

100 Reasons Why

we are grateful for the
discovery of insulin

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Sanofi celebrates the 100 people in this digital book,

and every person living with or caring for someone with diabetes. Each of the nine chapters has a unique focus – from the day of diagnosis, to the first insulin injection, to silver linings of life with diabetes – but they all share the courage, passion and resilience found so often in the diabetes community. While this book was initially developed to commemorate the 100th anniversary of the discovery of insulin, it lives on as a lasting tribute to all people living with diabetes. These are real stories, of real people, making a real difference by sharing their journey. This book is dedicated to all of them!

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TEAMINGUP
for Diabetes

Visit <https://www.teamingupfordiabetes.com/> for diabetes facts, videos and resources to help you build a diabetes management game plan.

CHAPTER 6

*Ode to Insulin:
a collection of poetry
from people with diabetes*

Each individual story reflects the real-life experiences of individuals diagnosed with, caring for and/or impacted with diabetes. Individual experiences may vary. These individuals were compensated for their time creating this content.

Sanofi does not provide medical advice, diagnosis, or treatment. The health information contained herein is provided for general educational purposes only. Your healthcare professional is the best source of information regarding your health. Please consult your healthcare professional if you have any questions about your health or treatment.

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You are a lifeline for so many
100 years and strong
A tether to reality
You've helped us for so long

We can struggle from time to time
As we are human beings
To maintain the balance of life
That can be pulled by a string

Insulin, oh insulin, how do I owe thee?
Not for finger sticks or needle pricks
Because quite frankly, who wants these?
Nor lows to highs but, hopefully, those numbers in between

