

MY LIFE, MY DIABETES, MY WAY

CONQUERING THE ELEMENTARY SCHOOL YEARS

With a Little Help From My Diabetes Care Team!



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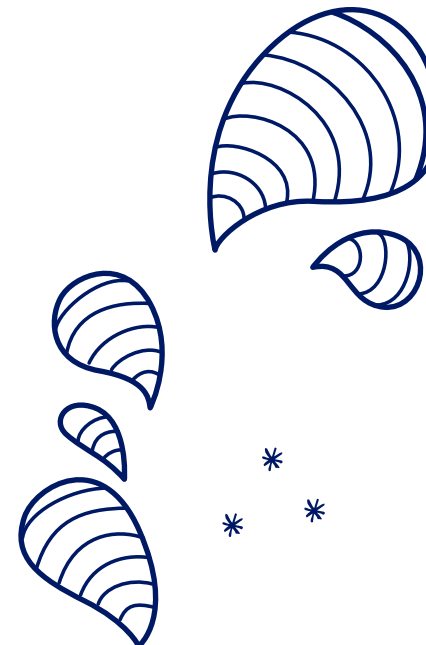
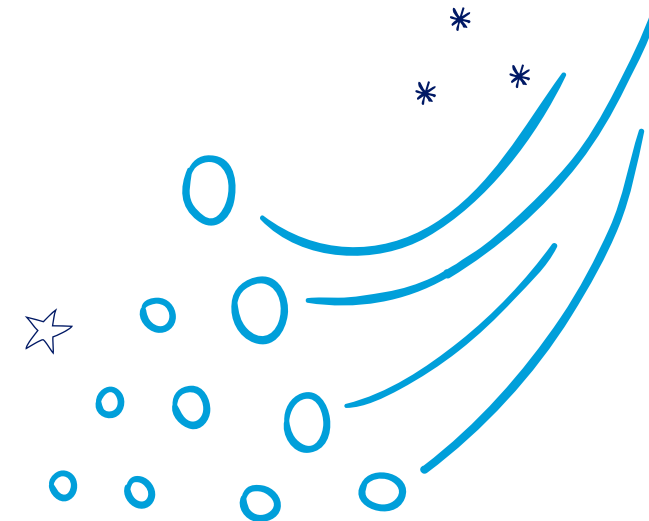
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HERE'S WHY YOU ARE GETTING THIS!

Okay. So you may be thinking: "Why am I getting this booklet?" We know that there's a lot to know about type 1 diabetes, and we want to help. Whether you just learned you have diabetes, or you found out when you were younger, there are things that may be helpful to know. First of all, know that you are not alone. Each year thousands of kids in the United States learn they have Type 1 diabetes, too.

You may be wondering, "Why did this happen to me?" No one really knows why one kid gets type 1 diabetes and another doesn't. Family history (genetics) may be part of it, but that's not always the case. Scientists are working hard to figure out who is at risk for getting type 1 diabetes and what could be causing it. At this point in time **there is no way to prevent type 1 diabetes**. So, no, you didn't do anything wrong to cause your diabetes and neither did your parents. Type 1 diabetes sometimes just happens. The good news is, there are many things you can do to manage it and live your life!

You don't have to do it all on your own. You have a diabetes care team to help you get through every day—from your parents or other caregivers to your doctor, nurses, and even friends. That's a whole lot of support!

Team Challenges

You will find "team challenges" in this booklet. They are here to help you learn more about your diabetes and how you can take care of yourself. Don't worry if you don't know all the answers yet! You can work with your parents or other caregivers to tackle them.

Word Scramble

Look at the 5 sentences below. For each sentence, there's a scrambled word. Unscramble it and write it in the space provided. Want to see if you're right? The answers are upside down below.

Challenge

1. When you find out you have type 1 diabetes, it's called your **noagsisdi** _____.
2. You check your blood sugar using a **remte** _____.
3. A group of people working together is a **etam** _____.
4. My diabetes medicine is called **sulinin** _____.
5. I **kech** _____ my blood sugar.

ANSWERS: 1. Diagnosis 2. Meter 3. Team 4. Insulin 5. Check



Who's on My Diabetes Care Team?

Here are some of the people who are likely to be on your diabetes care team.

