

WHAT IS DIABETES?



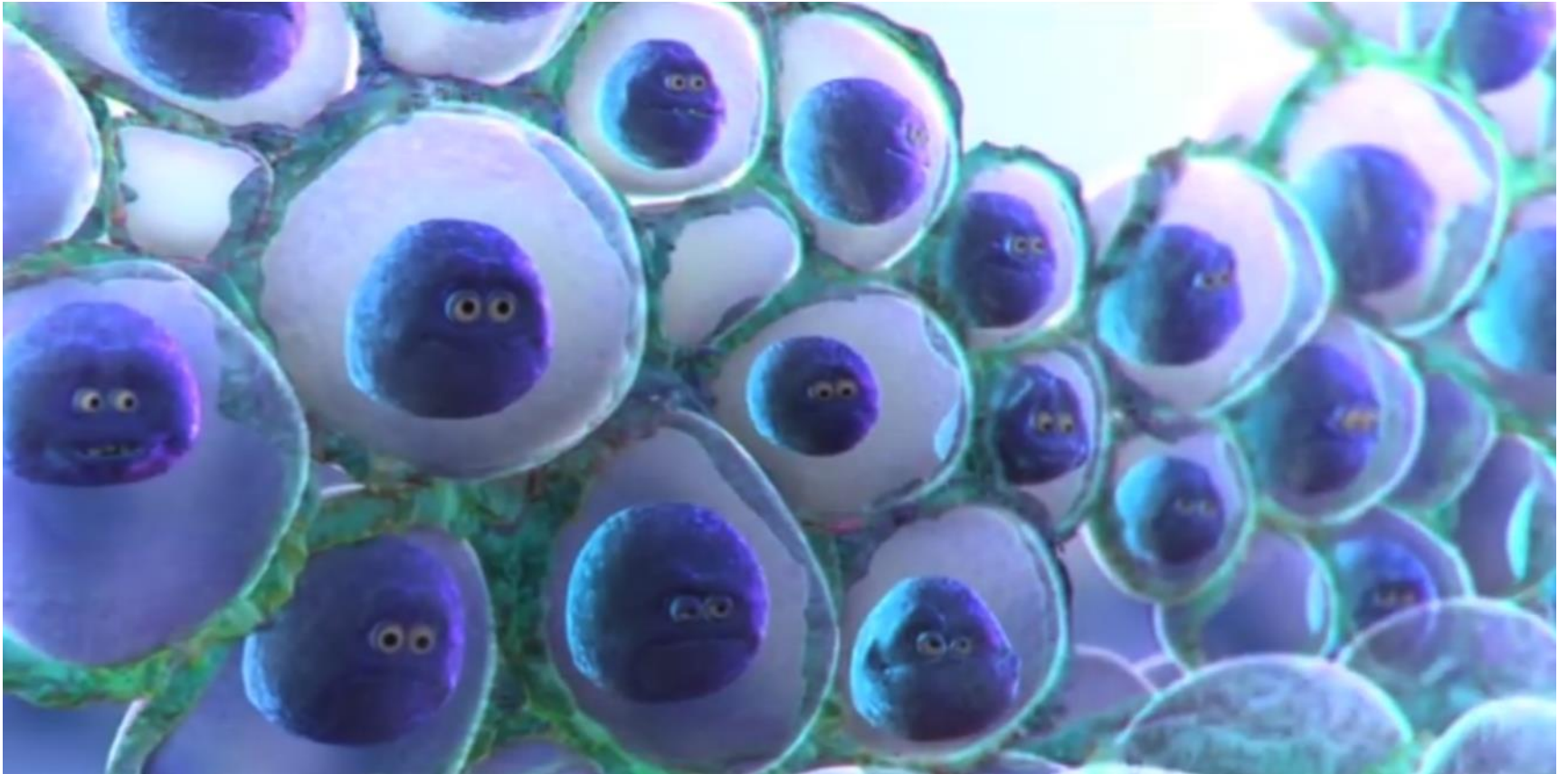
**TYPE 1
DIABETES:**

Make the grade



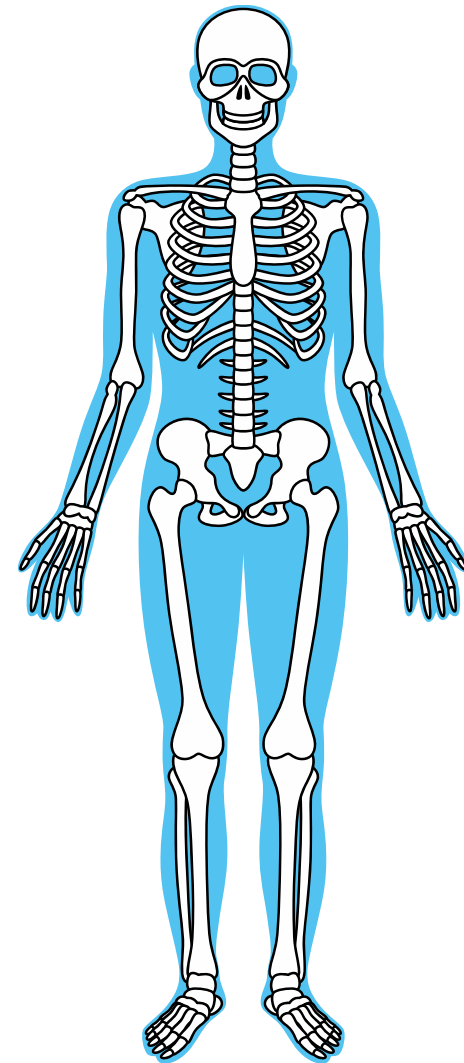
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Inside our bodies



