

Type 1 Diabetes Growing Up

Preteen
Ages 7-12



Do you have type 1 diabetes?

You are not alone. Every year, thousands of kids in the United States learn they have type 1 diabetes. You have to do some special things to help your diabetes, but you can still do the stuff you love.



Why did I get diabetes?

No one knows for sure what causes type 1 diabetes. You should know that you didn't do anything wrong! And you didn't catch it from anyone around you.

Type 1 diabetes does not go away. But it can be treated. You can still live a healthy, happy life just like other kids.

What is type 1 diabetes?

Type 1 diabetes changes how your body uses glucose. Glucose is a type of sugar that your body needs for energy.

- Most of the food you eat breaks down into glucose
- The glucose travels through your body in your blood
- An organ called the pancreas makes insulin. It helps move the glucose into the cells to make energy

When you have type 1 diabetes, your body doesn't make enough insulin. Without it, the glucose can't get into your cells.

How do I treat my diabetes?

Take insulin



Since your body doesn't make enough insulin, you have to take it every day. You will learn how to take it, when to take it, and how much to take. Don't worry, you don't have to do it by yourself. Your family, doctors, and nurses will help you. Have them help you fill in the blanks below.

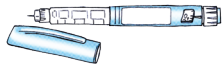


Type(s) of insulin _____

What times do I take it? _____

How much (dose) do I take? _____

How do I take it? _____



Insulin pen



Vial and syringe



Insulin pump

Eat healthy



All kids should eat a balanced diet full of nutritious foods. But you need to think more about what you eat when you have diabetes.

If you eat more of certain kinds of foods, you may have to take different amounts of insulin. Foods like bread and pasta can make your blood glucose

levels go up. So, you may have to take more insulin to prevent that from happening, which is ok!

Work with your family, doctors, and nurses to create a meal plan. Make sure you add in some of your favorite foods!

Try to choose foods and drinks that don't have added sugar.

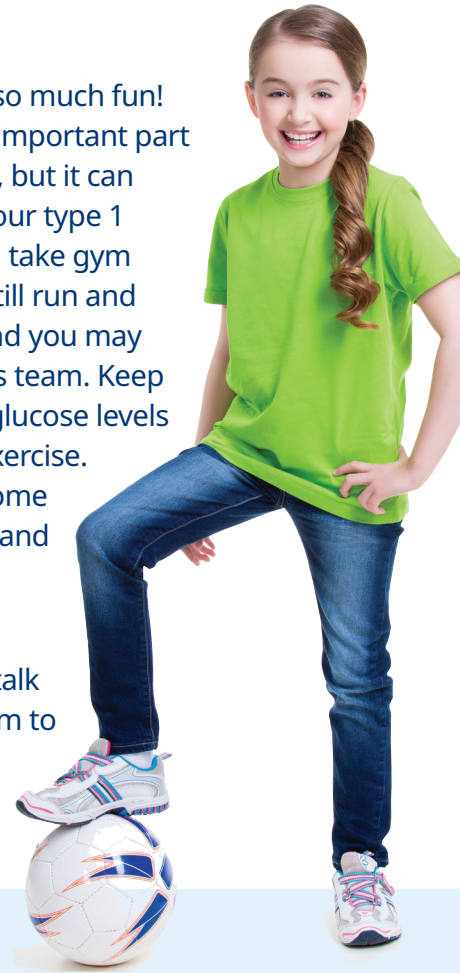


Be active



Exercise can be so much fun! Not only is it an important part of being healthy, but it can even help you manage your type 1 diabetes too! You can still take gym class in school. You can still run and play with your friends! And you may even want to join a sports team. Keep in mind that your blood glucose levels may change when you exercise. You may have to make some changes to what you eat and how much insulin to take when you are active.

You and your family can talk to your diabetes care team to create the best exercise plan for you.



Check blood glucose

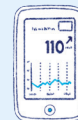


You will have to check how much glucose is in your blood throughout the day. It is the best way to know if your insulin is working with your activity and meal plans.

You can check it using a drop of blood with a meter. Or you can use a wearable meter called a CGM.



Meter



CGM



stands for "continuous glucose monitor" so it's checking your glucose levels all the time, even while you sleep!

Your diabetes care team will let you and your family know what your target blood glucose levels should be. They will also tell you when and how you should test.



I will use a _____ to test my glucose.

I will check it _____ times a day.

My target glucose range _____

What does it mean to have high or low blood glucose?

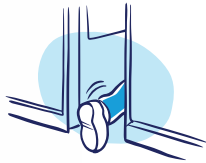


High blood glucose

High blood glucose happens when you don't have enough insulin in your body. It can make your blood glucose go higher than it should be. It can make you feel:



Very thirsty



Like you have to go to the bathroom a lot



Sleepy



Low blood glucose

Low blood glucose happens when you have too little glucose in your blood. It can make you feel:



Sweaty



Dizzy



Weak or tired



Hungry



Cranky



Shaky



Headache

Sometimes the signs of high and low blood glucose can be similar, so make sure you tell a parent, teacher, or school nurse right away if you don't feel good. They can help you check your blood glucose level. Treating it right away is important so you can start to feel better.



What can I still do with type 1 diabetes?

Go to school

School is a great place to learn, but an even better place to see all of your friends! You may be nervous at first, but your teachers, coaches, and school nurse will help you.

You don't have to tell everyone you have diabetes. But it may be helpful to let your closest friends know. You can even teach them a few things!

Go to sleepovers

There is no reason to skip a sleepover just because you have diabetes. Make sure to pack all your diabetes supplies. Have your family call your friend's parents before you go to make sure they can give you any help you need.

Go to birthday parties

Birthday parties can be a lot of fun. There also may be a lot of candy, snacks, and cake. Be sure to keep track of what you eat. And make sure the host of the party knows you have diabetes in case you need help with a blood glucose check.



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