

# What a 12 year-old should know about Diabetes.

These are the basics! Please remember that not every 12-13 year old has had Diabetes for a long time. We realize that this information is most likely a refresher for you.

## ***What is Type 1 Diabetes***

Type 1 diabetes is a chronic condition in which the pancreas produces little or no insulin. Insulin is a hormone needed to allow sugar (glucose) to enter cells to produce energy.

Without enough insulin your body cannot use dietary carbohydrates for energy and has to break down body fat stores. This creates ketones. Ketones can be very dangerous and cause Diabetic Ketoacidosis (DKA).

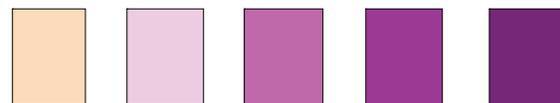
### ***Blood Glucose Testing*** ***Important things to remember!***

- *Make sure your hands are always clean.*
- *Wash them before every test!*
- *Use a new lancet every time you test your blood sugar.*
- *Use the control solution for your meter with the first strip of every bottle or once per month.*
- *Use the sides of your fingers to test and remember to rotate!*

### ***Ketone Testing***

**Test urine for ketones if you have two consecutive blood sugars over 300, or you are sick (nausea, vomiting, fever, etc.).**

- **Trace/Small:** Drink fluids with no carbohydrate (ex. Water) and recheck until negative.
- **Mod/Large:** Drink fluids with no carbohydrate and contact your Diabetes physician.



## ***Hypoglycemia Treatment***

**Symptoms:** Excessive sweating, faintness, headache, heart pounding, shakiness, impaired vision, hunger, irritability, confusion.

- Test Blood Sugar Immediately!

### **If <70**

- Eat or drink 10-15 grams of rapid acting carbohydrate
  - 4 oz or 1/2 cup fruit juice, regular sports drink, regular soda
  - 4 glucose tablets
- Recheck blood glucose in 15 minutes.
- If still <70 repeat.



# Nutrition Facts

Serving Size 1 cup (30g)  
Serving Per Container 19

Amount Per Serving	Cereal	Cereal with ½ cup Skim Milk
<b>Calories</b>	120	160
Calories from Fat	10	15
<b>% Daily Value**</b>		
<b>Total Fat</b> 1.5g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>2%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 230mg	<b>10%</b>	<b>12%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>	<b>4%</b>
Sugars 9g		
<b>Protein</b> 2g		

## Carbohydrate Counting:

Look at serving size and total carbohydrate.

**1 cup = 25 grams of carbohydrate**

**1 1/2 cups: 37.5 grams of carbohydrate**

**2 cups = 50 grams of carbohydrate**

## Insulin Tips

- Store unopened insulin in the refrigerator.
- Store opened insulin in a cool dark place, under 86 degrees.
- Re-fill prescriptions at least 3 days before you are going to run out.
- Make sure you rotate insulin injection sites!!
- Hold the needle in the skin after the insulin has been injected for 5-8 seconds so the insulin can be absorbed.

## How to deal with the stressors of Diabetes.

*“I want my diabetes to go away! I can’t deal with it anymore! It’s not fair.” Have you ever said this to yourself? How does having diabetes make you feel? Maybe you’re scared or angry and wonder why it happened to you. Kids with diabetes have lots of different feelings about it. No matter how you feel, you have entered into a “new way of life.” You’ve learned about insulin and counting carbs, and a ton of other things, but have you found a way to deal with this “new way of life?”*

*If you haven’t figured this out already...diabetes doesn’t define who you are, and you can still do the things that you love. For example, try out for your school’s soccer team, hang out with your friends, and do all the things you have always liked to do. Diabetes is not something to feel embarrassed about! Do your friends know you have diabetes? What would you do if you felt low during class? There are lots of options, but many of them involve asking for help. One of the best skills you can learn to help you take care of diabetes is “asking for help.”*

*It is also completely normal to feel overwhelmed by your diabetes from time to time. Yes, diabetes means that you have to be more responsible – check your blood sugar, take your insulin, and eat healthy. All these responsibilities can add stress to your life. At times like these, it is important to find healthy ways to cope with your feelings. Since diabetes is not something you can get rid of, it is important to find ways to make it more manageable. Positive coping strategies that you may want to try next time you are feeling overwhelmed by diabetes include:*

- *Talking to someone (family, friends, a teacher, someone on your diabetes team) about your frustrations. Sometimes you just need to vent and other times your “support people” can help you solve problems. Who can you talk to?*
- *Write your feelings in a journal.*
- *Exercise...go for a walk or dance.*
- *Play a game.*
- *Do an art activity*
- *Relaxation exercises – try deep breathing, yoga, massage.*

*What will you do next time you are feeling stressed? Write down a list of strategies so you are ready for the next bump in the road!*