Doctor

Your doctor can be a primary care doctor or a specialist in diabetes called an endocrinologist. Either way, your doctor can help answer your questions about how type 1 diabetes works in your body

Nurse

Nurses work with doctors, and they may show you and your parents or caregivers how to do certain things

Certified Diabetes Educator (CDE)

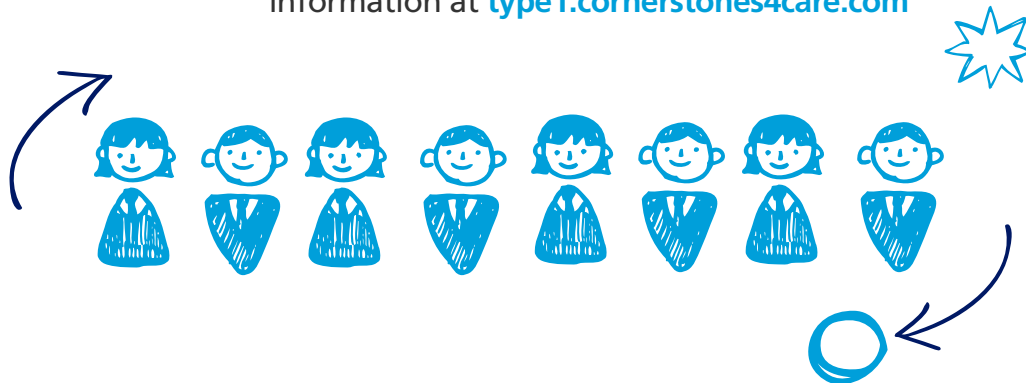
This team member knows a lot about diabetes! He or she can give you good information on how to manage your diabetes

Registered Dietitian (RD)

This person can help you—and your family—plan healthy meals and snacks for school and beyond

Parents/Caregivers

They help make sure you have what you need to be a happy, healthy kid. If they want support, let them know there's tons of information at type1.cornerstones4care.com



Friends

Most of your friends at school probably don't have diabetes. So they may not get *exactly* what you are going through. But they can still be a big help by just being there for you

Type 1 Diabetes Community

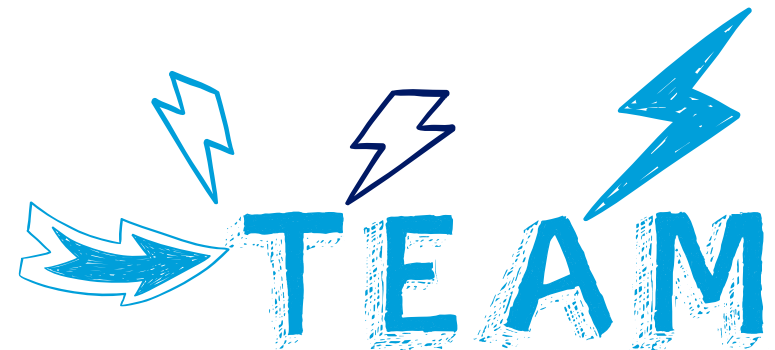
You may want to talk to other kids who know what having diabetes is like. You can also go online with your parents or caregivers to connect with other people who have type 1 diabetes. Good websites to get you started include jdrf.org, typeonenation.org, diabetes.org, and childrenwithdiabetes.com



YOU

Don't forget that it's your diabetes, so your feelings matter! With the support of your awesome team, you'll learn how to manage your diabetes over time. It's all a team effort

And this isn't even a complete list! So while you may be most familiar with your core diabetes care team, depending on your health needs, you will also be referred to see other professionals from time to time.



WHY DO I NEED INSULIN? HOW DOES IT WORK?

People with type 1 diabetes need to take insulin. Why? Because insulin is something everyone needs to help the body use food as fuel, just like a car uses gas. Insulin is a hormone (sounds like "hawr-mohn") that helps the body use blood sugar (glucose) for energy.



