



ABOUT TYPE 1 DIABETES



OVER 460 MILLION PEOPLE
in the world live with diabetes

THERE ARE TWO MAIN TYPES OF DIABETES:



TYPE 1

Is an autoimmune disease, not related to diet or exercise, where the body does not make insulin. Instead, the person must take insulin to live.



TYPE 2

Is influenced by diet, exercise, and genetics. The body can create insulin, but does not use insulin properly. It can be managed through diet, exercise, oral medication, and sometimes insulin.



Nothing I did caused my Type 1 diabetes and it's not contagious!

Having diabetes means your body doesn't make insulin like everyone else's, so you have to give yourself insulin.

WHAT IS INSULIN? Insulin is a hormone made by the pancreas that helps regulate blood sugar levels. My pancreas doesn't make insulin naturally like yours does, so I need to dose myself with it instead. Giving myself insulin is the thing that keeps me alive, but too much can be very dangerous.

**HERE ARE SOME
OF THE SYMPTOMS
OF TYPE 1 DIABETES....
RECOGNIZING THESE SIGNS
CAN SAVE A LIFE!**

WARNING SIGNS of TYPE 1 DIABETES

EXCESSIVE THIRST

FREQUENT URINATION

UNEXPLAINED WEIGHT LOSS

EXHAUSTION

**ASK YOUR HEALTHCARE PROVIDER FOR A
BLOOD SUGAR OR URINE TEST IMMEDIATELY.**

**UNTREATED TYPE 1 DIABETES CAN BE LIFE-THREATENING.
SEEK EMERGENCY MEDICAL CARE IF YOU ARE EXPERIENCING:**

FRUITY-SMELLING BREATH

RAPID BREATHING

NAUSEA

CONFUSION

STOMACH PAIN

DROWSINESS

MISTAKEN FOR

FLU, STOMACH VIRUS OR GROWTH SPURT



@beyondtype1
BEYONDTYPE1.ORG

THE LEONA M. AND HARRY B.
HELMSLEY
CHARITABLE TRUST

NASN
National
Association of
School Nurses

**A NORMAL BLOOD SUGAR RANGE
IS USUALLY BETWEEN 80 – 120.**



WHEN I'M HIGH...



WHEN I'M LOW...

HERE IS WHAT I DO WHEN I EAT



+



+



=



LOW BLOOD SUGAR IS DANGEROUS!

SYMPTOMS



ANGER + IRRITATION



DIZZINESS



TIREDNESS



SWEATING



HUNGER

WAYS YOU CAN HELP



**ASK ME IF I'VE CHECKED
MY BLOOD SUGAR**



**KNOW WHERE I KEEP MY
SNACKS + TOOLS TO
HELP TREAT MY LOWS**



**LET A TEACHER OR AN ADULT
KNOW IF I'M ACTING STRANGE
OR SHOWING THESE SYMPTOMS**

TOOLS FOR TREATING SEVERE LOW BLOOD SUGAR



GVOKE



***Glucagon
Rescue Kit***



BAQSIMI

TREATING TYPE 1 AT SCHOOL

I NEED TO CHECK MY BG BEFORE WE TAKE A TEST. IF IT'S TOO HIGH OR LOW, MY BRAIN DOESN'T WORK AS WELL AND I CAN'T TAKE THE TEST UNTIL IT RETURNS TO NORMAL RANGE.

I MIGHT NEED TO GO TO THE NURSE'S OFFICE FOR HELP TREATING A HIGH OR LOW BG, OR BECAUSE I DON'T FEEL GOOD.

I MIGHT HAVE TO SIT OUT OF P.E. OR SPORTS/AFTER SCHOOL ACTIVITIES BECAUSE OF A LOW BG WHILE I HAVE SOME SUGAR.

BEFORE WE HAVE LUNCH OR A SNACK, I HAVE TO TEST MY BG AND CALCULATE THE AMOUNT OF CARBS IN THE FOOD, THEN CALCULATE HOW MUCH INSULIN TO GIVE MYSELF.

TREATING TYPE 1 AT HOME

I NEED TO CHECK MY BG BEFORE WE TAKE A TEST -- IF IT'S TOO HIGH OR LOW, MY BRAIN DOESN'T WORK AS WELL AND I CAN'T TAKE THE TEST UNTIL IT RETURNS TO NORMAL RANGE.

