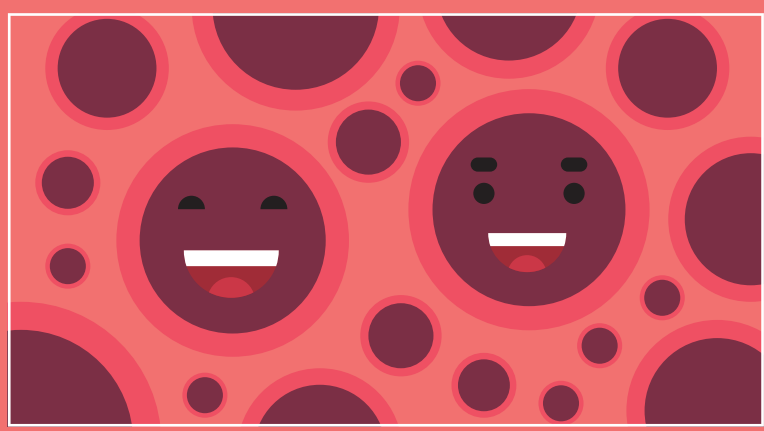




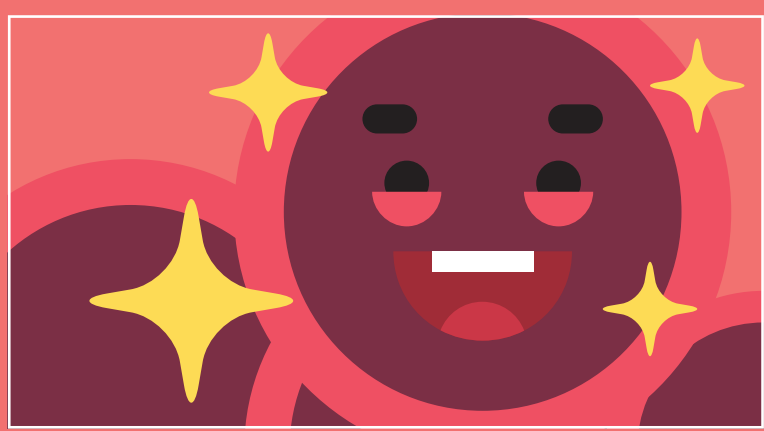
DIABETES IN CHILDREN



WHAT IS DIABETES?



1. Your body is made up of tiny cells



2. These cells need energy to work



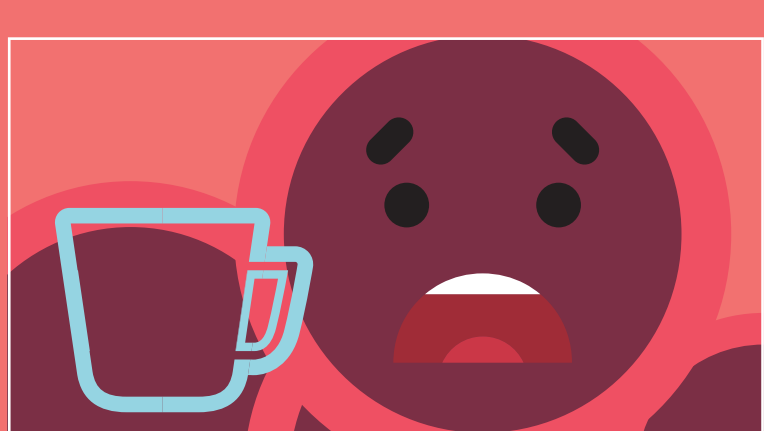
3. When you eat, your body will turn food into a type of sugar called glucose for energy