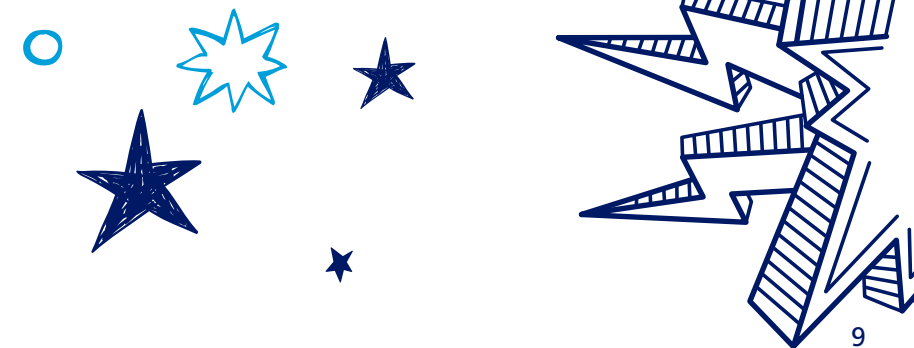
Insulin is kind of like a gatekeeper. When certain foods are broken down into sugar (glucose), they can only be used by the cells for energy if insulin is there to tell them to open the cell's gates so that the sugar can enter. Without insulin the gates are closed and sugar can't get into the cells, so it stays in the blood. So without insulin to let the sugar (fuel) into your cells, you're kind of like a car with no gas!

Insulin is made by a part of the body called the pancreas (sounds like "pan-kree-uhs"). But when you have type 1 diabetes, your pancreas is either making very little insulin, or none at all.

So, you need to take insulin every day to replace it. Insulin can be taken using an insulin pen, insulin pump, or vial and syringe. You can also use a continuous glucose monitor (CGM) to help keep track of your blood sugar levels.

A CGM is a small wearable device that tracks your glucose throughout the day and night, notifying you of highs and lows to give you a clear picture of your blood sugar levels.

The CGM automatically checks your blood sugar every few minutes and displays your "numbers" on a screen. It also features a convenient application that is accessible on your phone.

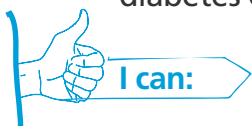


What Can I Do? What Can't I Do?

With the right tools, team, and attitude, you can do almost anything you put your mind to! There are a lot of people with diabetes doing important things. There are people with diabetes who are athletes, actors, scientists, authors, rock stars, and race car drivers!

But it's not just about planning for the future. Right now, you can also do things other kids do, like playing sports or going to sleepovers. There are a few things you need to take care of that kids without diabetes don't need to, like watching what you eat closely, checking your blood sugar, and taking your insulin.

There are some things you can do to help keep yourself feeling good. And there are some things that you really can't do. Why? Because these things can make it harder for you to take care of your diabetes. Here is a sample "can and can't" list. But your own list may be a little different. Make sure you discuss it with your parents and diabetes care team.



- ➔ **Pay attention to how I feel** – if you are not feeling so good, make sure that you tell your parents or caregivers and check your blood sugar. It may be too high or too low
- ➔ **Learn how to** – check my blood sugar, take insulin, stay active, and count carbs with the help of my diabetes care team
- ➔ **Do most of what other kids do** – there is no need to feel or act any differently than any other kid your age. You just need to think about a few more things than they do



- ➔ **Go too long without checking my blood sugar.** You really will get used to checking your blood sugar as often as your doctor recommends. Your parents, caregivers, and school nurse can help, too!
- ➔ **Get down on myself for having diabetes or not taking care of it perfectly.** Diabetes just is. It's nobody's fault. Do your best, but don't get upset if your blood sugar numbers aren't always perfect
- ➔ **Worry about not being able to do everything on my own yet.** You *will* get there. It's *not* a race! Turn to your diabetes care team for any questions you have or for the support you need

Team Challenge

Write your own "can and can't" list with your parents or caregivers...you CAN do it!

YOUR DIABETES CARE PLAN

The 4 Areas to Focus On

What's a diabetes care plan? It's a plan for how you and your diabetes care team are going to take care of your diabetes. Talk to your diabetes care team about your plan. In general, most diabetes care plans include:

① Insulin

Your doctor will tell you which insulin is right for you. Your big challenge is learning how to take your medicine at the right times and in the right amount



② Checking Blood Sugar

Checking your blood sugar can help you see if it is high, low, or right where it should be! Writing down your numbers and when you measured your blood sugar is called tracking. Tracking shows you much more than just one reading. It can help you and your diabetes care team see patterns in your blood sugar over time. These patterns can help tell you:

- ➔ How your diabetes care plan is working
- ➔ What, if anything, needs to change

③ Healthy Eating

Making smart food choices is very important! Building a meal plan that includes many different kinds of yummy foods is a great way to make sure you have a balanced diet.