I MIGHT NEED TO STEP AWAY FROM MY SCREEN TO TREAT A HIGH OR LOW BG, OR BECAUSE I DON'T FEEL GOOD.

I MIGHT HAVE TO SIT OUT OF P.E. OR SPORTS/AFTER SCHOOL ACTIVITIES BECAUSE OF A LOW BG WHILE I HAVE SOME SUGAR.

BEFORE WE HAVE LUNCH OR A SNACK, I HAVE TO TEST MY BG AND CALCULATE THE AMOUNT OF CARBS IN THE FOOD, THEN CALCULATE HOW MUCH INSULIN TO GIVE MYSELF.



**I HAVE A LOT TO THINK
ABOUT EVERY DAY + NIGHT.**

**I AM GOING TO SHOW
YOU THE TOOLS I USE TO
MANAGE MY DIABETES**

THERE ARE A LOT OF PEOPLE LIVING WITH TYPE 1 LIKE ME! PEOPLE LIKE...



NICK JONAS

IS AN AMERICAN SINGER, SONGWRITER, + ACTOR. HE CO-FOUNDED BEYOND TYPE 1.



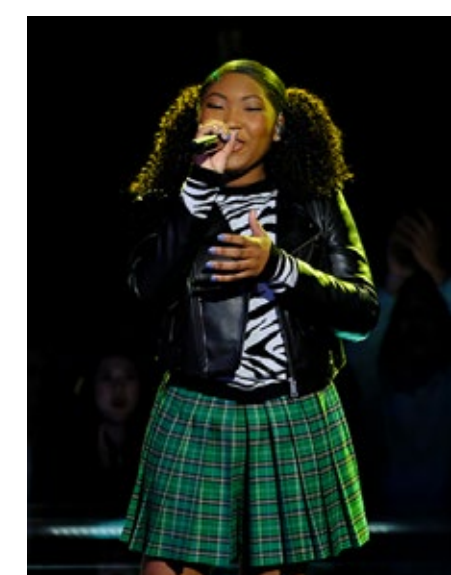
SONIA SOTOMAYOR

IS A SUPREME COURT JUSTICE IN THE U.S. FEDERAL COURT, AND THE FIRST LATINA TO BE APPOINTED.



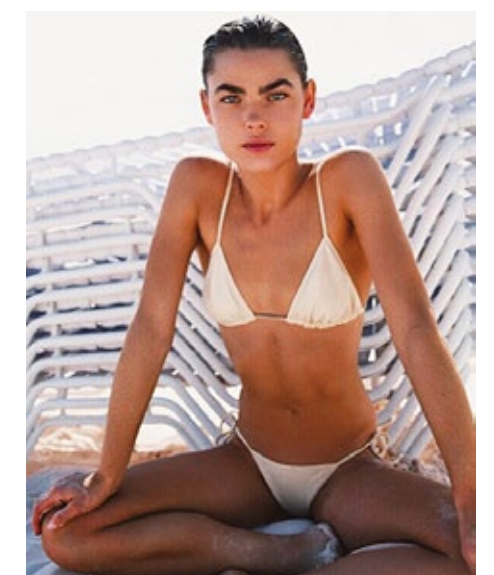
MARK ANDREWS

IS AN AMERICAN FOOTBALL PLAYER ON THE BALTIMORE RAVENS. HE IS ONE OF THE BEST TIGHT ENDS IN THE LEAGUE.



CHELSEA GLOVER

IS AN AMERICAN SINGER, AND HALF OF THE DUO HELLO SUNDAY, WHO COMPETED ON SEASON 17 OF "THE VOICE".



BAMBI NORTHWOOD-BLYTH

IS AN AUSTRALIAN SUPERMODEL WHO'S BEEN FEATURED IN CAMPAIGNS FOR VOGUE, H&M, TOMMY HILFGER, AND MORE. SHE'S ALSO AN ENTREPRENEUR.

THERE ARE A LOT OF PEOPLE LIVING WITH TYPE 1 LIKE ME! PEOPLE LIKE...



LAUREN SALKO

IS A PROFESSIONAL SKIER WHO HAS RACED ALL OVER THE WORLD AND PLACED IN THE TOP 10 AT COLLEGIATE NATIONALS WHICH EARNED HER ALL-AMERICAN STATUS.



