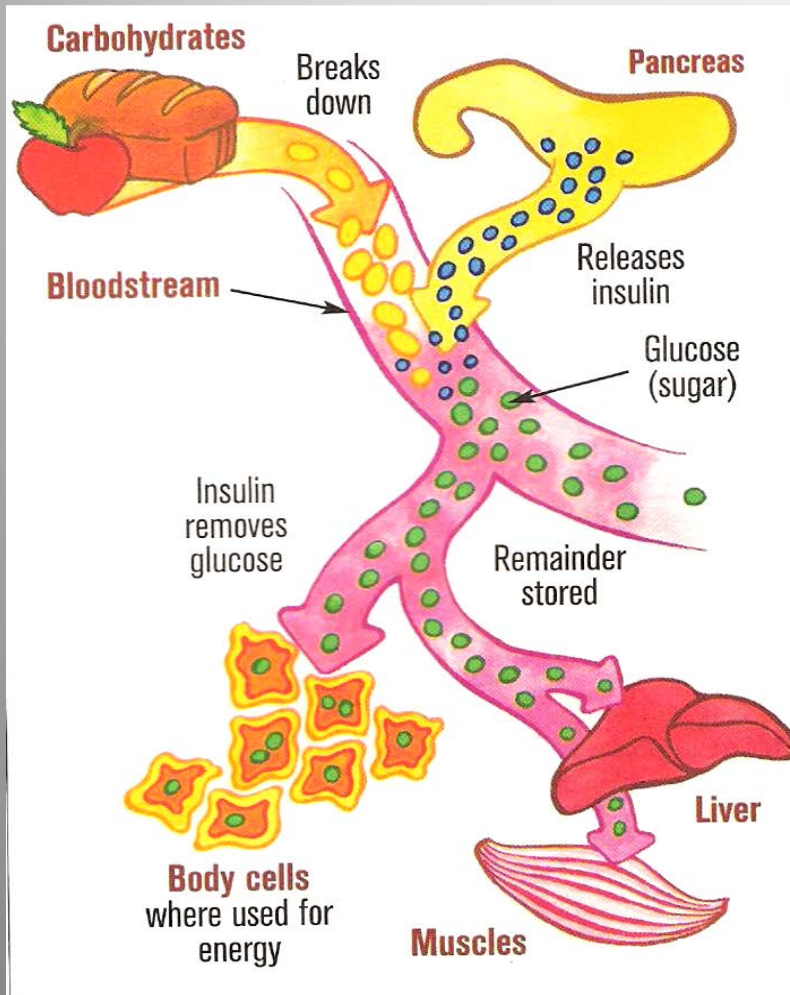


DIABETES BASICS

Understanding Diabetes



Complex disease

Digestion breaks down carbohydrates → sugar (glucose)

Glucose → bloodstream

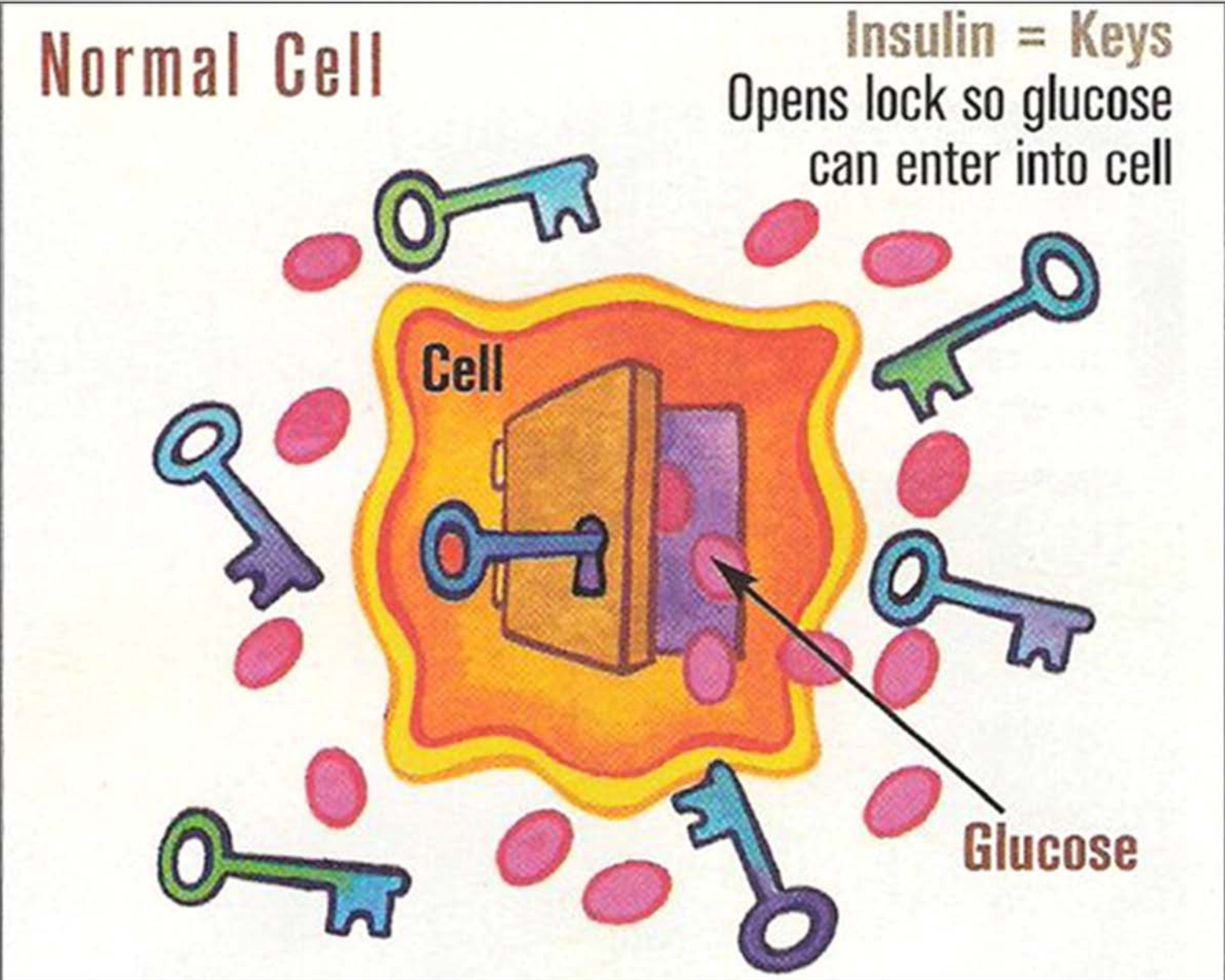
Insulin moves glucose into cells for energy