④ Being Active

Being active doesn't mean you have to run or do push-ups every day! Keeping your body moving by joining a sports team or taking walks with friends or family are a few easy ways to stay active. It's always a good idea to get suggestions from your diabetes care team about what forms of physical activity are best for you before you start any new sports or exercise programs.

The Ins and Outs of Insulin

Why do you need to take insulin? It's because your body doesn't make any insulin, or makes very little insulin.

How much insulin do I need to take? Your health care team will decide:

- ☐ ➔ The type of insulin(s) you take
- ➔ The times you will take it
- ➔ The right amount (dose) to take
- ➔ How you will take it (insulin pen, insulin pump, or vial and syringe)



There are 2 main types of insulin for type 1 diabetes. There is long-acting insulin that works in your body slowly for most of the day and night. And there's fast-acting, or mealtime, insulin that you usually take before meals. Some meal time insulins can be taken at the time of your meal. Your care team will help you figure out what kind(s) of insulin you need and what your dose is.

What will happen if I stop taking insulin? Some days you may feel like you want to skip your insulin. But you know that it is a bad idea, right? If you do not take your insulin, it can lead to high blood sugar. High blood sugar (also called hyperglycemia) can:

- ➔ Make you feel very thirsty or sleepy. Your eyesight may get blurry. You may become cranky. For more details, check out page 24
- ➔ Lead to high blood sugar emergencies
- ➔ Cause your diabetes to be uncontrolled. Over time, having uncontrolled diabetes can make it more likely that you may have health problems when you get older

Talk to your diabetes care team about what you should do if you miss a dose of insulin.

Fill in the blanks

In this challenge, look at the “fill-in” words below and figure out which word makes the most sense in each blank spot. The answers can be found throughout this book. So, if you aren't sure what fits best yet, keep reading and then come back to this challenge. When you are done, read the sentence you've created. Does it match the upside down one below the box?

I take _____ for my type 1 diabetes. When I don't take enough, I can get _____. If I take too much, I could get _____. I always try to take my diabetes medicine(s) exactly as my _____ tells me to.

Fill-in words:

hypoglycemia hyperglycemia insulin diabetes care team

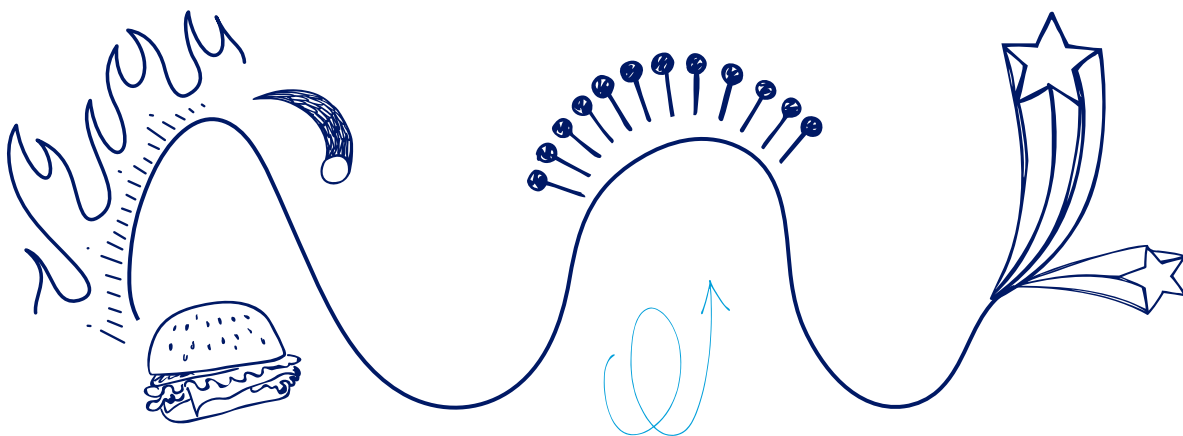
ANSWER: I take insulin for my type 1 diabetes. When I don't take enough, I can get hypoglycemia. If I take too much, I could get hyperglycemia. I always try to take my diabetes medicine(s) exactly as my diabetes care team tells me to.



