

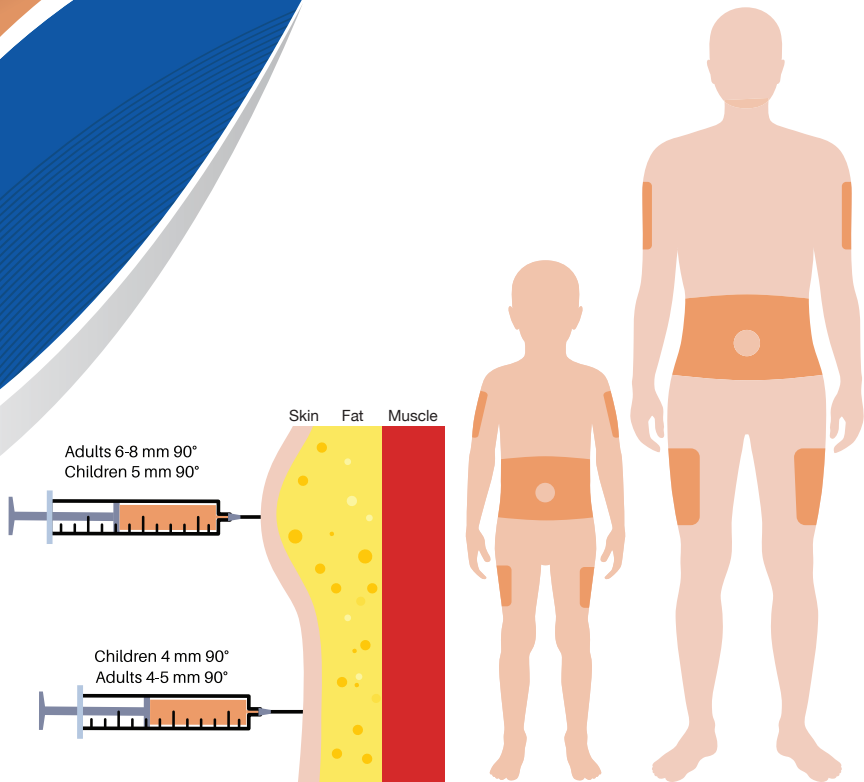


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# LIPOHYPERTROPHY

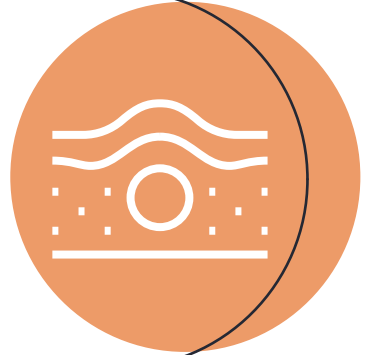


*Lipohypertrophy* is a medical condition that results from injecting insulin in the same spot repeatedly.

## SIGNS AND SYMPTOMS

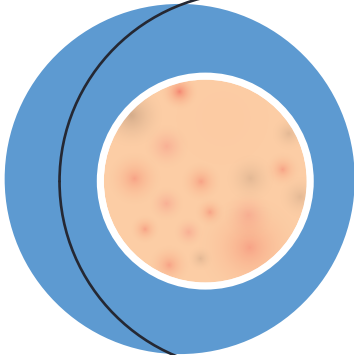
### BUMPS OR LUMPS

The formation of bumps or lumps under the skin is a common symptom of lipohypertrophy.



### CHANGE IN SKIN TEXTURE OR COLOR

The affected skin may become shiny, thickened, or discolored.



### INCONSISTENCIES IN BLOOD SUGAR LEVELS

Unexplained changes in blood sugar levels can also indicate lipohypertrophy.



## RISK FACTORS



### DURATION OF INSULIN USE

The longer someone has been using insulin, the greater the risk of developing lipohypertrophy.



### FREQUENCY OF INJECTIONS

The more often someone injects insulin, the higher the risk of developing lipohypertrophy.



### INJECTION TECHNIQUE

Incorrect injection techniques, such as using the same spot repeatedly or not rotating injection sites, can lead to lipohypertrophy.

## DIAGNOSIS



### PHYSICAL EXAM

Your physician/ diabetes educator will check for bumps or lumps under the skin, as well as changes in skin texture or color, to diagnose lipohypertrophy.



### BLOOD SUGAR MONITORING

Unexplained changes in blood sugar levels may also indicate lipohypertrophy and should be monitored regularly.



### BIOPSY

A biopsy may be needed in severe cases of lipohypertrophy to confirm a diagnosis.

# COMPLICATIONS



Incorrect insulin dosage due to lipohypertrophy can increase the risk of hypoglycemia or hyperglycemia.

# PREVENTION AND TREATMENT

- Rotate Injection Sites
- Change injection spots frequently to reduce the risk of developing lipohypertrophy
- Use Proper Injection Techniques
- Avoid injecting in the lipohypertrophy area for few months till it resolves
- Use the correct needle length and angle and avoid injecting in the same spot repeatedly
- Education and Communication
- Educate and communicate with your healthcare provider to get proper care and tips for insulin injection