DIABETES BASICS
Understanding Diabetes

Complex disease
Digestion breaks down carbohydrates → sugar (glucose)
Glucose → bloodstream
Insulin moves glucose into cells for energy
Definition Of Terms

“blood sugar” = “blood glucose”

You may it hear it used interchangeably
Body Function Without Diabetes

Normal Cell

Insulin = Keys
Opens lock so glucose can enter into cell

Cell

Glucose
Type 1 versus Type 2 Diabetes

No insulin (key) means that glucose cannot enter the cell.

Insulin (key) cannot unlock the cell door. Insulin resistance or inability of body to use insulin.
Type 1 Diabetes

- Insulin-producing cells are destroyed
- Daily insulin replacement necessary
- Age at onset: usually childhood, young adulthood
- Most common type of diabetes in children and adolescents
- Cannot be prevented or cured
Type 1 Diabetes

Onset of diabetes: can happen relatively quickly

Symptoms: increased urination, tiredness, weight loss, increased thirst, hunger, dry skin, blurred vision

Cause: uncertain; both genetic and environmental factors suspected
Type 2 Diabetes

- Body does not use insulin properly and/or may not make enough insulin
- Daily medication may be necessary (pills and/or insulin)
- Age at onset: usually adulthood, but becoming more common in children
Type 2 Diabetes

Onset of diabetes: usually develops over time

Symptoms: increased urination, tiredness, increased thirst, hunger, dry skin, blurred vision

Cause: uncertain; both genetic and lifestyle factors
Management Goal

- Diabetes is managed but does not go away
- Goal is to maintain a target blood glucose range to avoid complications
Diabetes Management: Making Diabetes a Part of Life

- Monitoring blood glucose levels
- Insulin/Medication
- Physical activity
- Food and beverage intake
- Other factors
Management Priorities

*Based on the needs of the individual child:*

Participation in diabetes self-management will vary depending on the child and is not dependent on the child’s age.

Goals for all children are:

- Participation in school/peer activities
- Optimal learning
- Emerging independence