



Blinky

Goes to School



Hi! My name is Blinkey. I like going to school. How about you?

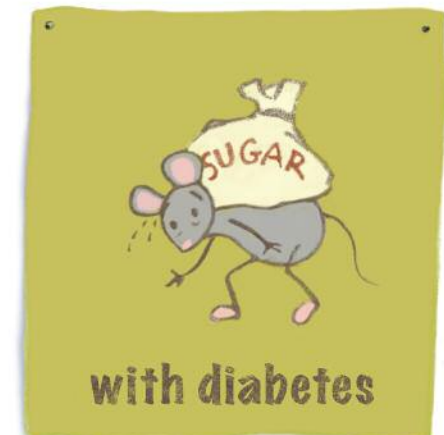
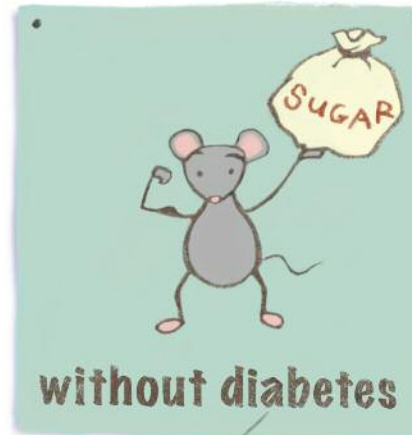
My teacher said we have something in common. I have diabetes. Do you or does someone you know have diabetes?

It doesn't really matter. It's nice to meet someone new.

You may know about diabetes, but not everyone reading this story does.

Let's tell them what we are talking about.

Someone with diabetes has too much sugar in their blood. There are many kinds of sugar. We are talking about the kind of sugar that comes from the food we eat.

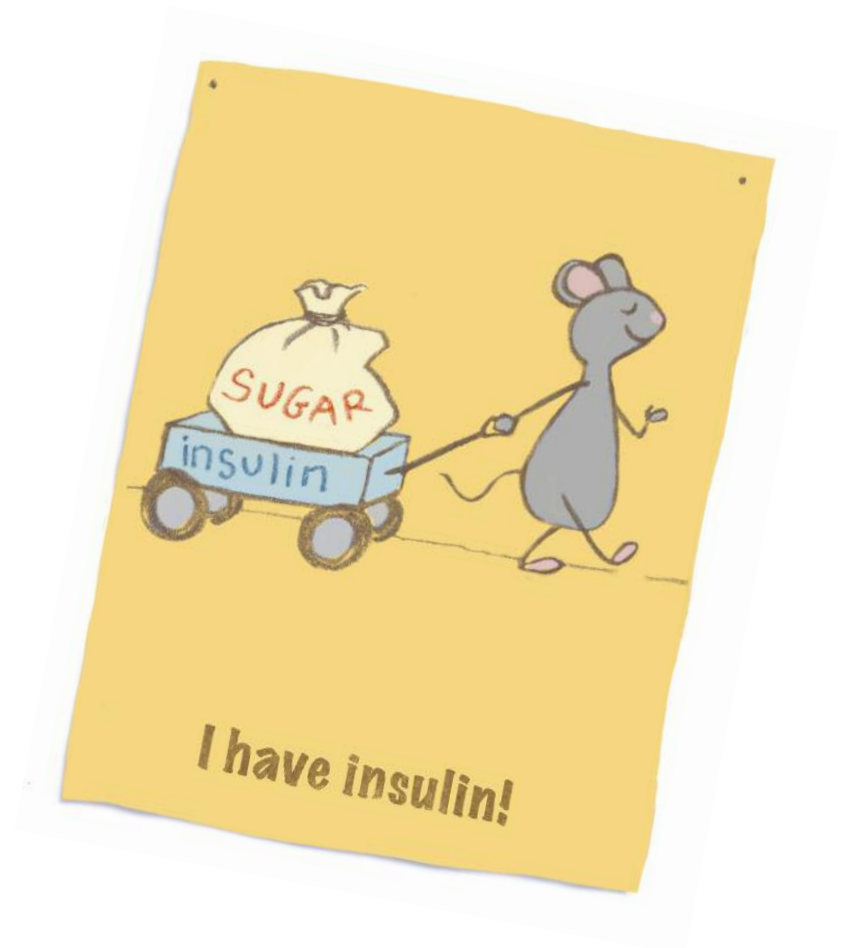


All of us need sugar from food to keep us healthy so we can play, go to school, and have fun with our friends. But too much sugar is not good for us.

When your body can't get the right amount of sugar to give you the energy you need to keep you healthy, you have diabetes.