Keeping Track of Your Blood Sugar

Why check your blood sugar? Because it helps you to see how you are doing. Some things can make your blood sugar go up. Other things can make your blood sugar go down. You and your diabetes care team will want to know if the food you are eating, the activity you are doing, and the medicine you are taking are helping to keep your blood sugar where it should be. Here are some tips for keeping track of your blood sugar:

- ➔ Check your blood sugar levels as often as your diabetes care team recommends. This may be many times a day. Most people with type 1 diabetes will need to do several checks per day, with more checks needed sometimes, like when you're sick or after being really active
- ➔ Ask someone on your diabetes care team to help you choose a meter or continuous glucose monitor (CGM) and show you how to use it
- ➔ Use reminders. Ask your parents or other caregivers to help you set alarms or write notes to remind you when it's time to check your blood sugar
- ➔ Remember, it's a reading, not an exam. There is no pass/fail grade attached to blood sugar readings. It is just information. That's why many people like to call it blood sugar "checks" instead of blood sugar tests



Team Challenge

Are there times when checking your blood sugar is difficult or embarrassing? Make a list of things that can be a problem when checking your blood sugar. Then sit down and talk to your parents or caregivers about finding solutions for each of them. You *can* find the answers together!

I don't like checking my blood sugar when I am:

But I can make it easier by:

Type 1 Diabetes Word Find

Can you find the diabetes care words hidden in this puzzle? Check the list below and see how many of them you can circle. It's harder than you may think! Search up, down, forward, backward, and diagonally. (You can check your work using the answer key on page 26.)

ACTIVITY
BLOOD SUGAR
DIABETES
EXERCISE
GLUCOSE
HEALTHY EATING
HYPOGLYCEMIA
HYPERGLYCEMIA
INSULIN
MEDICINE
METERS
NUTRITION
SUPPORT
TEAM
TRACKING

H	B	S	R	A	G	U	S	D	O	O	L	B	S	E
E	Y	W	R	I	C	D	G	Y	M	R	X	P	E	X
A	N	P	D	E	R	M	T	S	A	W	C	E	T	E
L	T	R	E	C	T	I	E	Z	E	Z	E	H	E	R
T	K	A	E	R	V	E	D	D	T	K	Y	T	B	C
H	D	B	I	I	G	Z	M	S	I	P	S	O	A	I
Y	H	N	T	W	W	L	U	U	O	C	Q	A	I	S
E	D	C	O	I	K	P	Y	G	Y	C	I	I	D	E
A	A	Z	W	I	P	N	L	C	S	H	Q	N	F	W
T	B	V	S	O	T	Y	M	C	E	H	S	N	E	I
I	X	A	R	O	C	I	T	J	R	M	L	O	P	K
N	E	T	T	E	A	T	R	A	C	K	I	N	G	G
G	U	A	M	I	I	U	N	T	M	D	U	A	I	V
X	N	I	L	U	S	N	I	G	U	X	Q	E	O	U
T	A	G	L	U	C	O	S	E	D	N	F	T	H	W

Healthy Eating and Carb Counting

What's the difference between eating healthy when you have diabetes and eating healthy when you don't? Not much! A healthy diet includes fruits, vegetables and proteins. Having diabetes doesn't mean having to say "no" to everything with sugar or to avoid dessert entirely. But you may need to eat a variety of foods and a balanced amount of carbohydrates, proteins, and fats! It's really important to know how many carbs you are eating because carbs impact your blood sugar. Carb counting is a great way to tell you how many carbs are in your meal.

Count Your Carbs

Carb counting involves counting the number of grams of carbohydrate in a meal and matching that to your dose of insulin. Since your pancreas no longer makes insulin, you need to take background insulin as well as offset the carbs in your food with mealtime insulin doses. To do this, you have to know exactly how many carbohydrate grams are in your meal. You will use what's known as an insulin-to-carb ratio to calculate how much insulin you should take in order to manage your blood sugars after eating.



