

New Global Survey Reveals Over One in Three Patients Fail to Take Insulin as Prescribed

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STOCKHOLM, Sept. 21 /PRNewswire/ -- More than one in three diabetes patients skip doses or fail to take their insulin as prescribed, stating that they have done so on average three times in the last month, and 77 percent of physicians estimate that in reality this number could be as high as six doses*, according to the Global Attitudes of Patients and Physicians in Insulin Therapy (GAPP™) survey, released today by Novo Nordisk.

The global survey, conducted in eight countries among almost 3,000 respondents, also showed that 88 percent of physicians report that there are a significant proportion of patients still not reaching blood glucose targets, and four in 10 people with diabetes say they struggle to effectively control their blood sugar. These results are in line with previous research which has shown that globally less than half of people with diabetes reach an optimal level of health and quality of life.

"The GAPP™ survey was designed to uncover the challenges patients and physicians are facing in obtaining effective outcomes in insulin therapy and it appears that busy lifestyles and difficulty in adhering to prescribed regimens are key contributing factors to poor glycemic control," says Professor Luigi Meneghini, associate director at the Diabetes Research Institute, University of Miami Miller School of Medicine, Florida. He continues: "These results are consistent across countries and it is encouraging to see that physicians understand and empathize with the issues people with diabetes face."

Busy lives make it hard to comply with prescribed regimens

Change in normal routines, being too busy or simply forgetting to take the insulin are the main reasons cited by both patients and physicians for patients missing insulin doses.

More than half of physicians agree that their patients find it hard to comply with their regimens, particularly managing the number of injections and strict time

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