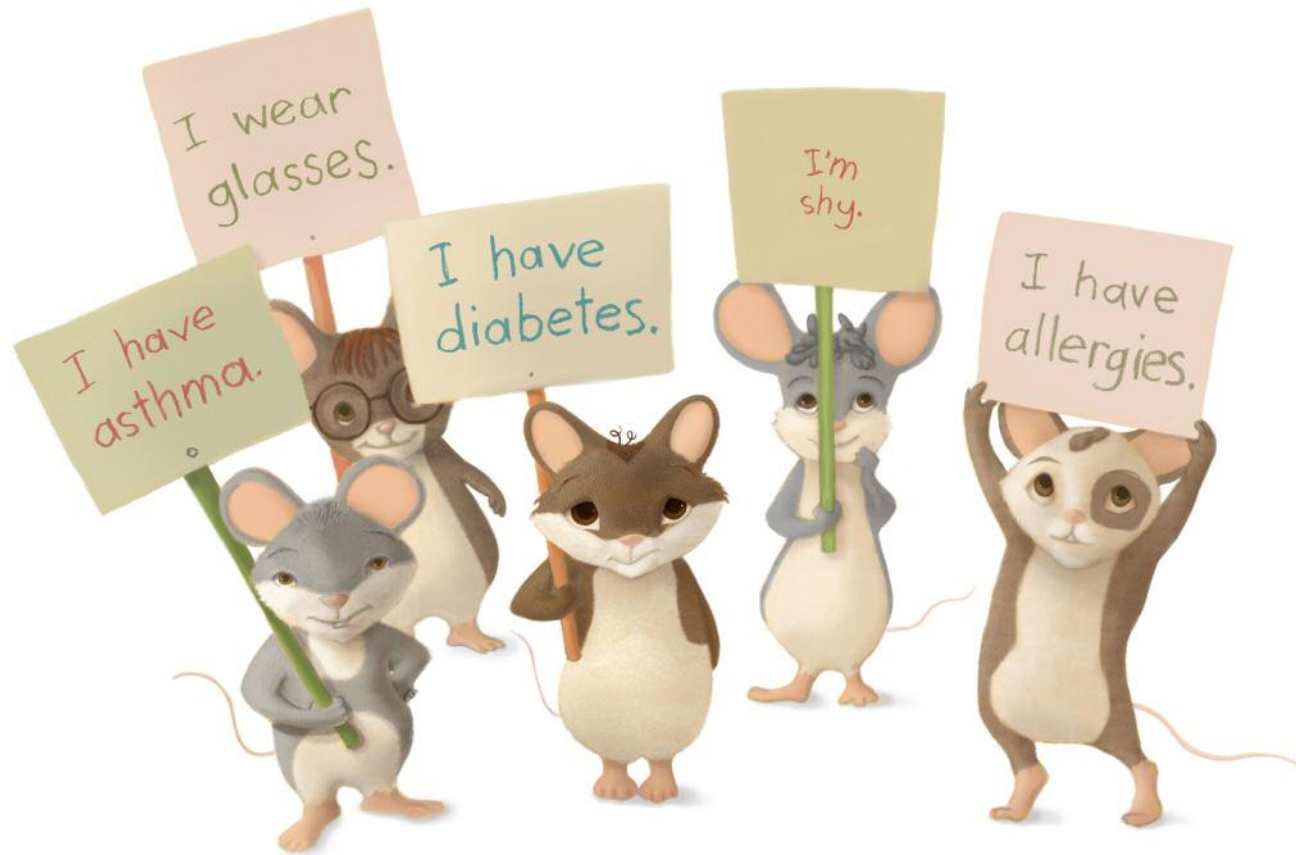
Our bodies make something called insulin to help us get the sugar we need for energy, when we need it, from the food we eat.

When you have diabetes, your body doesn't make insulin or the insulin it does make doesn't work right.



Without insulin or enough insulin, you will have too much sugar in your blood.

You need to take insulin to control your blood sugar and keep you well.



No one knows why some children get diabetes and some don't.

I didn't do anything wrong to get diabetes.

I didn't catch it—you can't catch it.
I'm just like every other boy and girl
except I have diabetes.

Helen has asthma and Bobby wears glasses. I have diabetes.

All of us have something.

Whatever we may have, we have to take
care of ourselves.



When you have diabetes, it is important to:

- eat healthy foods
- take your insulin when you are supposed to
- have fun and be active each day