Math may not be your favorite class. But that's okay. "Carb Counting" doesn't take a lot of math skills. It's mostly simple addition. All you do is count the number of carbohydrates in what you're planning to eat (by looking at the nutrition labels), so you and your parents or other caregivers can plan on how much insulin you're going to take. Your diabetes care team will help you get the hang of it!

Team Challenge

- Plan some meals ahead of time with your parents or caregivers. You can use the online Menu Planner on type1.cornerstones4care.com to plan a weekly menu along with your parents or other caregivers. Write down or print out some healthy meals you and your parents or caregivers have chosen.

Staying Active

Part of being a kid is playing and having fun! Being physically active when you play is a great idea. Here are a few tips for when you plan on being active:

- ➔ Check your blood sugar before you exercise. Then check it later, too. Blood sugar can drop even 16 to 24 hours after being active. This is because the body needs to use blood sugar to replace sugar that your muscles have used
- ➔ If you haven't already had something to eat, eat something before having fun! Being active on an empty stomach can cause low blood sugar
- ➔ Stop if you feel any signs of low blood sugar (also called hypoglycemia), like dizziness or weakness (see page 22 to find out more). Take time to eat or drink a high-carbohydrate food (like raisins or hard candies, see next bullet below) if you feel like you are going low
- ➔ Keep "emergency carbs" close at hand in case you go low. These are high-sugar foods, like soda (not diet), fruit juice, glucose tablets, raisins, or hard candy

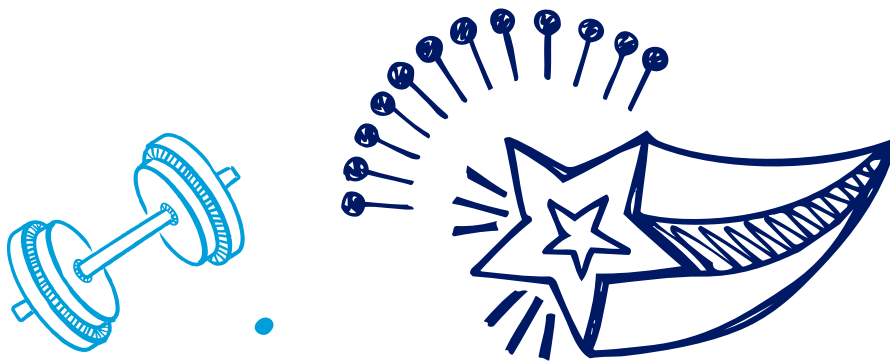
Ask your diabetes care team what activities may be right for you.



Team Challenge

Is there is a sport or activity that you like? Talk to your parents or caregivers and diabetes care team about it. You can find something fun that will keep you moving! When you've found it, write it down here.

To keep moving I like to:



Know About High and Low Blood Sugar

Sometimes you don't have enough insulin in your body. This can make your blood sugar higher than it is supposed to be. You may hear this called **high blood sugar** or **hyperglycemia**. High blood sugar may make you feel:

- ➔ Very thirsty
- ➔ Like you need to pee (urinate) more than usual
- ➔ Like your mouth and skin are dry
- ➔ Like your vision is blurry
- ➔ Sleepy

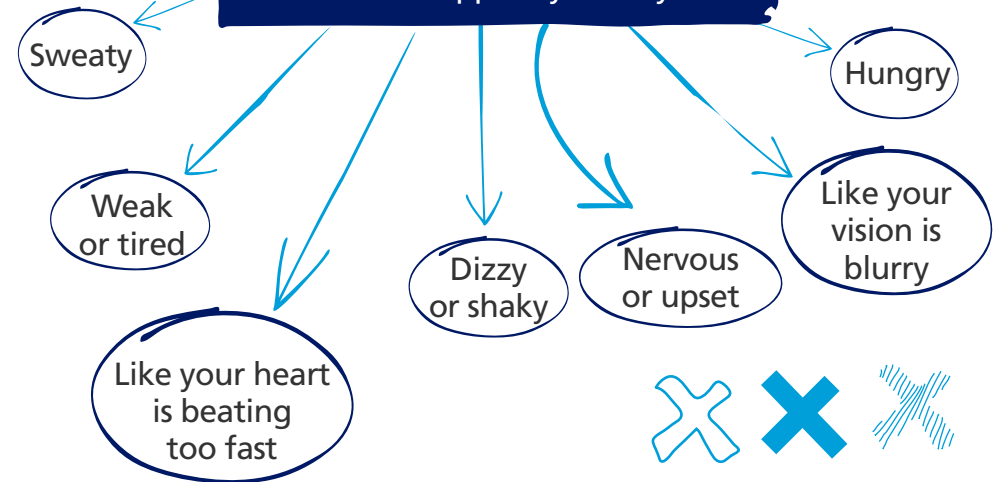
If you feel any of these things happening, check your blood sugar. If it is too high, let your parents or caregivers and your diabetes care team know.