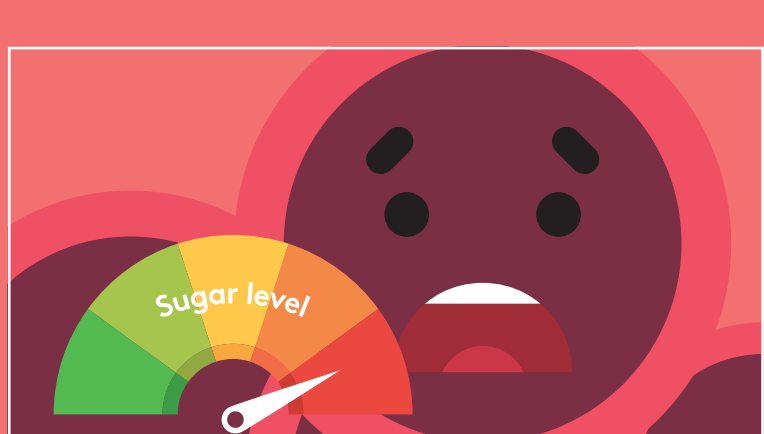
4. Your pancreas makes a chemical called insulin



5. Insulin helps the glucose get into the cells to give you energy



6. When there is not enough insulin or your body cannot make insulin



7. Your blood sugar level becomes too high and this means you have Type 1 Diabetes Mellitus

Who gets type 1 diabetes?

Although it can happen to anyone at any age, it is more common among children and young people.

What is blood sugar level?

It is the amount of sugar (glucose) in the blood. It is important to keep your blood sugar level within the range instructed by your doctor.

WHAT HAPPENS TO YOUR BODY WHEN YOUR BLOOD SUGAR LEVEL GOES DOWN (HYPOGLYCEMIA)?

If you do not eat enough, or exercise or have too much insulin in your body, your blood sugar level may go down. This is called hypoglycemia. When this happens you might feel:

Sweaty



Cannot see clearly



Shaky



Weak or tired



Dizzy and cannot concentrate well



Hungry or nauseated



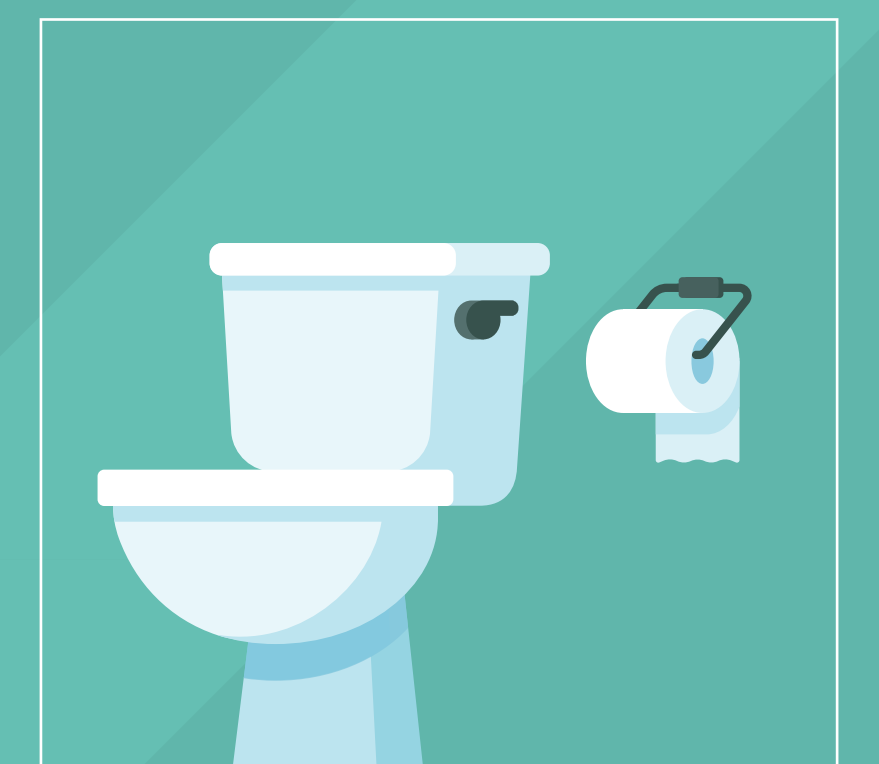
WHAT HAPPENS TO YOUR BODY WHEN YOUR BLOOD SUGAR LEVEL GOES UP (HYPERGLYCEMIA)?

