

## **Insulin treatment often fails to achieve recommended levels of blood sugar control**

Although medical recommendations increasingly encourage strict blood sugar control for type 2 diabetes, conventional approaches of using insulin may not be the optimal solution for most patients. Specifically, patients who are already in moderate control and are using pills to treat their diabetes are likely to receive only modest improvement from insulin. Given the unpleasant and costly nature of frequent insulin treatments often required to achieve tight blood sugar control, we may need to reconsider whether a universal policy of tight control for all diabetics is justifiable. Targeting patients with early-age onset and those with poor control for more intensive treatment must be our first priority.

Hayward RA, Manning WG, Kaplan SH, Wagner EH, Greenfield S. Starting insulin therapy in type II diabetes: effectiveness, complications and resource utilization. *JAMA* 1997;278(20):1663-1669. Contact: Rod Hayward, MD, (734) 930-5100, e-mail at [rhayward@umich.edu](mailto:rhayward@umich.edu).