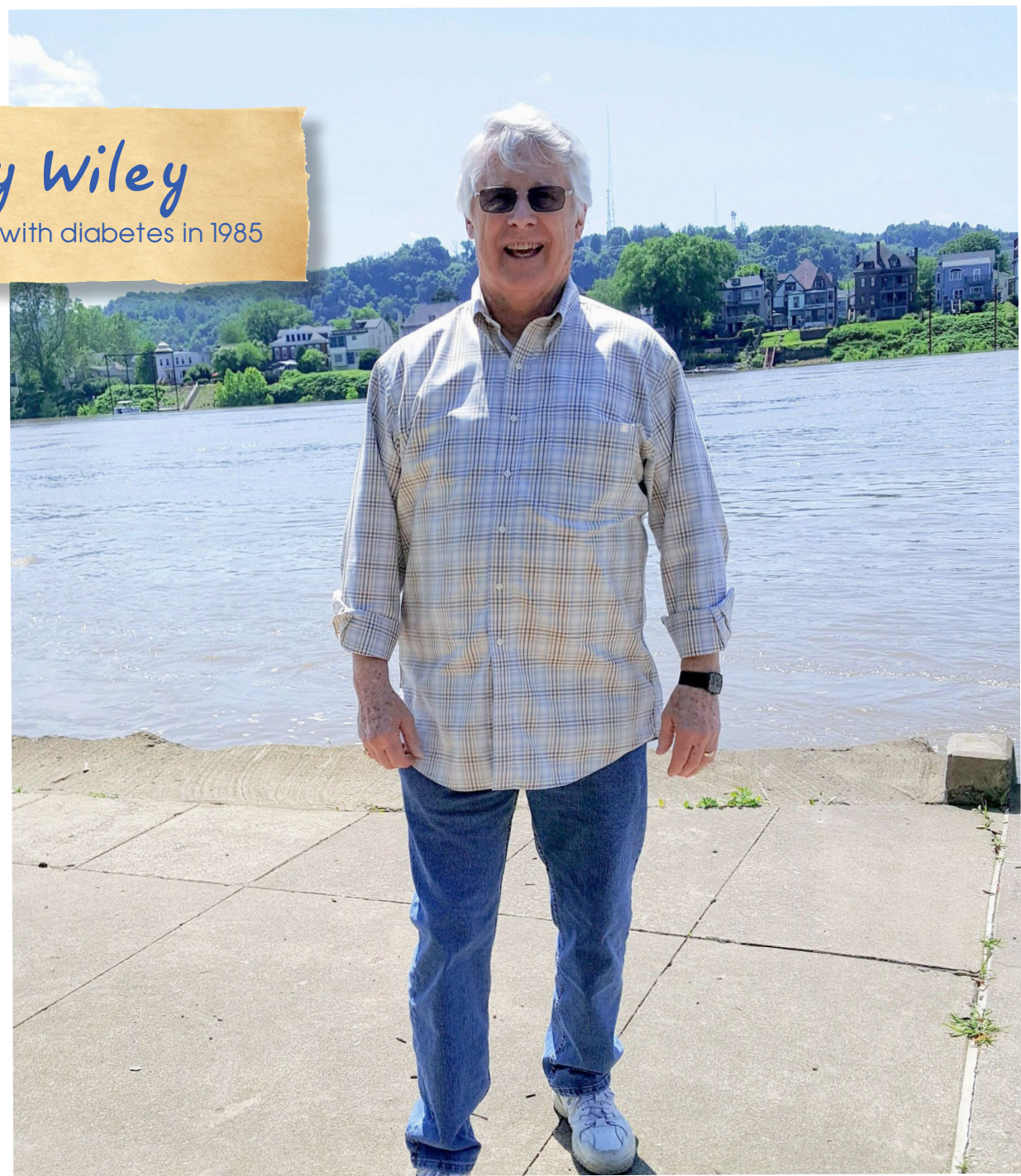
Donna Cullen

Diagnosed with diabetes in 1988



Terry Wiley

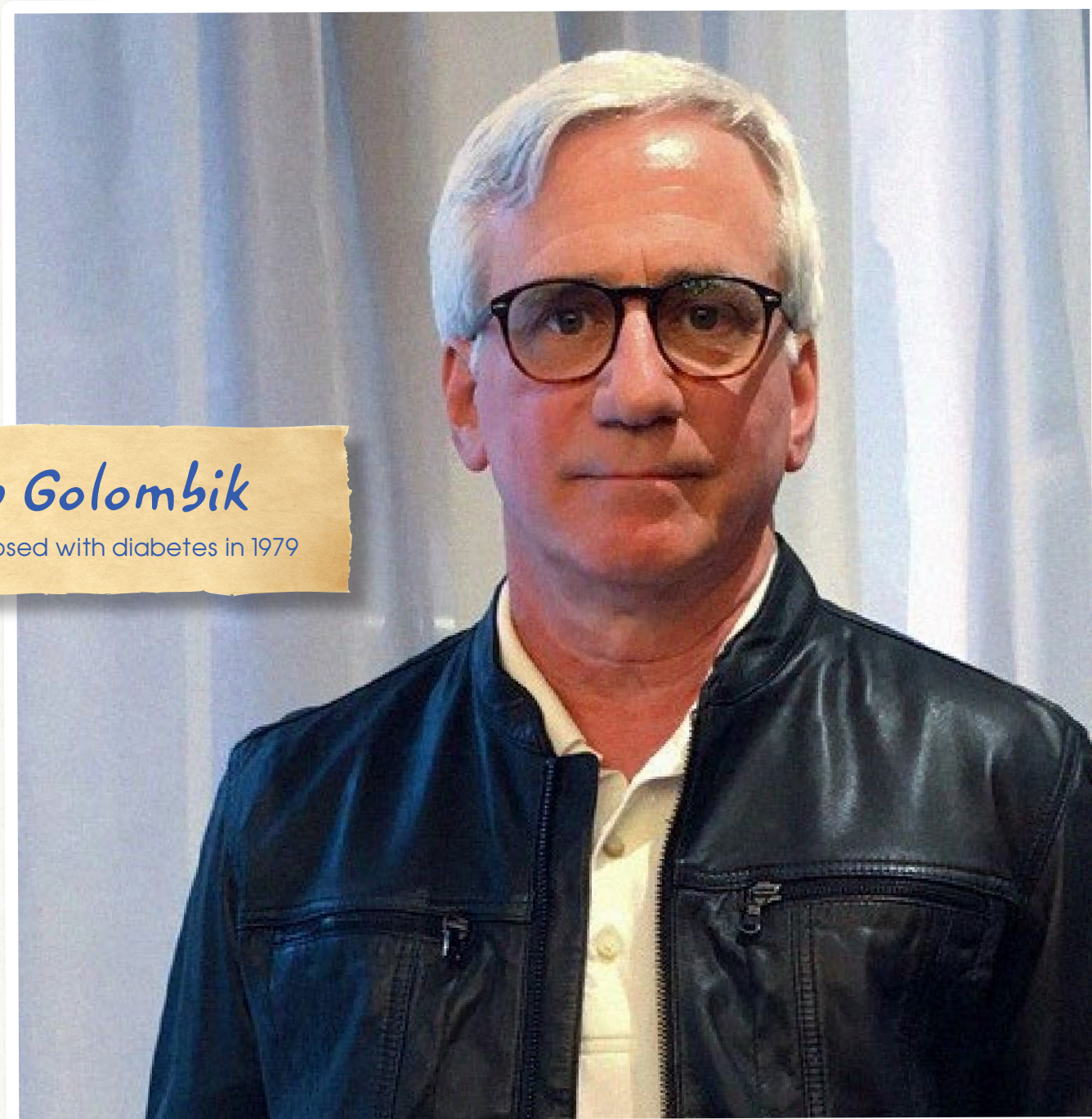
Diagnosed with diabetes in 1985



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Insulin is to me like a windmill is to generating electricity.





Bob Golombik

Diagnosed with diabetes in 1979

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Insulin first dose in '79.

One shot per day at that time.

But that won't do. So then it's two.

Elevated A1c? Now it's three.

I'm alive. I thrive.

And now I'm up to five.

No complaints. It works. I'm fine.

But can you stick me baby one less time?