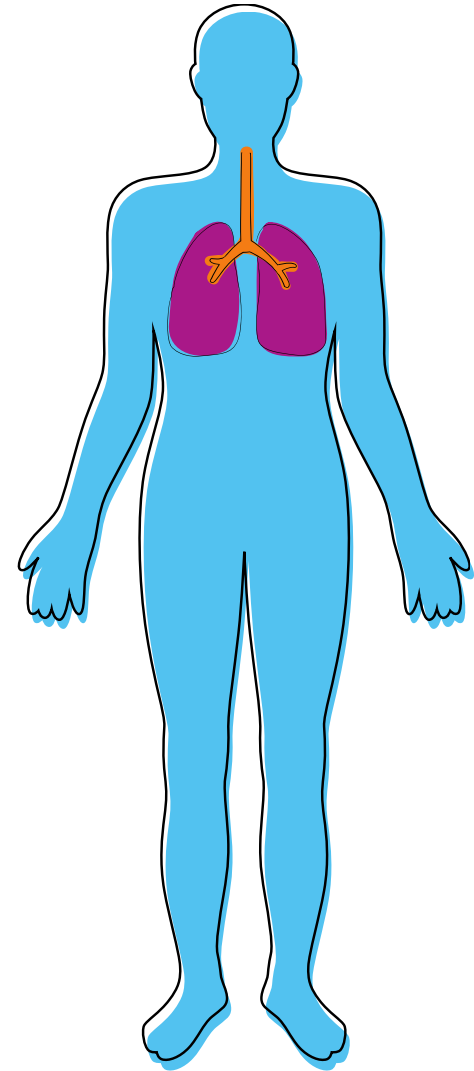
Skeleton

- The skeleton protects organs in the body.
- It acts as a frame.
- Muscles are attached to the bones to help us to move.



