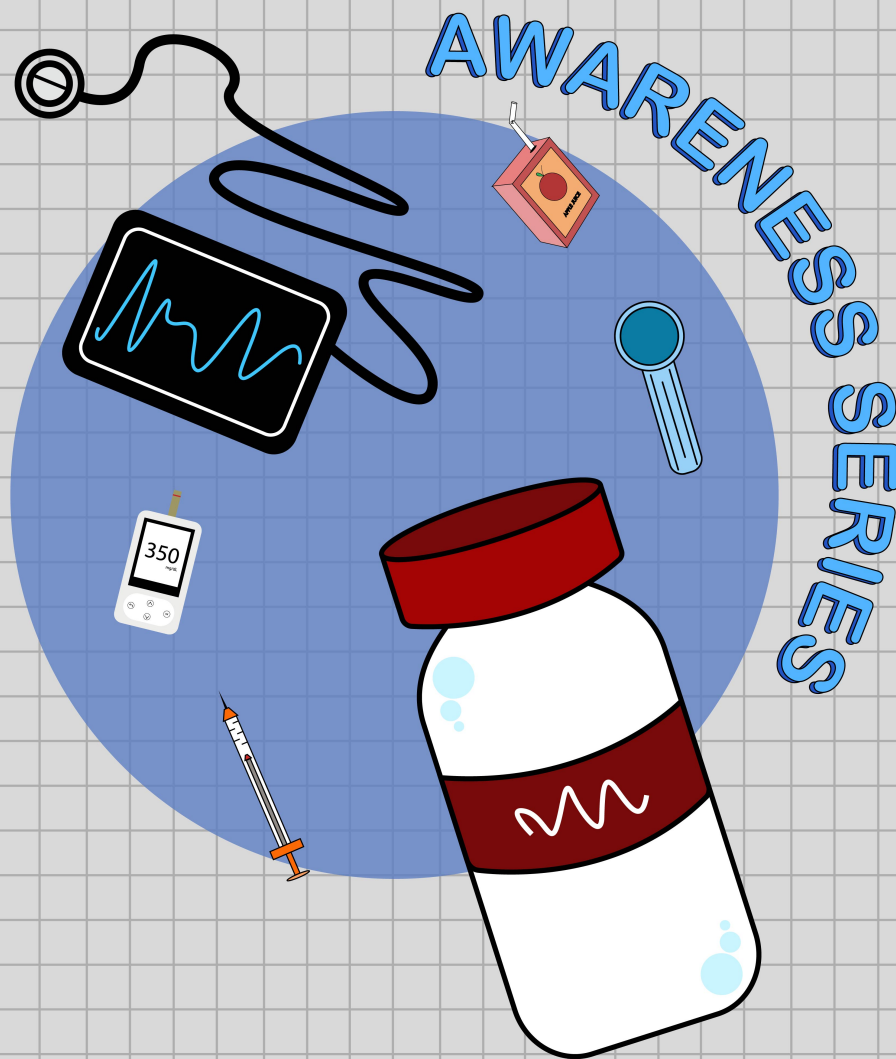


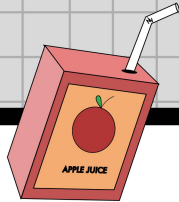
INTRODUCING

THE ALL NEW



what is type 1 diabetes?

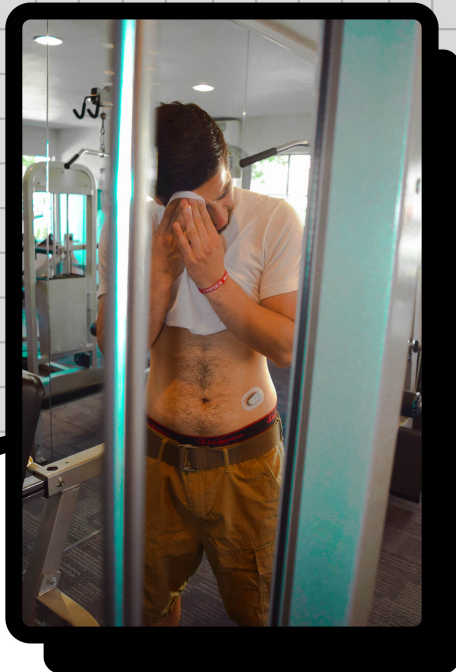
what is type 1 diabetes?