I need insulin
Like how flowers need water
It keeps us alive

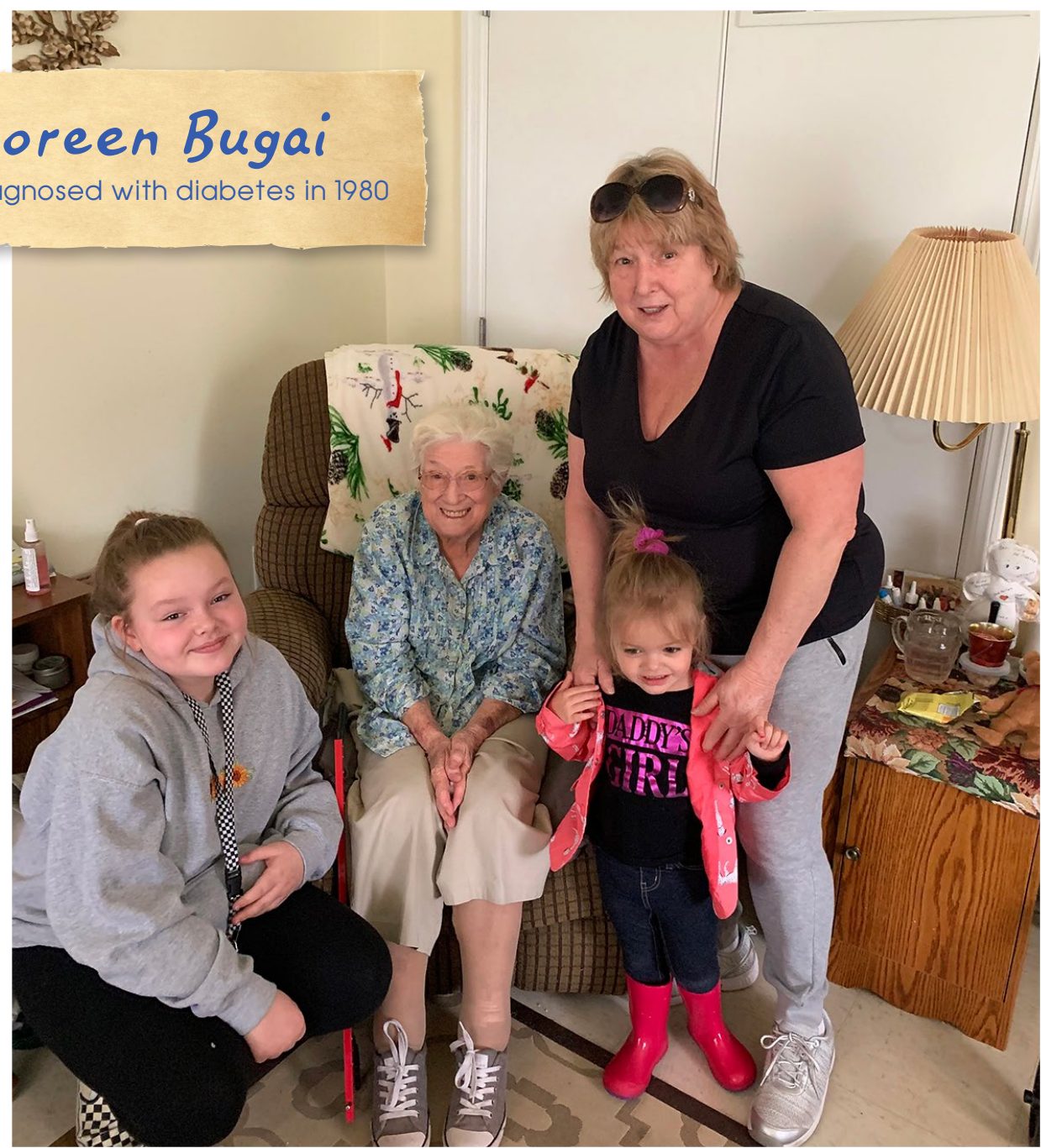
Kathryn Percy

Diagnosed with diabetes in 2009



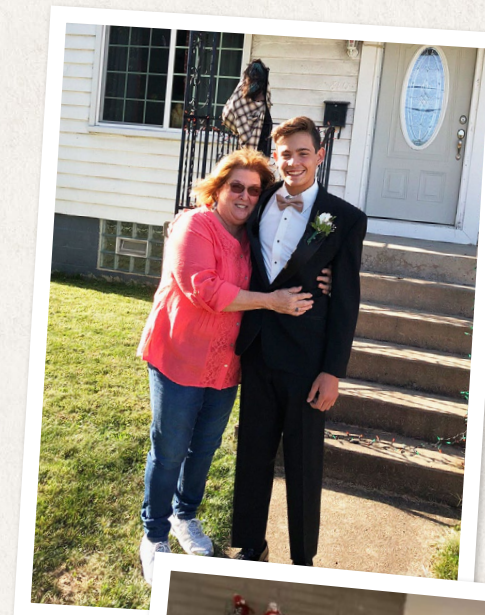
Doreen Bugai

Diagnosed with diabetes in 1980



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Insulin is important to me,
Without it, where would I be?
You're the biggest part of my day,
Like a best friend, in an odd sort of way.
I am blessed and thankful that you exist,
I'm so glad I didn't resist.



