

# Living with Type 1 Diabetes

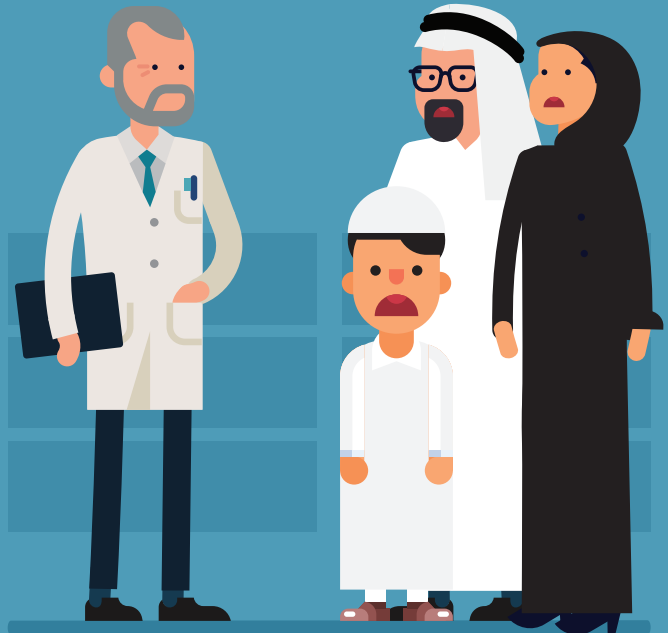


Hi! My name is Tamim and I have type 1 diabetes. I need to take good care of myself to be healthy and avoid other health problems. I need support from my parents, siblings, teachers, and friends as well as my doctor, nurse and dietitian.

Please allow me to take you on a journey with me about my experience with diabetes.



When my doctor told me that I have type 1 diabetes, I felt sad and worried. I was afraid that my life would be different than other kids and become worse. My mom and dad told me "don't worry, we love you and your siblings love you too. You are not going to go through this alone."



## Here are some things that help me feel better:

When I am worried or sad,  
I share my feelings with  
my parents and people I trust.



I am no different than other kids.  
I enjoy playing, learning  
and exploring new things.



I tell my parents & teachers  
when some kids say bad  
things to me because  
I have diabetes.



To help manage my diabetes, my doctor told me I need to  
take insulin many times every day using insulin injection  
or insulin pump. This is to help my body use sugar from  
the food I eat to get energy. The more I learn about  
diabetes, the better I can manage it.

## When I take insulin:

I make sure I take it every day by following the right steps, right  
dose and time as my doctor told me. I get help from my mom or  
dad to do this.

Every day, I have to check my blood sugar  
level using a special machine (glucometer).  
Another word for sugar in the body is called  
"glucose."

I need to know my blood sugar level and  
keep a record of it in my diabetes diary. It is  
important to know this because it helps me  
control the amount of insulin I need and  
how much I can drink and eat.



I always check my blood sugar level :

When I  
wake up



Before and  
after eating



Before & after  
physical activity  
or sports



At night  
before  
sleep



- I can also use glucose sensor, which tells me how much  
sugar I have in my body every 5 minutes
- I always remember to bring my diabetes diary and  
glucometer when I visit my doctor

My dietitian told me I can eat normal food like other kids as long as it is healthy and in the right amount.

## When I eat:

I avoid food and drinks that have too much sugar.



I get help from mom or dad when preparing my meals.



I always take insulin with food and drinks that have too much sugar.



I love playing sports. Exercise helps me lower my blood sugar level, keep a healthy weight and feel good about myself. You should enjoy it too!



## When I exercise:

I plan my daily activity by choosing the exercise or sport I like and follow my doctor's instructions.



I always remember to check my sugar level before, during and after physical activity.



I always carry some snacks, juices, water, glucose gel/glucose tablets and my insulin with me in case my blood sugar level goes down or up.



I know that I can take some food with sugar to prevent low blood sugar before and during exercise, according to my doctor's advice.

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**References:**

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