:: type 1 diabetes (t1d), formerly known as juvenile diabetes, is an autoimmune disorder where a person's body attacks the type of cells that make insulin

+ darwin & laura





+ ali abdukkareem

:: type 1 diabetes
is not caused by
an unhealthy
lifestyle or a
person's weight

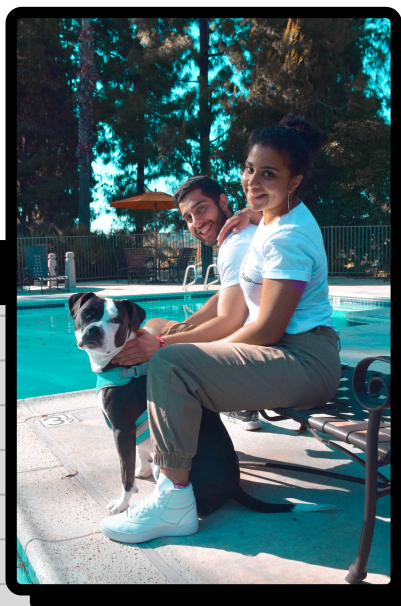


type 1 diabetes is:

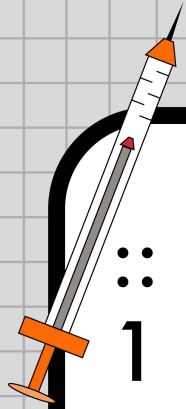
:: non-preventable

:: not caused by
consuming too
much sugar

:: can be diagnosed
at any age

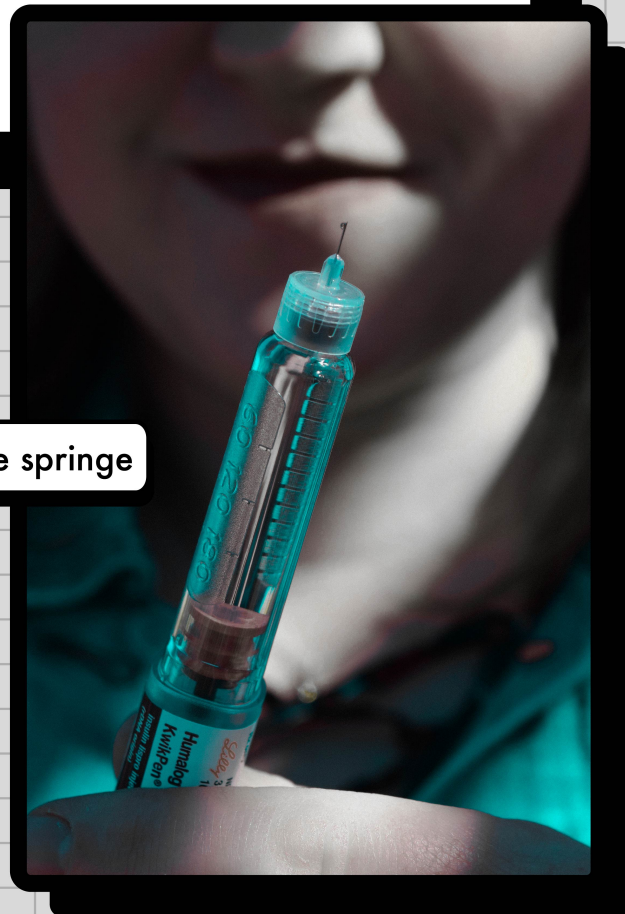


+ ali abdukkareem,
tarika chhabra,
& ava



:: people with type 1 diabetes do not make any insulin (or make very little insulin)