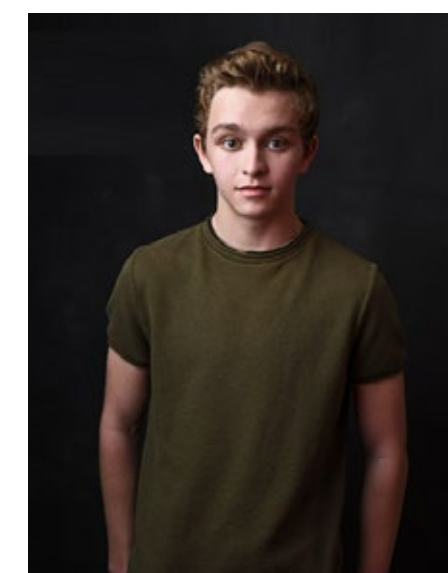
KENDALL SIMMONS

IS A RETIRED AMERICAN FOOTBALL PLAYER AND SUPERBOWL CHAMPION WHO PLAYED WITH THE PITTSBURGH STEELERS.



ESTE HAIM

IS AN AMERICAN SINGER-SONGWRITER, AND MEMBER OF POP TRIO HAIM, WHICH SHE PERFORMS IN WITH HER SISTERS.



GAVIN LEWIS

IS AN AMERICAN ACTOR, WHO'S STARRED ON TELEVISION SHOWS LIKE LITTLE FIRES EVERYWHERE AND PRINCE OF PEORIA.



LAUREN COX

IS AN AMERICAN BASKETBALL PLAYER IN THE WNBA. SHE WAS THE THIRD OVERALL DRAFT PICK, SELECTED BY THE INDIANA FEVER.

ANNOYING THINGS THAT PEOPLE SAY



DID YOU EAT TOO MUCH SUGAR?



MY CAT HAS DIABETES.



KIDS HAVE TYPE 1 AND



ADULTS HAVE TYPE 2, RIGHT?



ARE YOU SURE YOU CAN EAT THAT?

MY RESPONSE:



**DURING A PANDEMIC OR COLD AND FLU SEASON,
I HAVE TO BE MORE CAREFUL BECAUSE GETTING
SICK CAN MAKE MY TYPE 1 HARDER.**

BEING SICK WITH DIABETES IS HARD BECAUSE...



IT CAN MAKE MY BLOOD SUGARS DIFFICULT TO CONTROL



I MIGHT HAVE TO TAKE MORE INSULIN THAN USUAL



***IF MY BLOOD SUGARS ARE HIGH FOR TOO LONG,
I MAY HAVE TO GO TO THE HOSPITAL***



***I MIGHT BE OUT SICK FOR A LONGER PERIOD OF
TIME TO RECOVER***

WHAT I WANT YOU TO KNOW



FOR THE LAST TIME...I CAN EAT SUGAR!



***CLASSROOM PARTY? I CAN BRING THE TREATS,
JUST LET ME KNOW!***



***REMEMBER, I'VE ALWAYS GOT CANDY,
SO BEING MY FRIEND HAS ITS BENEFITS***



***I MIGHT GET TO LEAVE CLASS SOMETIMES, AND I
MIGHT GET TO PICK A FRIEND TO GO WITH ME.***



***IF YOU HEAR MY PHONE, OR SEE MY PHONE DURING
CLASS TIME, I USE MY PHONE TO MANAGE MY T1D.***

Q & A

WHO WANTS TO PLAY A GAME?

WHAT IS THE DIFFERENCE BETWEEN TYPE 1 AND TYPE 2?

MY BODY DOES NOT CREATE WHAT HORMONE?

WHAT IS A NORMAL BLOOD SUGAR RANGE?

NAME 3 SYMPTOMS OF A LOW BLOOD SUGAR.

HOW CAN YOU HELP IF MY BLOOD SUGAR IS LOW?

NAME 2 CELEBRITIES WITH TYPE 1 DIABETES.

ASK ME QUESTIONS ABOUT DIABETES

I'M HAPPY TO TEACH YOU ABOUT IT!

OR YOU CAN VISIT [BEYONDTYPE1.ORG](https://beyondtype1.org)

FOR EVEN MORE INFO!

CREATED BY:

Beyond Type 1

MADE POSSIBLE BY:

