

## Injecting Insulin is Part of My Diabetes Self-Management

By Barbara Mora

*This video is not intended as an instructional video on how to give yourself insulin. It was developed to role model diabetes self-care for patients using insulin. Patients should talk to their health care provider about how to inject insulin.*

Barbara Mora is Paiute/Dine, and author of the IHS Division of Diabetes Treatment and Prevention book, *Using Our Wit and Wisdom to Live Well with Diabetes*. Barbara and her husband Bob live on the Bishop, Paiute Reservation at the base of the Sierra Nevada Mountains. They harvest sage and other traditional plants. They make baskets, and do beadwork. They participate in traditional ceremonies. Bob is Barbara's driver, enabler, and partner in crime, when she is on the lookout for bargains or beads. Even though Barbara is busy, she has managed to fit another thing into her schedule -- taking insulin.

Recently she visited the Chehalis Tribe's Diabetes Care and Prevention Program in Washington State. To help Native people overcome their fear of insulin, she talked about how easy it is to give herself an insulin shot. Here, Barbara is giving herself the shot in her upper arm. The first thing I do in the morning, I relax and I think, "What do I want to accomplish by taking insulin?" What do I need to do? Do I need to be afraid? No! I don't need to be afraid! This is a medicine that's going to help me be there for my grandchildren, for my nieces, for my nephews. I want to be that strong elder person, so I start by getting out my vial of insulin. And I'm cleaning the top of it. And then I take my insulin needle, I put it right through the soft top, and I invert it, and then I slowly draw it back. Now I have it to the correct dosage. I'm taking my insulin needle and you barely can feel this, barely, and I think I've had ant bites that feel worse than this. And I'm starting to inject it slowly and I think of all the good it's going to do. I'm going to have a productive day, I'm going to have a happy day, I'm going to be happy and this is going to help me, this is a tool. I take my time, and I'm injecting. I pull it out. That's it! Look, no bleeding! No hurt! I'm ready to begin my day. I don't feel anything. I don't feel pain. I feel like, yes, that's something I have to do, and it's done, and it's not a big deal. It's not an inconvenience. I'm not crying. I'm not upset. I feel like I've set myself up for a beautiful day. I have grown to appreciate insulin. It helps me. It's there for me. It makes me productive. It makes me joyful. And I can have a happy day, and you can too. Ajo. Many thanks to Barbara and Bob Mora, for agreeing to make this video. They shared Barbara's experience with insulin to help Native people lose their fear of insulin and live long, happy, productive lives.

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