"Insulin, My Friend"

Why all of a sudden my health did I lose?
The ER doctor gave me the news.
He said "It's diabetes; be careful it can kill."
I said "No problem, I can swallow a pill."
But my doc recommended insulin from the start,
That was news that really broke my heart.
Healthy eating, exercise and a pill is how I wanted to ride,
The needle didn't hurt my body, but it hurt my pride.
They told me insulin was a valuable tool,
Perhaps, but taking shots is just not cool.
My diabetes journey would put me on the mend
But I struggled for years to embrace my new friend.
One day I realized I was losing the fight,
Then it clicked and I saw the light!

How do I balance sugars and carbs when I eat?
My friend insulin will help make me complete.
My friend insulin is not an enemy or a punishment but a treat.
My friend is 100 years old - isn't that neat?

I'm thankful for 100 years of hard work by women, children, and men,
To develop, test, research, and distribute my friend.
I'm not sure what is waiting around the bend,
But I know insulin will be my friend til the end.

Drew Rainwater

Diagnosed with diabetes in 2003



Angela Younger

Diagnosed with diabetes in 1992



Insulin is to me is like a bottle of milk is to a newborn baby. It's what I need to survive.



Robert Shustack

Sanofi Head of Professional Services -
Global Procurement Manufacturing
and Supply

Diagnosed with diabetes in 2016

1921

Insulin is discovered

Thanks, Banting and Best!





"Insulin Haiku"

Powerful liquid
balances sugar levels
and keeps me alive



Kammi Bean

Diagnosed with diabetes in 1983



Leola Collins

Diagnosed with diabetes in 2008



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Insulin to me is like the nail to the hammer. We need both if we want to hang a picture on the wall. I am a big proponent for taking insulin. I was able to get my health in order using a combination of different tools. In my quest to stay healthy, insulin is one of those tools. Oftentimes I hear people say that their doctor has threatened them with insulin if they do not get it together. They speak as if they received a life sentence. It stems from being misinformed. Some have had concerns that being prescribed insulin means that they have failed at caring for themselves.

My response is always, insulin is one of many tools that we have available to manage diabetes. It is not a punishment for a crime. It's part of my self-care toolbox.



There was a young doctor named Banting
One hundred years ago he began panting
After working with dogs, and maybe two hogs
He gave us insulin so we can keep dancing



Riva Greenberg
Diagnosed with diabetes in 1972



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Carolyn Wright

Diagnosed with diabetes in 2001



Hormone controlling
Pancreas cells in body
Regulate glucose

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Gary Montuori

Diagnosed with diabetes in 1999



Insulin is to me is like water is to life. For insulin-dependent people with diabetes, insulin is as essential as water is to most forms of life. It replaces the natural insulin that we either no longer make or do not make enough of, allowing us to live long productive lives if we properly manage the disease with healthy eating, regular exercise, and possibly other medications. Similar to drinking a glass of water, taking insulin is just part of taking care of me. Without it, my life since being diagnosed over 22 years ago would have been unimaginably more difficult and possibly shorter.



William Winston

Diagnosed with diabetes in 2008

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Wait, what, not me! Stop the kidding, been fine for a long time.
Do what? Change everything? Begin injecting insulin?!
Gotta wake up from this sideways dream.
Diabetes ain't for people like me!
Oh got it, insulin is a game changer.
Don't fight the change, embrace the unknown.
Trust the process, trust the ones saying insulin is your new way of life -
give it a chance.
Gotta acknowledge my desire to be different, unique.
Gotta believe that insulin will add to my journey and that being true
to me is still number one.
Gotta trust using insulin won't take away my individuality or
change my personality or make me weak.
I am, who I am...and I know insulin is part of who I is and who I am.
Gracias insulin.

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100 years ago we didn't know,
How you'd work or how you'd grow.
Right into my body you go,
When sugar rises, you bring me low.
A pen, a pump, or a pill,
Many ways to get your fill.
It doesn't matter how I do,
To me, it always smells like glue.
Without it, there'd be no carbs or candy,
What would we do,
If it wasn't so handy?

Tyler Kramer

Diagnosed with diabetes in 2005



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