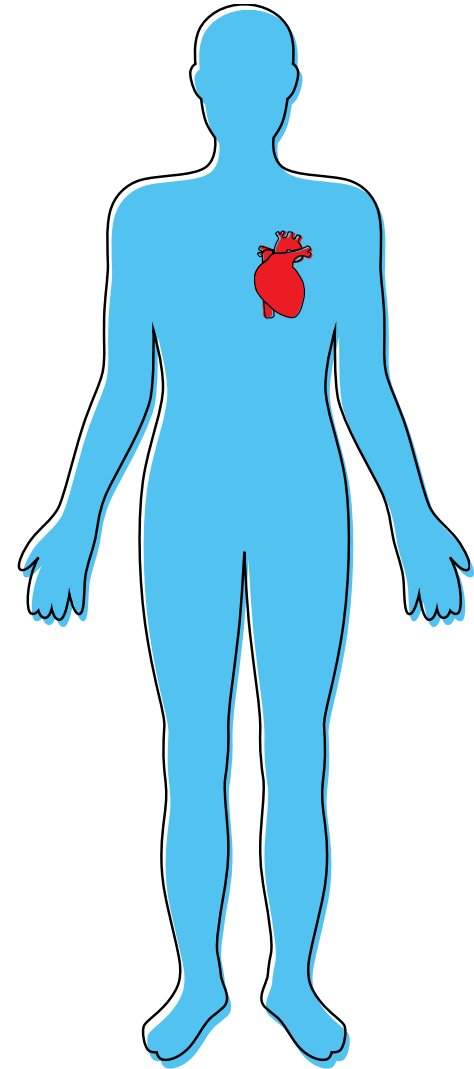
Lungs

- We use our lungs to breathe in air containing oxygen.
- We use oxygen to help give us energy.
- We breathe the air out when we have used the oxygen.