Your blood sugar can also go **too low (hypoglycemia)**. This can sometimes happen if you:

- ➔ Take too much insulin
- ➔ Eat less than you expected to
- ➔ Are more active than you planned to be

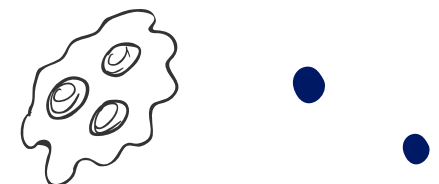


You may hear this called **low blood sugar or hypoglycemia**. When this happens you may feel



Check your blood sugar right away if you have any of these happening to you. If you think your blood sugar is low but you cannot check it, eat or drink something with sugar right away, such as juice, soda (not diet), 2 to 5 glucose tablets, or candies that you can chew quickly, like jellybeans or mints.

Always let your parents or other caregivers know if your blood sugar is running too high. And let them know if your blood sugar is running too low. Talk to your diabetes care team about how to treat severe low blood sugar and make sure that your parents and/or caregivers know how, too.



GROWING UP WITH TYPE 1 DIABETES



Going to School With Type 1 Diabetes

School can be exciting, but handling changes at school may be difficult, especially when you are starting a new school year, a new school altogether, or are going back to school having just been diagnosed with type 1 diabetes. Having to tell a lot of new people about your diabetes may feel like a hassle. But it's best to be open about it and get it out of the way early. If you don't treat it like it's a big deal, chances are other kids won't make a big deal of it either.



Blood Sugar Checks at School

Checking your blood sugar several times a day can seem like a lot of work, but it is necessary. And this means that you will have to check your blood sugar at school, too. Don't worry, you will get used to it. You can ask your teacher or the school nurse if you can go somewhere private to check if you don't want people asking about it. But you can also use it as a chance to teach people about type 1 diabetes.



Avoiding Bullying

Bullying is so *not* cool—no matter what! You may worry that your classmates may sometimes treat you differently because of your diabetes. Are you afraid they may tease you or say things about your diabetes that are hurtful and just not true? If they do it is probably because they just don't understand. If anyone is teasing or bullying you, talk to your parents, other caregivers, or teachers. They will be able to help you.



Studying

When you have type 1 diabetes, you can't afford to lose track of time! So when you're studying for tests, try to set a timer for when to check blood sugar and when to take snack breaks. Try not to stress too much because stress can actually raise your blood sugar! So if you feel stressed, make sure to check your blood sugar more often.



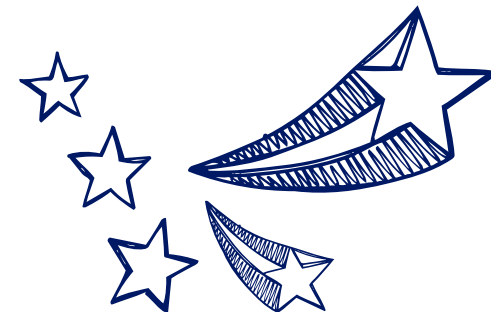
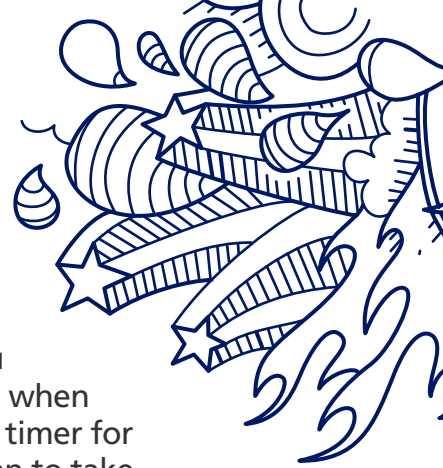
School Trips

"Can I go on school trips?" Yes! Of course you can. When you go on school field trips, make sure you carry a backpack with all your supplies. Have your parents or other caregivers talk to the people in charge of the trip to let them know you have type 1 diabetes and answer any questions that the leader may have.