Definition Of Terms

“blood sugar” = “ blood glucose”

You may it hear it used interchangeably

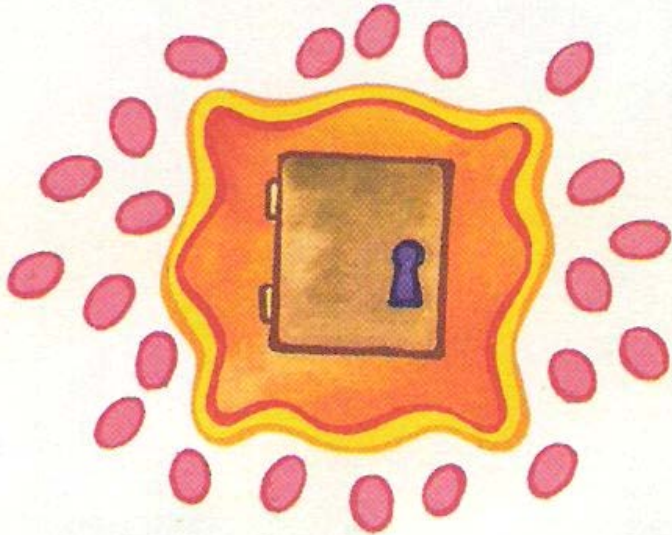
Body Function Without Diabetes



Type 1 versus Type 2 Diabetes

Type 1 Diabetes Cell

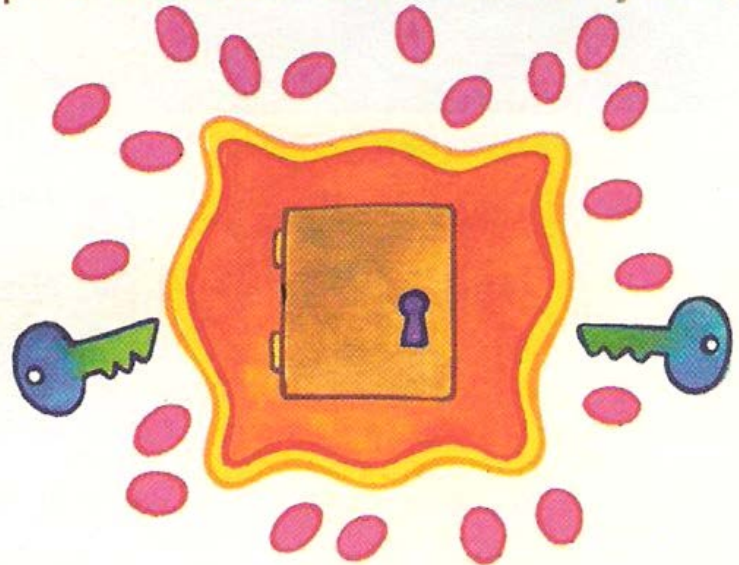
Insulin = No keys



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

Type 2 Diabetes Cell

Lock & key won't fit



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