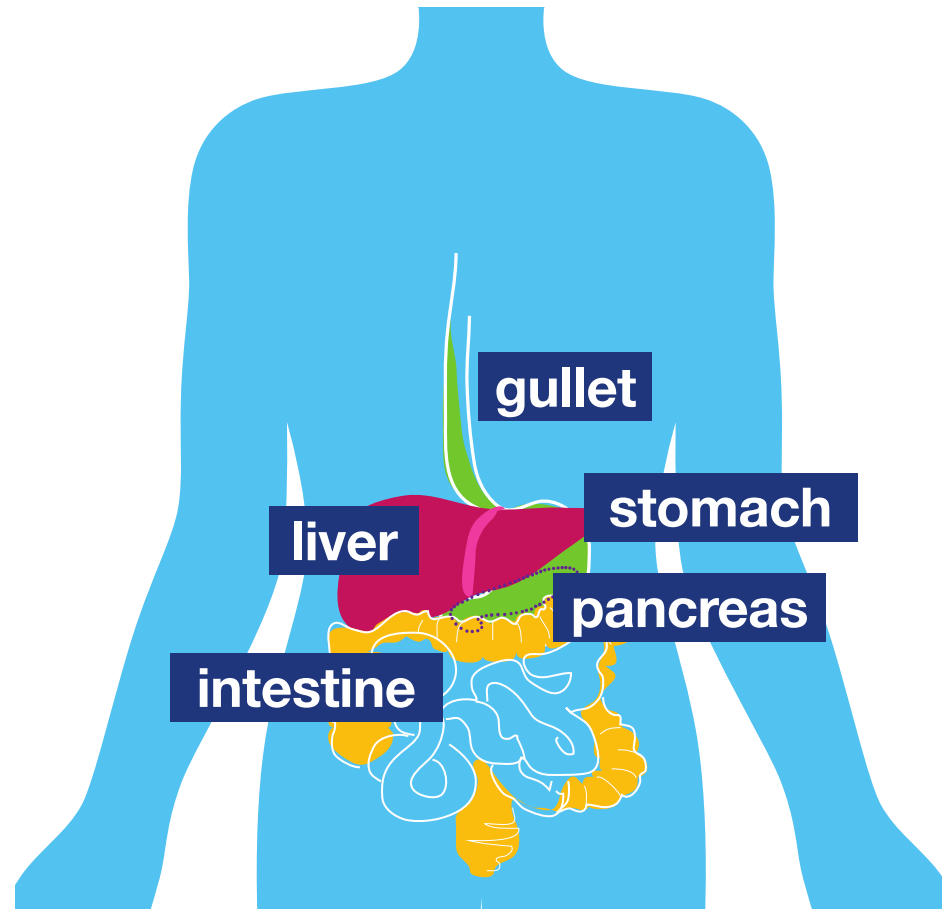
Heart

- Our heart pumps blood around our body.
- Our blood carries lots of things, including oxygen and glucose (sugar) made from our food and drink.



Pancreas

- The pancreas sits just underneath our stomach.
- It makes something called insulin.
- Insulin helps us use energy from our food and drink.



What happens to the food we eat?

- We chew food into smaller pieces, mix it with spit and swallow it.
- It is stirred up with special chemicals in our stomach.
- Some of our food is made into glucose (sugar) that is carried in the blood to all parts of our body.
- Insulin helps our bodies turn that glucose (sugar) into energy so we can run around and play.

TYPE 1 DIABETES



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We see the doctor when we are unwell

- The doctor asks questions.
- They look for signs or clues in our answers.
- They can work out what might be wrong with us.
- They can also do a tests to find our what is wrong.



Signs or symptoms of diabetes

- Toilet.
- Thirsty.
- Tired.
- Thinner.

**COULD YOUR CHILD HAVE
TYPE 1 DIABETES?**

Toilet

Thirsty

Tired

Thinner

If your child is going to the toilet a lot, has increased thirst, is more tired than usual or is losing weight, it could be a sign they have Type 1 diabetes. If not diagnosed early enough, Type 1 diabetes can be fatal. Don't delay – if your child is experiencing any of the **4 Ts**, visit your doctor immediately for a test.

www.diabetes.org.uk/The4Ts

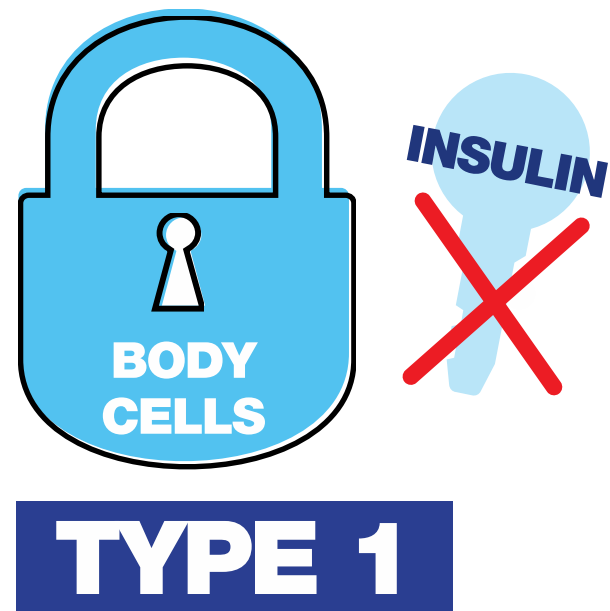
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What is Type 1 diabetes

- Insulin helps us get energy from food and drink.
- We get glucose (sugar) from some of our food and drink. It's carried around our body in our blood.
- Insulin helps us move glucose (sugar) out of blood to every part of our body.
- People with Type 1 diabetes do not make insulin, so the glucose stays in their blood.



What must someone with Type 1 diabetes do?