+ hailee springe

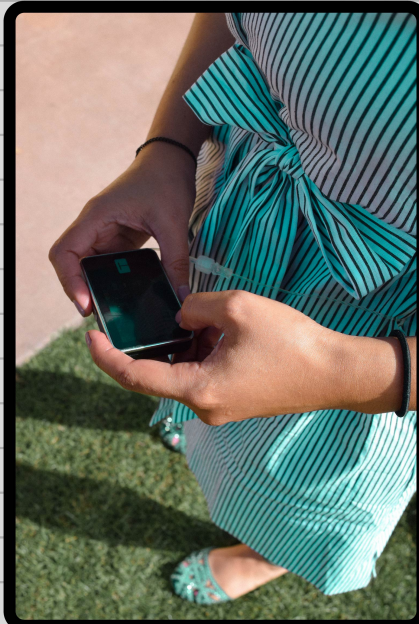




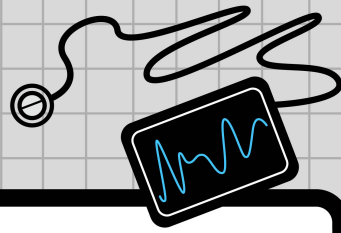
insulin

:: insulin is the
"key" that lets the
glucose from the
food you eat into
your cells to be
converted into
energy

