

# *100 Reasons Why*

we are grateful for the  
discovery of insulin

**sanofi**

**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 9

### *Messages from Sanofi*

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.

Diabetes is frequently cited as the leading cause of blindness, amputation, and kidney disease. From my perspective, diabetes is also the leading cause of courage, self-awareness, persistence, empathy, bravery, discipline, fortitude, and grit. These are sustaining attributes that can't be measured by a device but are witnessed by the community surrounding those who live with diabetes.

Diabetes is challenging because it is an invisible disease. On the outside, a person with diabetes does not usually appear ill. Inside, however, the mind bears the burden of hundreds of decisions over twenty-four hours about how best to manage glucose in a safe way. There is no break from diabetes. It is a relentless journey with no finish line. Yet, people with diabetes are able to thrive, lead full, healthy lives, and not let their disease define them.

My mission is to help improve the lives of people living with diabetes. I always think about what I can do today to ensure that more patients, caregivers, and providers have access to the best resources to manage diabetes. Someday, I hope my son with type 1 diabetes outlives me, and I am committed to ensuring that he and patients like him feel supported by an educated network and have every chance to succeed in managing their diabetes.

## Jill Putegnat

Diabetes Thought Leader Liaison  
Care Partner to son, diagnosed in 2012



## Damon Stoner

Former Sanofi Associate

Diagnosed with diabetes in 1966



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I was diagnosed with type 1 diabetes at the age of 15 months. During my childhood, I was dependent on my parent's ability to administer my insulin, monitor my caloric intake, and ensure that I was following the guidance of my physician. At the time of my diagnosis, there were limited choices in long-acting (basal) and mealtime (rapid acting) insulins, limited tools to monitor glucose control, and limited knowledge on how best to manage type 1 diabetes. The advancements in blood glucose monitoring (CGMs), and insulin therapy have markedly improved my ability to manage daily glucose patterns, time in range, low glucose events and the complications associated with diabetes. I am grateful for Sanofi's contributions in the development of innovative products to make a difference in my ability to manage and thrive while living with type 1 diabetes. My work with Sanofi enables me to give back and help improve the lives of people impacted by diabetes. As an Area Business Leader working directly with healthcare providers, I always look for ways to improve our customers' ability to help their patients who struggle to manage their diabetes and improve patient access to Sanofi products and patient education resources, like Teaming Up for Diabetes.

## Gilberto Garcia-Casiano

Regional Account Director,  
General Medicines, Puerto Rico  
Care Partner to son diagnosed in 2007



Celebrating 100 years of the discovery of insulin is celebrating life itself. It is reviewing how far we have come and recognizing that the future is promising. It is celebrating millions of birthdays, millions of new sunrises. It is being grateful for every new day to be able to enjoy the smile of my son who was diagnosed at the age of 5. It is recognizing how lucky we are.

The Spanish poet Antonio Machado used to say, "The way is made by walking." As we celebrate one hundred years since the discovery of insulin, we remember the path we have traveled, we recognize where we are today, and we walk proud towards a promising future.

## Gilberto Garcia-Casiano

Regional Account Director, General Medicines, Puerto Rico  
Pareja de Cuidado de su hijo a quien se diagnosticó en 2007

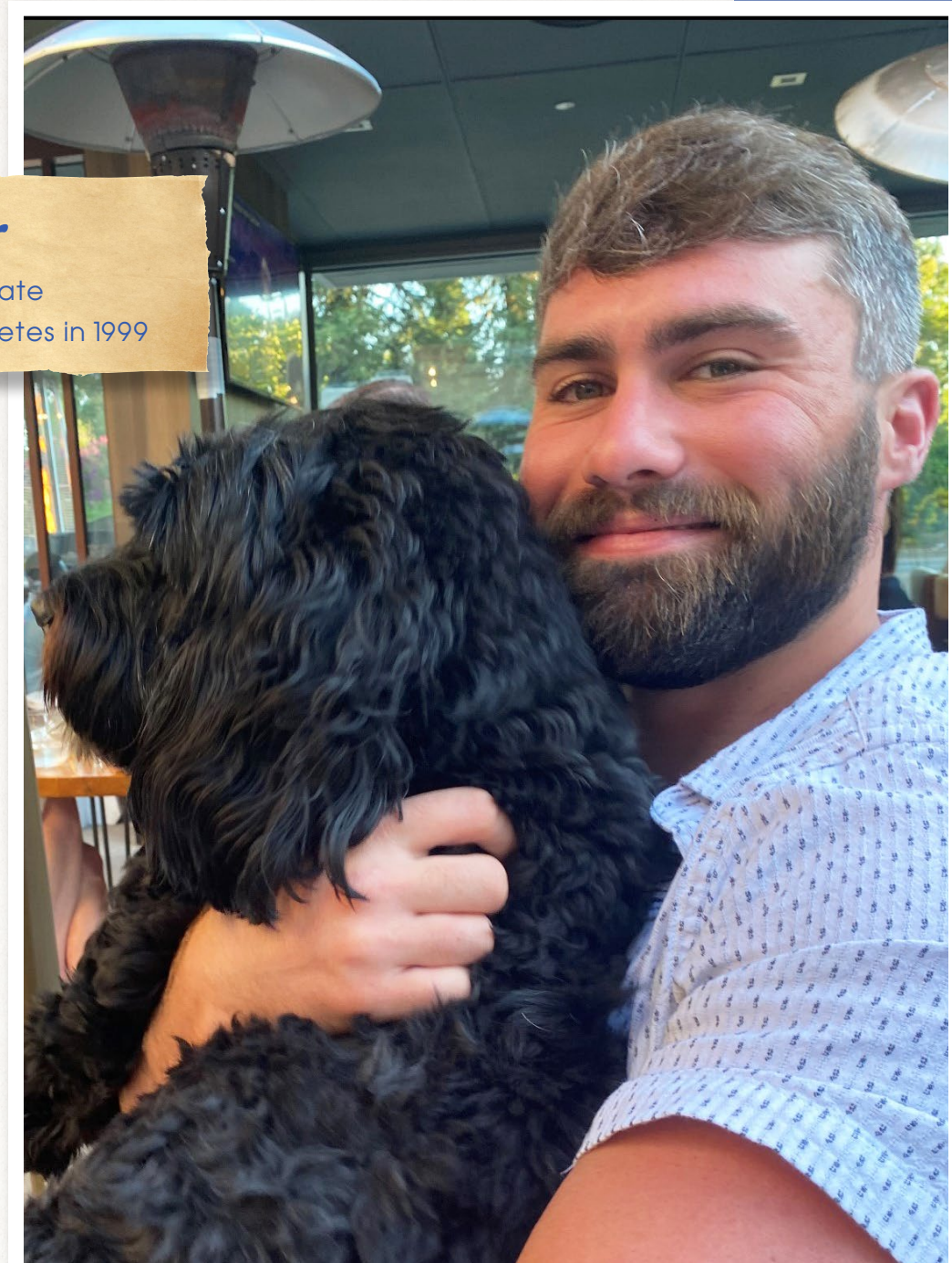
Al celebrar 100 años del descubrimiento de la insulina es celebrar la vida misma. Es revisar que tan lejos hemos llegado y reconocer que el futuro es prometedor. Es celebrar millones de cumpleaños, millones de nuevos amaneceres. Es estar agradecido por cada nuevo día y tener la posibilidad de disfrutar la sonrisa de mi hijo quien recibió su diagnóstico a la edad de cinco años. Es reconocer que afortunados somos. El poeta español Antonio Machado solía decir: "Se hace camino al andar". Mientras celebramos cien años desde el descubrimiento de la insulina, recordamos la senda que hemos andado, reconocemos donde estamos hoy, y caminamos orgullosos hacia un futuro prometedor.