If you forgot to take your insulin or had a lot of sugary food/drinks or you are under stress or sick, your blood sugar level goes up. This is called hyperglycemia. When this happens you might feel:

Thirsty



The need to pee a lot



Angry



Pain in the stomach



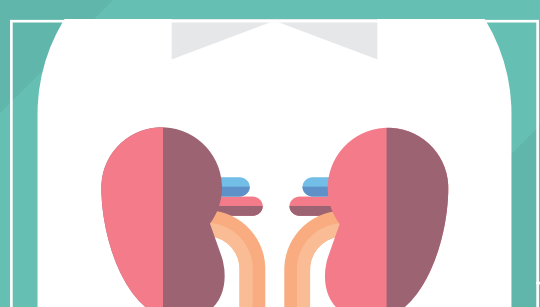
WHAT HAPPENS IF I CANNOT MANAGE MY DIABETES?

Taking insulin every day and following your doctor's recommendations is really important to manage diabetes. Not managing diabetes can lead to serious health problems that can affect your:

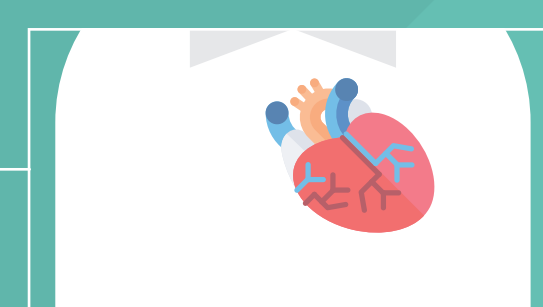
Eyes



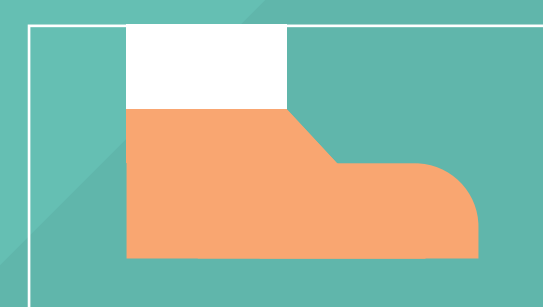
Kidneys



Heart

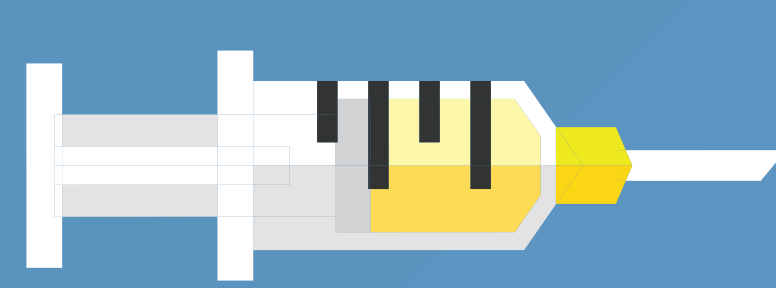


Feet



HOW CAN I MANAGE MY DIABETES?

1. Take your insulin every day using insulin injection or insulin pump



2. Always check your blood sugar level by using glucometer or glucose sensor to help you and your doctor to better manage diabetes:

- When you wake up
- Before & after eating
- Before & after physical activity or sports
- At night before sleep



5. Follow your doctor's advice to stay healthy



3. Learn more about diabetes so you can better manage it and handle it as part of everyday life



4. Know the signs and symptoms of low blood sugar (hypoglycemia) & high blood sugar (hyperglycemia)



6. Speak to your dietitian to plan meals, learn about calorie counting and reading food labels



7. Plan daily activity by choosing the exercise or sport you like and follow your doctor's instructions



WHAT IS THE ABC OF DIABETES?

A- A1c

A1c is a blood test that shows what your average blood sugar level was for the past 3 months. To manage diabetes, it is important to do this test regularly.



B- Blood sugar

It is important to check your blood sugar level at least 4 times during the day.



C- Control

It is important to manage your diabetes with diet, exercise and insulin.

