

Type 1 Diabetes Taking Charge

High School Ages 13-17



Do you have type 1 diabetes?

Whether you were just diagnosed with type 1 diabetes, or you've had it for a while—the more you know about it can help you successfully manage your diabetes. You may still need help from your parents (or other adults), or you may be starting to take over more of your own diabetes care. Either way, you are not alone, and you can do it!



What is type 1 diabetes?

Type 1 diabetes affects how your body uses glucose.

- Glucose is a type of sugar that comes from your food
- Your body needs glucose for energy
- It travels in your blood to your body's cells
- Glucose gets into your cells with the help of a hormone made by your pancreas, called insulin

When you have type 1 diabetes, your body can no longer make enough insulin. This means that glucose can't get into the cells, and it stays in your blood.

How do I manage my diabetes?

You will work with your diabetes care team to create a treatment plan. As your body changes during your teenage years, your treatment plan may change too.

There's no cure for diabetes yet, so you will always have to treat it. But sticking to your treatment plan, can help you feel healthy and avoid diabetes problems as you get older.

Take insulin

 When you have type 1 diabetes, taking insulin is a major part of managing your blood glucose levels. The goal is to find an insulin routine that will keep your blood glucose near your target and fit your lifestyle.

Your diabetes care team will determine what type(s) of insulin and the number of times to take it each day.



Keep track of your insulin plan here:
Type(s) of insulin _____
Times to take it _____
How much (dose) to take _____
How to store it _____

Eat healthy

 Managing your diabetes includes paying attention to what you eat and when you eat it. You will have to balance this with the amount of insulin you take and your physical activity.

Some meal plans are based on a set amount of carbohydrates (or carbs) for each meal and snack. This is because carbs make blood glucose go up. The amount of carbs you eat should work with the type and dose of insulin you take. Talk to your diabetes care team about your schedule and the kinds of food you like when creating the best meal plan for you.





Write down your carb goals here:
_____grams per snack
_____ grams per meal

Be active

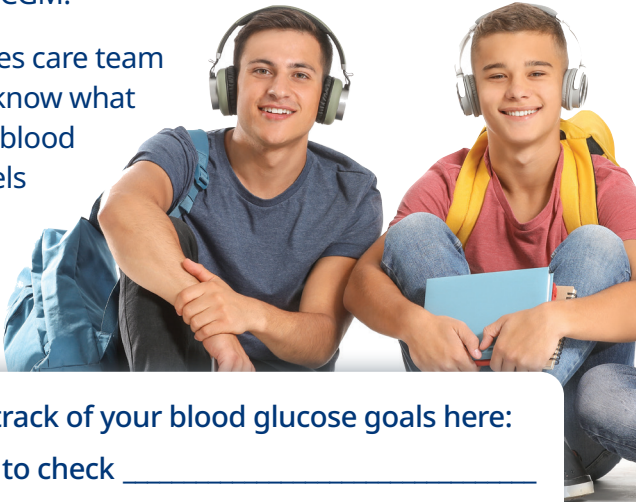
 Exercise is an important part of managing your type 1 diabetes. Regular physical activity can help keep your blood glucose levels in your target range. This means that you can still participate in gym class or join a sport.

You and your family can talk to your diabetes care team about planning your exercise with your insulin and meals. Go to **NovoCare.com** for tips on how to exercise safely with diabetes.

Track blood glucose levels

 Checking your blood glucose throughout the day is the best way to know if your insulin plan is working with your activity and meal plans. You can check it using a standard meter or a wearable device called a continuous glucose monitor, or CGM.

Your diabetes care team will let you know what your target blood glucose levels should be.





Keep track of your blood glucose goals here:
When to check _____
Target glucose range _____

Sometimes it can be tricky to keep your glucose levels in your target range. Make sure you understand the signs of low or high blood glucose and what to do if they happen.

Go to **NovoCare.com** to learn more about managing changes in your blood glucose levels.



Remember carbs make your blood glucose go up and insulin and exercise make your blood glucose go down.



How do I handle teenage situations with type 1 diabetes?

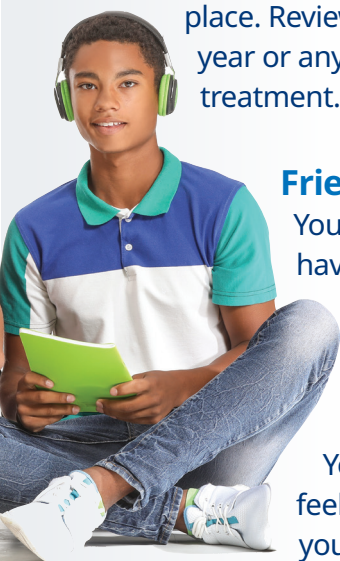
Being a teenager means growing up doing new things. Sometimes you may need to navigate a little differently because of your diabetes. But there is nothing that you have to miss out on!

School

As you get older, school can get more challenging. On top of that you have day-to-day diabetes care. While at school or during after-school sports and activities you may need to:

- Check your blood glucose
- Take insulin
- Have an extra snack

Make sure you have a diabetes action plan in place. Review and update the plan every year or any time there is a change in your treatment.



Friends

You don't have to tell everyone you have diabetes. But it may be helpful to let your closest friends know. You may have to take insulin or check your blood glucose sometimes when you're together.

You may want to explain how it feels and how they could help you if you need it.

Driving

Learning to drive can be exciting. And having diabetes won't stop you. Keep in mind that low blood glucose can be dangerous both in and out of the car. Never drive if your glucose levels are low. It's a good idea to check your blood glucose before getting behind the wheel.

Parties and sleepovers

Just like everyone else, you will want to plan what to wear or what gift to buy. You will also have to make sure you have everything you need to care for your diabetes. You can use the checklist on the next page.

My type 1 diabetes supplies checklist

Whenever you're away from home, make sure you have everything you need to take care of your diabetes. Plan ahead and use this checklist before you head out the door.*

- ☐ Insulin
- ☐ Blood glucose meter and test strips
- ☐ A list of emergency contacts
- ☐ An "I have diabetes" ID bracelet
- ☐ Fast-acting carbs in case of low blood glucose
- ☐ Emergency glucagon kit
- ☐ _____
- ☐ _____
- ☐ _____



*This is not an exhaustive list of everything you need to take care of your diabetes. Talk to your healthcare professional about what you need to manage your type 1 diabetes.



You and your family can learn more online at **NovoCare.com** or scan this code with a phone or tablet.



Scan me!