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I am a person with type 1 diabetes, who has personally witnessed how improvements in medicine, specifically insulin, can lead to vast improvements in how I live my life and present the opportunity for self-actualization. Improvements in long-acting (basal) insulin, mealtime (rapid acting) insulin, insulin pumps and continuous glucose meters (CGMs) have allowed me to excel in high school and adult sports, while one hundred years ago I would not have even survived my disease.

*Dan Mohr*

Former Sanofi Associate  
Diagnosed with diabetes in 1999



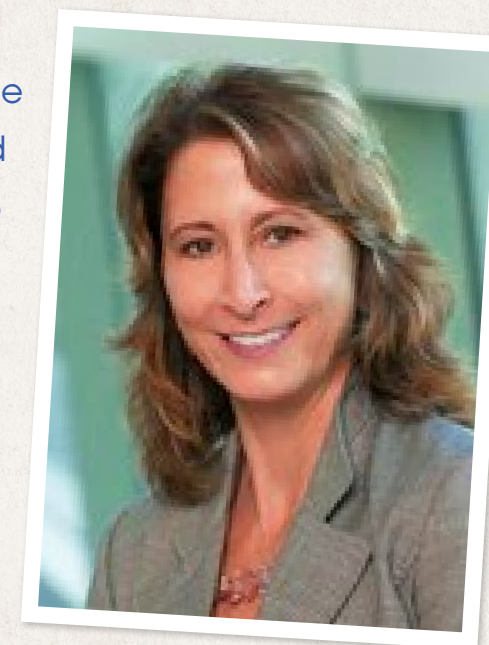
## Donna Cusano

Former Sanofi Associate



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People with diabetes are my North Star. The struggles they face are my motivation and reason to come to work every day and do the best job I can to ensure our medicines get to the right people. I know, firsthand, that they can make a BIG difference. My brother-in-law lives with diabetes and was having a hard time managing his A1C. Thanks to diet, exercise and one of our therapies, his A1C is under control. In fact, when my sister became ill late last year, he took on the role of caregiver. In addition to managing his own health journey, he takes such good care of her. He is not just my brother-in-law, he is a ROCK STAR and my inspiration every day!





*Shilpa Ramjee*

Director, Marketing Innovation

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“Do what you love, and you’ll never work another day in your life.” My reason WHY to guide me in my work is very simple: to help patients live the best lives they can with diabetes. The work I do affects just a small part of what these patients face every day. If I can come to work and deliver tools, resources and education that can help a patient starting therapy for the first time or continuing therapy, then it’s all been all worth it. When the days are long and the work gets tough, I always remember that our patients are fighting seemingly insurmountable battles every day. While we know that diabetes is something people will live with for the rest of their lives, if we can impact that positively in a small way, we have done our job. It makes me proud that my family knows that the work we do really makes a difference for people with diabetes.

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My life changed in 2002, when I met Austin. Although he didn't have diabetes, he did have renal failure due to a birth defect and recently had a kidney transplant when I met him. I learned so much from Austin about managing a chronic disease, but also about living life in the present! He inspired me to pursue my marketing career in healthcare where I'm honored to develop educational materials and programs for people living with diabetes. More times than I can remember, I would tell him about a brochure I was developing - and he would always give me some positive aspect to add. That was just his way - able to see the sun behind the clouds!

This year marks nine years since Austin passed away, but in everything I do, I carry his passion for life, exploration, and his giving soul. I can still hear him say to me, "Always remember to keep the patient in your heart and they will hear you." So, as we celebrate 100 years since the discovery of insulin, I am grateful to the scientists, the companies like Sanofi, my co-workers for keeping the manufacturing running, and most of all to the patients for sharing their stories.



*Michele Hackett*

Director, Patient Experience

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