Enjoying Holidays

Thanksgiving to New Years (and of course, your birthday!) are times of joy—and lots of food! Enjoy yourself, but be sure to keep track of what you're eating and what your blood sugar levels are.



✓ Choosing Friends and Making New Ones

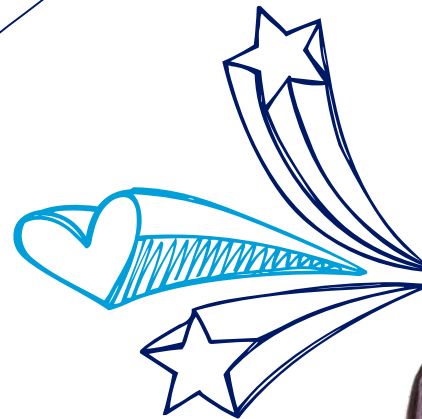
Do you already have a couple of friends that know you have diabetes? It's good if you do. They can be really helpful. But if they don't have diabetes themselves, they may not fully understand what dealing with diabetes is like. If you want support from kids like you who also have type 1 diabetes, you can look for local diabetes support groups and events where you can meet them. You can learn more online at jdrf.org and childrenwithdiabetes.com.

✓ Diabetes Camps

Imagine a camp where everyone has type 1 diabetes like you do and is managing it while doing all kinds of fun stuff like camping, swimming, games, sports, and cookouts! You can find information on diabetes camps online at:

➔ diabetescamps.org

Answers to puzzle on page 23.



✓ Sleepovers

There is no reason why you can't do sleepovers at a friend's house as long as you:

- ➔ Pack everything you may need, including your meter, insulin, emergency carbs, and any other diabetes supplies
- ➔ Know how to take care of most of your type 1 diabetes care needs yourself
- ➔ Make sure that the adults in charge, probably your friend's parents, are able and willing to help you

Your parents or caregivers should call your friend's parents in advance to talk about your diabetes care needs and they may want to arrange a meeting before the sleepover for some basic training. And don't be shy: if you are feeling unwell at any point during a sleepover, you need to let the adults in charge know about it so they can help you.



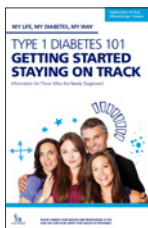
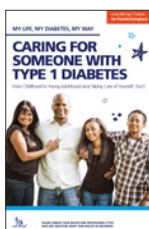
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Here Are Even More Resources for Your Type 1 Diabetes Journey From Novo Nordisk

This booklet is part of the **"My Life, My Diabetes, My Way"** educational series for people with type 1 diabetes. There are other booklets in this series, brought to you by Novo Nordisk, that may be of interest to you, your family, and friends.



➔ **Caring for Someone With Type 1 Diabetes**

Written especially for parents or caregivers of children, teens, and young adults with type 1 diabetes

➔ **Type 1 Diabetes 101: Getting Started, Staying on Track**

Recommended for those ages 13 and up who are newly diagnosed with type 1 diabetes and their family and friends

➔ **Get Help Navigating Your Course**

Read and note what you want, flip through what you don't, your choice! Intended for kids ages 12 to 16 years old

Ask your doctor for your FREE copy of these and other type 1 diabetes booklets today! They are also available online as free PDF downloads at t1support.cornerstones4care.com.

Additional type 1 diabetes resources can be found online at:

jdrf.org

typeonenation.org

childrenwithdiabetes.com

diabetes.org

type1.cornerstones4care.com

Remember, these booklets and resources are for educational purposes only. If you have any questions about your diabetes care, be sure to ask your diabetes care team.



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