AND

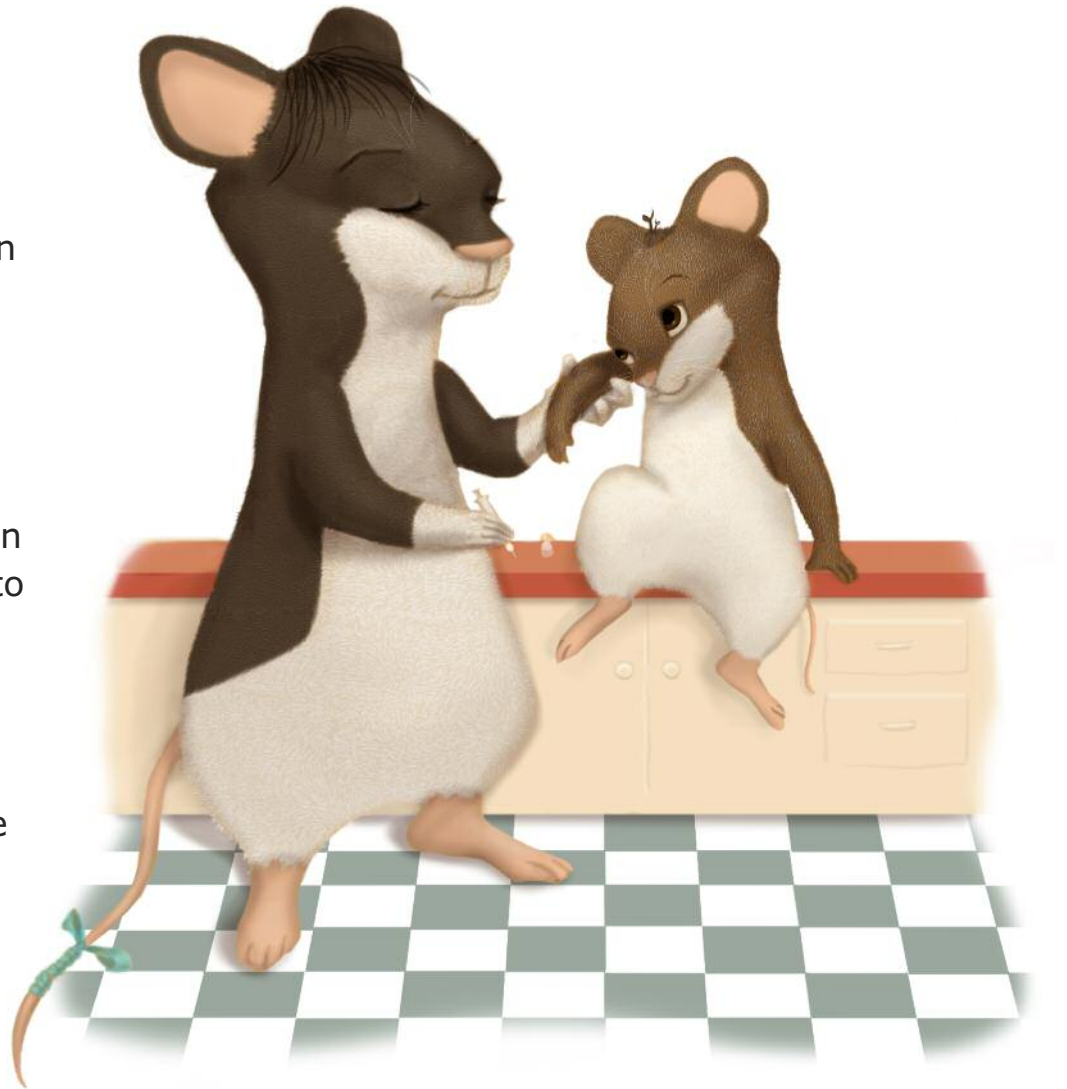
- get a good night's sleep.



I get the insulin I need by using an insulin pen or by having someone give me a “shot” of insulin with a syringe. Some of my friends use an insulin pump.

At home, Mom and Dad help me do this. The school nurse helps me take my insulin at school. And the nurse is always there to help me if I don’t feel well.

Shots pinch or make me say “ouch” sometimes, but it’s no big deal. It’s like having to clean your room. You don’t love it, but you get “used to” doing it.



People with diabetes eat the same healthy foods as people without diabetes.



The food I eat and the insulin I take work together to keep me healthy. Food gives me the sugar I need to feel good and have lots of energy. Insulin helps me get the right amount of sugar, when I need it, from the food I eat.

Eating foods that are good for me will help me grow big and strong.

I bring a lunch note from Mom or Dad to school every day. The note helps me remember what to eat. It also helps the school nurse or teacher see what I should eat in case I have questions.

Sometimes I need a snack to help control my blood sugar. That's why at times you may see me eating in class when no one else is eating.

Before I take insulin, Mom or Dad help me check my blood sugar to see if it's OK.

At school, the school nurse helps me do this. A meter shows my blood sugar number on a small screen like a computer has.

It's easy to check. We put a drop of blood from my finger on a tiny piece of paper, put it in the meter, and PRESTO, my blood sugar number appears on the screen.

If the number is high, I may need insulin. If the number is low, I may need to eat something.





It's important to check my blood sugar often.
I can get sick if I don't.

Low blood sugar can be a problem if I:

- forget to eat
- don't eat enough food
- am too active, or
- take too much insulin.

Sometimes diabetes can make me feel or act different. If my blood sugar is low, I might get sleepy, sweaty, shaky, or hungry. Sometimes I get upset or confused.

If you see me like this, tell the teacher. I may need to take some medicine or food.

If I do need a snack, 4 ounces of orange juice or a half-can of regular soda and a short rest are usually all I need to feel fine again.





My doctor tells me there will be a cure for diabetes someday. That would be great. Until then, I'll keep taking my insulin and doing what I have to do to stay healthy.

Kids with diabetes are just like other kids.

We want to have friends and to have fun every day just like you!



Bye for now.



Love,
Blinkey