

Type 1 Diabetes
**Diabetes
and Me**



Do you wonder...

Why do I have to stop playing for a snack?

Why do I have to get my finger poked?

Why do I need shots?

This is because you have diabetes.
Say "dye-uh-BEE-tees."

What is that?
Let's find out!



Why did I get type 1 diabetes?

You didn't do anything to get type 1 diabetes, and you didn't catch it from anyone around you! Your body just is not working exactly as it should. You are not alone. There are kids all over the world that have type 1 diabetes, just like you. There are even grownups too!

What are the signs of diabetes?

When you first have diabetes, you may feel like you want to:



Go to the bathroom a lot



Drink a lot



Eat a lot



Sleep a lot

These are all signs that you may have diabetes. Your doctor may have tested your blood to see if you have diabetes.

What's going to change?

You can still go to school! You can still play with friends! You can still have fun!

You are still the same great kid you were before you found out that you have diabetes. Sometimes you will have to do special things, like eat a snack on the bus. Or you may have to go to the school nurse for help. You will also have to take medicine and have your blood tested.

But remember, you are not alone! Your family, your friends, and your doctors and nurses will take extra special care of you.



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



Scan me!



What is diabetes?

Everybody needs food so they can have energy to do things like play or run! Our bodies use a sugar called "glucose" (say "GLOO-kose") from the food we eat for energy. The glucose moves through your body in your blood. This important thing called "insulin" (say "IN-suh-lin") helps the glucose get into your body's cells to make energy.

When you have type 1 diabetes your body may not make enough or any insulin. This means your body can't get glucose to make energy!



Why do I have to test my blood?

Your blood is tested to make sure that the glucose in your blood is not too high or too low. If it gets too high or too low, you can feel sick. You may feel:



Very thirsty



Very hungry



Sleepy



Cranky



Pain in your head



Dizzy

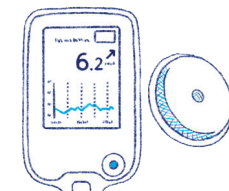
These are just a few signs. Make sure you tell someone right away if you don't feel good.

How do I test my blood?

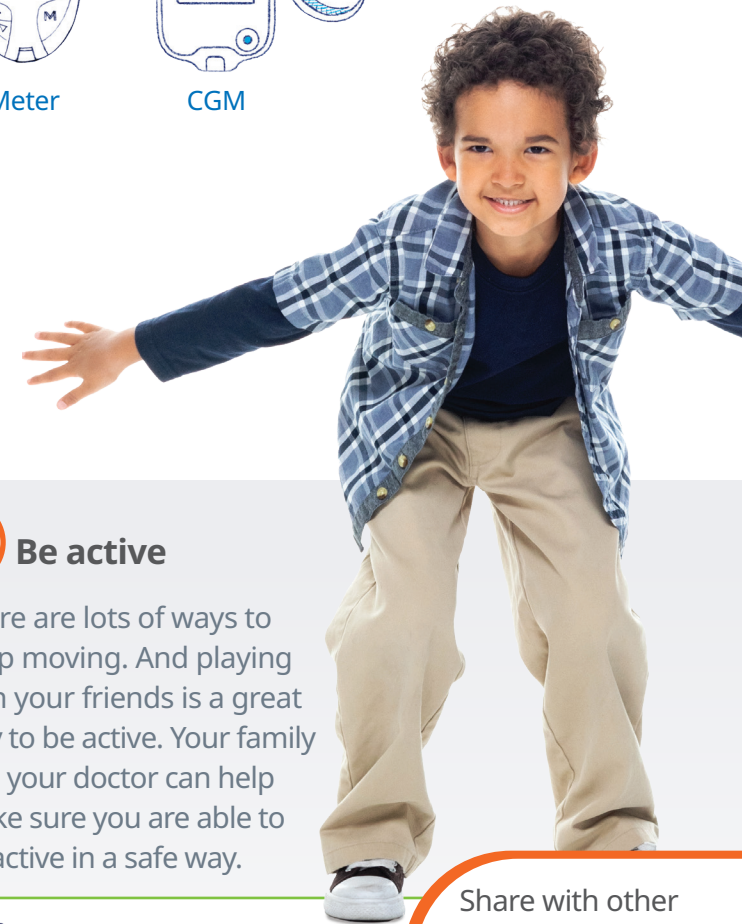
There are 2 ways to test how much glucose is in your blood. You may use a meter that checks a drop of your blood. Or you might use a type of meter called a CGM. It is attached to your body and tests your glucose for you throughout the day. You will decide with your family and doctor which way is best for you.



Meter



CGM

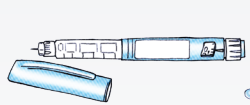


How do I treat my diabetes?



Take insulin

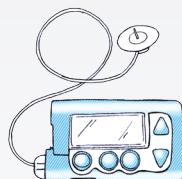
If your body doesn't make enough insulin, you have to take it every day. There are different ways to take it. Circle the one you use!



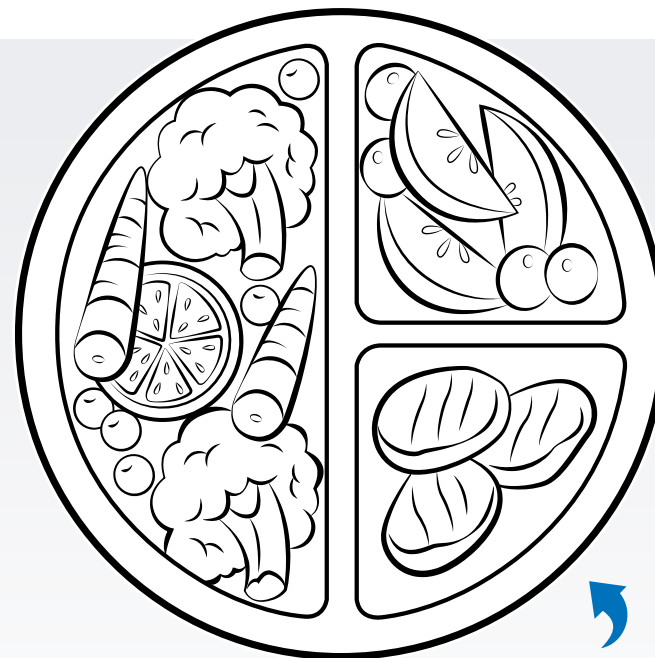
Insulin pen



Vial and syringe



Insulin pump



Color in this healthy plate!



Eat healthy

Eating healthy can be fun! Trying new things and eating a variety is important! What you like may surprise you. And you can still have some of the foods you love to eat too. Your family can help you make a healthy plate.



Be active

There are lots of ways to keep moving. And playing with your friends is a great way to be active. Your family and your doctor can help make sure you are able to be active in a safe way.



What do you like to do? Draw or write your favorite way to be active.

Share with other kids with diabetes just like you. **#DiabetesandMe**



Do you get scared when it's time to take your insulin? Hug your favorite stuffed animal or watch your favorite video. It may help you feel better.

