

# 30 Thoughts, Tips, and Facts About Type 1 Diabetes

1. Type 1 diabetes has no known cause and no cure. It is an autoimmune disease in which the body attacks the beta cells in the pancreas.
2. Type 1 diabetes was formerly called “juvenile diabetes,” a misnomer because children don’t outgrow it when they become adults.
3. In one year, a person with type 1 diabetes will give him/herself a minimum of 1,460 injections.
4. Minimally, a person with type 1 diabetes checks his/her blood sugar 4 times a day. That’s more than 1,460 painful finger sticks a year.
5. Drinking juice and eating candy does not cause type 1 diabetes. The parent and child did nothing to cause it.
6. Kids with diabetes can do everything that other kids can do, they just need to adapt activities to keep their blood sugars from going too low or too high.
7. When blood sugar is low, a person with type 1 diabetes needs fast-acting carbs such as juice, glucose tablets, or candy such as Smarties or Skittles. They don’t need more insulin.
8. If a person with diabetes is experiencing severe hypoglycemia (unconscious or having a seizure), a glucagon injection must be given and 911 called.
9. Type 1 diabetes is often misdiagnosed as the stomach flu. A simple finger prick blood sugar test can diagnose it in the doctor’s office.
10. Signs of T1D include: extreme thirst, frequent urination, vomiting, unexplained weight loss, unusual tiredness, changes in mood or behavior, and more.
11. Teachers may be the first to notice the early symptoms of diabetes. If a child is asking to go to the bathroom and the water fountain more than usual, let parents know.
12. Undiagnosed type 1 diabetes can be life-threatening. Extremely high blood sugar can cause diabetic ketoacidosis (DKA), which needs treatment in the emergency room.
13. In many parts of the world, a diagnosis of type 1 diabetes in a child is a death sentence. Access to insulin and testing supplies is limited in some developing nations.
14. Annually, November 14 is World Diabetes Day. 11/14 is the birthday of Dr. Banting, who with Best, discovered insulin in 1921.
15. Insulin is not a cure for type 1 diabetes. It keeps people with diabetes alive, but it does not make it go away.



*These thoughts, tips, and facts are provided for informational purposes only and do not constitute medical advice. As always, seek advice from a medical professional for any treatment questions you may have.*

For more information about children living with type 1 diabetes, visit D-Mom Blog at <http://www.d-mom.com> and read the book Kids First, Diabetes Second.



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16. Section 504 of the Rehabilitation Act of 1973 in essence states that people with diabetes cannot be discriminated against because of their medical condition.

17. A 504 plan is a fluid document put in place in school to ensure that children with diabetes are given the same opportunities as other students.

18. The sugar alcohols in sugar-free candy can cause gastrointestinal problems such as diarrhea, especially in younger kids. Regular candy can be a better option with insulin to cover it. It's a myth that sugar-free is always better for people with diabetes.

19. One plus one doesn't always equal two with diabetes. You can do the same thing three days and get different results. Lots of factors affect blood sugars.

20. Growth hormones and illness can cause blood sugars to rise. Children with diabetes might need more insulin during growth spurts and when they are sick

21. Illnesses that keep most children home from school for a day can send kids with diabetes to the hospital. The stomach flu can quickly become an emergency situation.

22. Ketones don't only develop with high blood sugars, they can also develop with lows, such as with the stomach flu. Check ketones anytime a child vomits.

23. A common misconception is that when children become adults, their type 1 diabetes will become type 2 diabetes.

24. People with type 1 diabetes do not make their own insulin and must get it via injection or insulin pump. They would die without it.

25. Adults can develop type 1 diabetes too, but are sometimes misdiagnosed as having type 2. A term you may not have heard is LADA: latent autoimmune diabetes in adults.

26. When a child's blood sugar is high or low, they may also have extreme emotions such as crying easily and being short-tempered.

27. When a child's blood sugar is low it's difficult for them to think. During a low blood sugar, the brain literally doesn't have the fuel it needs to function properly.

28. Begin transitioning self-care by teaching them age appropriate tasks such as checking their own blood sugars, counting carbs, or giving insulin.

29. Though you want your child to eventually self-manage their diabetes, take back over care if it becomes too much for them or they need a break. They have their entire life with diabetes ahead of them

30. Diabetes is just one aspect of a child with type 1. Of course take care of their medical needs, but try to make them feel like a kid first and foremost.

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