

Box 1

A hundred years of insulin therapy

This year marks the centenary of the first use of insulin to treat type 1 diabetes (T1D). Leonard Thompson, a 14-year-old boy dying of ketoacidosis, was famously the first patient to be treated with insulin extracted from bovine pancreas. Commercial insulin production began within a year.¹¹ Since then countless numbers of lives have been saved. This year's updates to the NICE guidelines on diagnosis and treatment of type 1 diabetes² are timely in this 100th anniversary year.