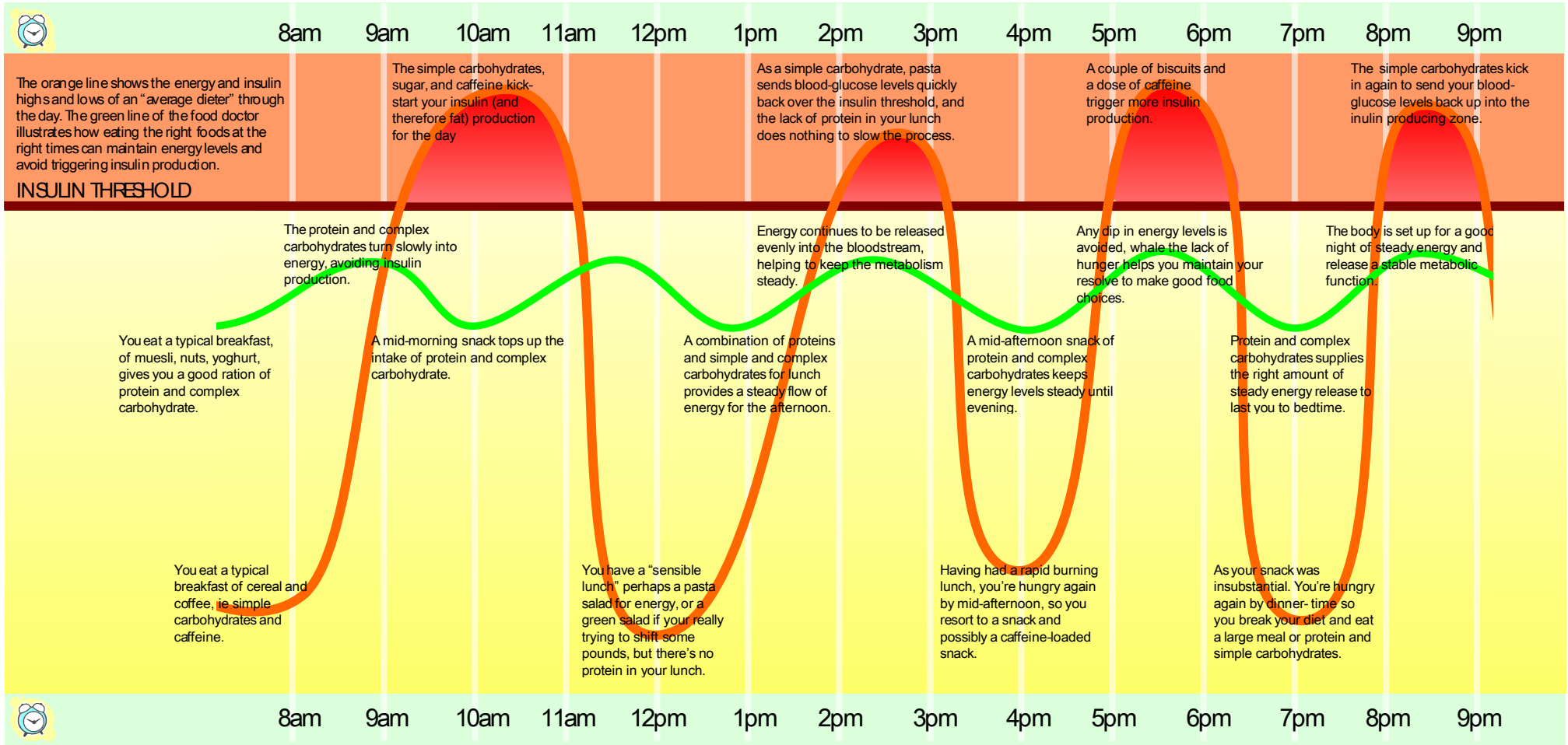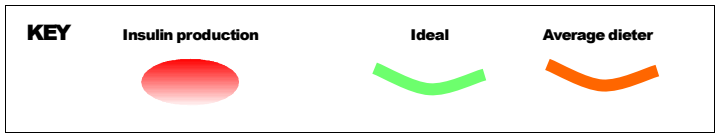The Insulin Rollercoaster