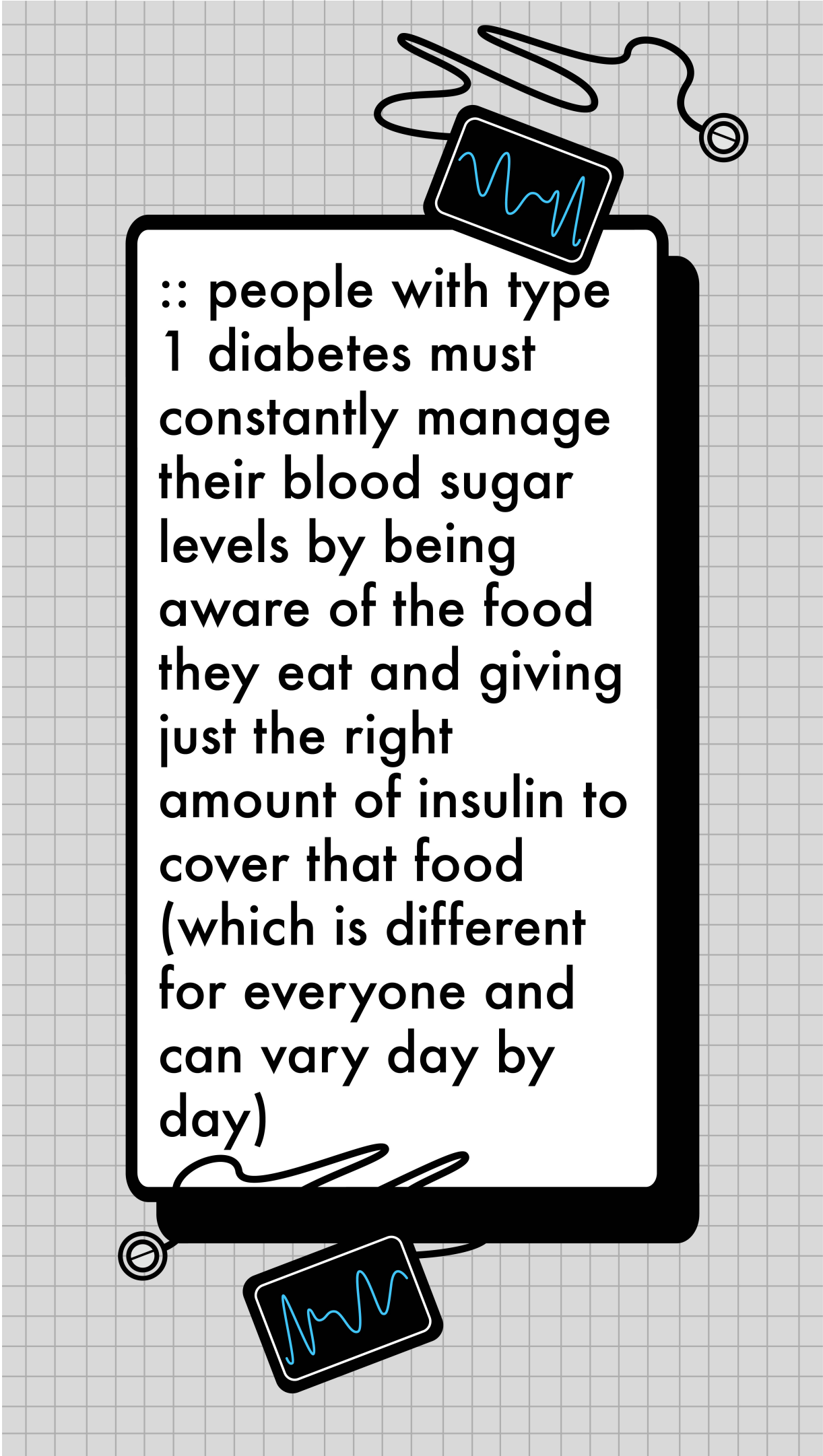




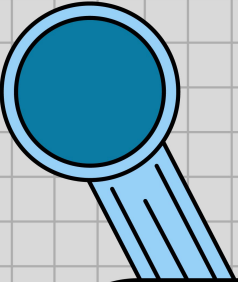
+ myra lerma



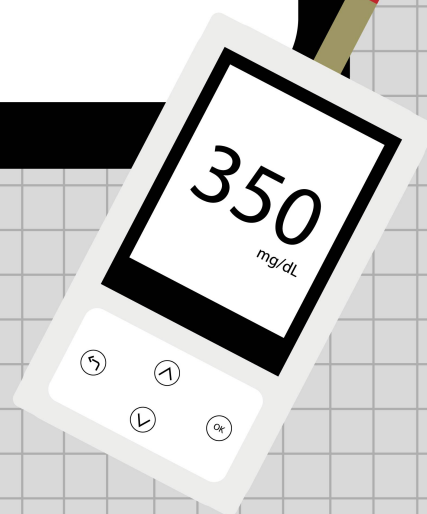
:: humans (and animals) cannot live without insulin, so people with type 1 diabetes must take insulin via injections or an insulin pump for the rest of their lives



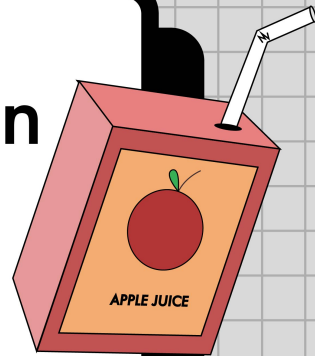
:: people with type 1 diabetes must constantly manage their blood sugar levels by being aware of the food they eat and giving just the right amount of insulin to cover that food (which is different for everyone and can vary day by day)



:: people with type 1 diabetes must check their blood sugars with a finger stick or wear a continuous glucose monitor (cgm)



:: when a person with type 1 diabetes takes too much insulin, it leads to low blood sugar (hypoglycemia). low blood sugar levels can lead to a coma or death



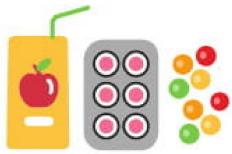
low blood sugar

things to know



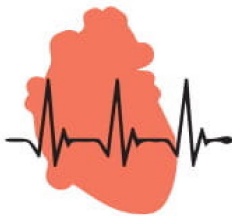
SYMPTOMS

Signs of low blood sugar are often (but not limited to): confusion, shakiness, impaired coordination, slurred speech, sweating, weakness, irritability, dizziness, hunger.



ACTIONS

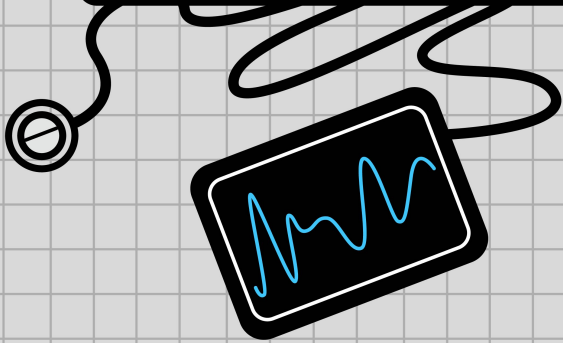
In the case of low blood sugar, please give: fast acting sugar (small juicebox, glucose tablets, smarties, skittles).