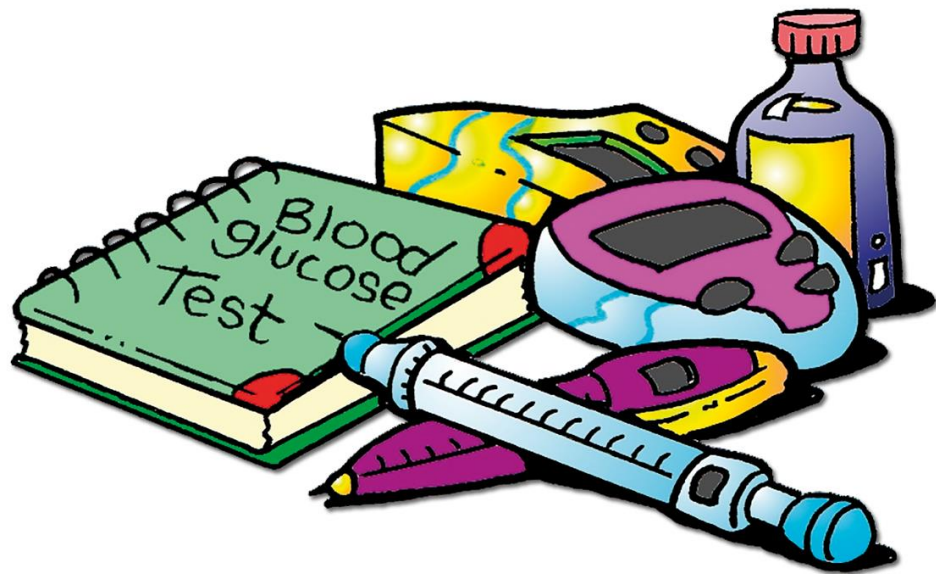
- Take small finger prick blood tests to check there is the right amount of glucose in the blood.
- They will need to do this quite a few times a day, including at school.
- They will need to see their doctor or nurse sometimes.



What must someone with Type 1 diabetes do?

Take insulin with:

- An injector pen.
- Or a pump.



What must someone with Type 1 diabetes do?

- May need to eat at certain times.
- Might need to have snacks in class.
- Can eat exactly the same as everyone else!



But...

- At any time, especially during or after running around, someone with diabetes may feel unwell.
- They feel very sleepy and tired, hungry, thirsty, dizzy, grumpy and act funny.

This is called a hypo

- It means that their blood glucose (sugar) level is too low.



When this happens they need to:

Eat or drink something sugary

Like:

- Lucozade or cola
- Glucose tablets
- Sweets like jelly beans.



And then they might need to eat:

- Biscuits or a sandwich
- A piece of fruit
- Cereal bar
- Their lunch or dinner.



What can we do?

If we have a friend with diabetes, treat him or her like everyone else but remember:

- If he or she seems unwell tell the teacher.
- Stay with them until a grown-up can help.



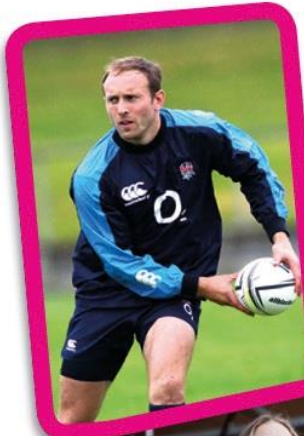
Children with Type 1 diabetes can:

- Do everything that children without diabetes can do!
- Eat the same foods.
- Do the same activities and sports.
- Go on school trips.
- Have sleepovers.
- But they might need to plan for some things.



What do these people have in common?

Chris Pennell



Lucy Davis

Este Haim



Steve Redgrave

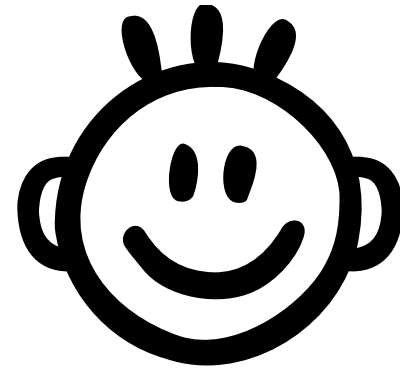
Nick Jonas



Amelia Lily



**THEY ALL HAVE DIABETES
AND IT HASN'T STOPPED THEM
BEING SUCCESSFUL!**



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