

# Types of Insulin for People with Diabetes

INSULIN		
INSULIN TYPE*	GENERIC NAME	BRAND NAME
<b>Rapid-Acting</b> Onset: about 15 minutes Peak: about 1 or 2 hours after injection Duration: last between 2–4 hours	aspart	Fiasp
		NovoLog
	glulisine	Apidra
	lispro	Admelog
		Humalog
	Lyumjev	
<b>Regular- or Short-Acting</b> Onset: about 30 minutes Peak: about 2 to 3 hours after injection Duration: last between 3–6 hours	human regular	Humulin R
		Novolin R
<b>Intermediate-Acting</b> Onset: about 2 to 4 hours after injection Peak: 4 to 12 hours later Duration: it is effective for about 12 to 18 hours	human nph	Humulin N
		Novolin N
		ReliOn
<b>Long-Acting or Basal Insulin Analogs</b> <b>Ultra Long-Acting</b> Onset: between 2 and 6 hours Peak: continuous, “peakless” action that acts the way your body normally releases insulin Duration: tend to lower glucose levels up to 24 hours or longer	degludec	Tresiba
	detemir	Levemir
	glargine	Basaglar
		Lantus
	glargine u-300	Toujeo
<b>Inhaled Insulin</b> Onset: Within 12 to 15 minutes Peak: 30 minutes Duration: Out of your system in 180 minutes Note: Must be used with injectable long-acting insulin in patients with type 1 diabetes and in type 2 diabetes patients who use long-acting insulin.	technosphere insulin-inhalation system	Afrezza

\*Costs for insulin vary due to types and doses.

# Common Additional Medications

## COMMON BLOOD PRESSURE MEDICATIONS

### DRUG CLASS

**ACE Inhibitors** Lower blood pressure by keeping your blood vessels relaxed. ACE inhibitors prevent a hormone from forming in your body and narrowing your blood vessels. They also help protect your kidneys and reduce your risk of heart attack and stroke.

**ARBs** Keep the blood vessels open and relaxed to help lower blood pressure. Like ACE inhibitors, ARBs also protect your kidneys.

**Beta Blockers** Help lower blood pressure and relax your heart by allowing it to beat slower and with less force. Beta blockers help prevent heart attack and stroke.

**Calcium Channel Blockers** Help the blood vessels relax by keeping calcium out of your blood vessels and heart.

**Diuretics** Help rid your body of extra water and sodium through urine. Sometimes called “water pills.”

## CHOLESTEROL MEDICATIONS

### DRUG CLASS

Statins

Cholesterol absorption inhibitor

PCSK9 Inhibitor

Fibrates

Omega-3 fatty acids

Bile acid sequestrants