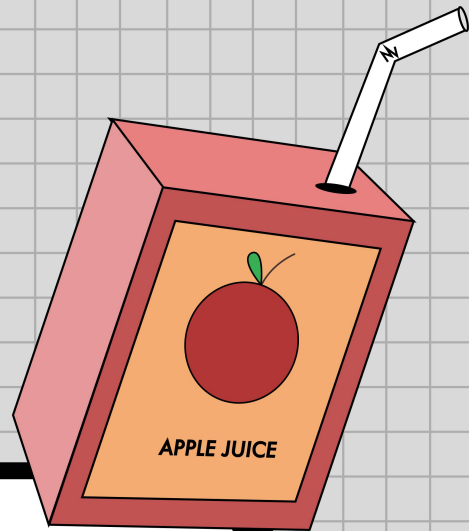


CAUSES

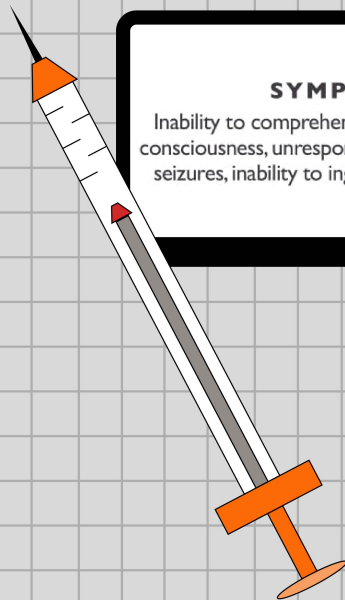
TOO MUCH INSULIN • TOO MUCH ACTIVITY • TOO LITTLE FOOD FOR THE AMOUNT OF INSULIN TAKEN

Immediate threat that could lead to severe hypoglycemic reaction (seizure/death)





**:: extremely low
blood sugars are
extremely dangerous**



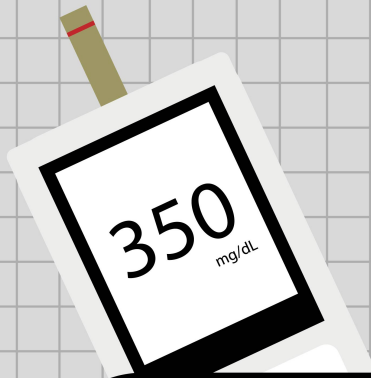
SYMPTOMS

Inability to comprehend, loss of consciousness, unresponsiveness, seizures, inability to ingest food.



ACTIONS

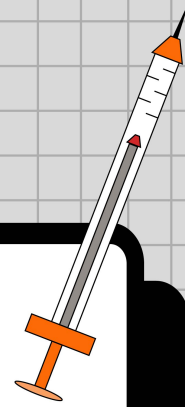
In the case of an urgent low blood sugar resulting in unresponsiveness, use Glucagon and call 911 right away.



high blood sugar

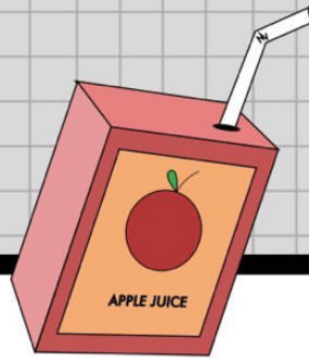
:: when a person with type 1 diabetes doesn't take enough insulin, it can lead to high blood sugar levels (hyperglycemia)





:: when there is too much sugar in the bloodstream, it wreaks havoc on the body, and leads to long-term complications like heart and kidney disease, neuropathy, and retinopathy





**HIGH
BLOOD
SUGAR**
> 180

SYMPTOMS

Signs of high blood sugar are often (but not limited to): Lethargy, crankiness, dry throat, thirst, frequent need to use the bathroom.



ACTIONS

In the case of high blood sugar, please do the following:



CAUSES

TOO LITTLE INSULIN • TOO MUCH FOOD • LESS ACTIVITY THAN USUAL
Long term health complications over time

things to know

:: type 1 diabetes
does not go away,
and there is no
cure... yet!



+ juniper pool

