

## **INSULIN PUMP IN OLD T2DM PATIENTS IN THE COMMUNITY**

**B. Dagan<sup>1</sup>**, R. Atrash<sup>1</sup>, R. Miron<sup>1</sup>, N. Kolonimus<sup>1</sup>, A. Oberman<sup>2</sup>, B. Hijazi<sup>2</sup>

<sup>1</sup>*Diabetes clinic Clalit health center "Omer", Afula*

<sup>2</sup>*Medicine Faculty in Galilee, Zfat, Bar Ilan University*

Insulin pump therapy reduces HbA1c in uncontrolled type 2 diabetic patients with long-standing disease, despite multiple daily injections (MDI). Patients are usually capable younger than 60 years. We reviewed charts of all patients on insulin pump visiting our 2 diabetic clinics in Afula over the past 3 years. 29(76%) were T2DM, the majority 16/29(55%)  $\geq 60$  years on assignment to pump. Average diabetes duration was 15 years, A1C 9.3%, 14/29 (48%) were on metformin. Average duration of pump use was 5.7 years. Change of HbA1c was measured by comparison on initiation of pump and on the last visit. The reasons for pump therapy initiation: Insulin resistance ( $> 1$ unit/Kg): 6/29 - 21%. Other reasons: 7/29 - 24%, Motoric and cognitive Incapability -2/29, Rec. hospital admissions (hypo/hyperglycemia) -1/29, Rec. falls- 1/29, Severe dyslipidemia (dangerous hypertriglyceridemia)-1/29, Fear of injections-1/29, Burdensome MDI-1/29. Results: Insulin pump use for 5.7 years in T2DM old patients reduced HBA1C (-1.6%), reduced insulin requirement (24 U -35%), reduced weight (0.9Kg). Hospital admissions, falls and severe dyslipidemia improved significantly. Conclusion: in retrospective analysis over almost six years in uncontrolled old T2DM under MDI, shifting to insulin pump improved glucose control mild weight loss. We suggest pump use in old T2DM in order to improve metabolic control and quality of life.