script – Celebrating 100 Years of Insulin**

**Tanya Munger, Nurse Practitioner, OSF HealthCare Endocrinology**

“Patients who required insulin when there was none, were treated with starvation diets. Low carbs, sometimes only 400 to 500 calories a day. It did extend their lives by a few years but, ultimately, a lot of those patients died from starvation or malnutrition.”

**Tanya Munger, Nurse Practitioner, OSF HealthCare Endocrinology**

“In 1922 is when we gave the first injection of insulin to a 14-year-old young man named Leonard Thompson. His blood sugars were dangerously high and within 24 hours of receiving the insulin his blood sugars dropped to near normal levels. So it was very exciting.”

**Tanya Munger, Nurse Practitioner, OSF HealthCare Endocrinology**

“For a long period of time the only option of delivering insulin was with a vial and you would draw the insulin out of the vial with a syringe and administer it. Now-a-days, we have insulin pens which are flex pens so they don’t have to do anything except take the cap off the pen, screw the needle on, dial up the dose in the window of the pen and administer it without worrying about dialing up the right amount. That’s been a wonderful thing for our patients who use insulin.”

**Tanya Munger, Nurse Practitioner, OSF HealthCare Endocrinology**

“I’m really excited to see how the quality of the insulin we use now-a-days has improved so much. I think it’s great to see how we’re able to deliver and administer the insulin has improved and pens and moving away from vials and syringes. I’m super excited about the innovation and technology and what the researchers are doing moving forward to try and make diabetes management much easier for our patients so they can have a better quality of life.”