

diabetes and insulin



type 1 diabetes...

My name is

My treatment for diabetes is

This is me



hello my name is barry...

Hello my name is Barry and I have type 1 diabetes just like you and I'm here to help you to understand what we have to do to stay fit and healthy.



I found out that I had diabetes because I was going to the toilet for a wee more often.

And I was very thirsty all the time and had to drink lots of water.



I also kept feeling very tired during the day and falling asleep.



I saw the Doctor as I had felt poorly for a few weeks. Did you feel poorly too?



I had blood taken from my arm.

Yes, you have diabetes.

what is diabetes?...

The food that I eat is used for energy this helps me to do all the things I like to do, football, swimming, walking even watching television.



Insulin is normally made in the body so that the food I eat can give me the energy I need. Without insulin I can get really sick.

Because I have diabetes my body is not making any insulin. This is why I need insulin injections to keep well.

I was frightened at first but it was ok. It hurt less than the finger prick blood tests.



The nurse showed me where to have my insulin injections. I have my insulin before breakfast and tea every day. Some people inject at different times.

tests...

It is important that I wash my hands before I do a test.



To check that your insulin is working you may need a blood test from your finger. A machine helps to check how much sugar is in your blood. I check my blood every day at different times.



I do a wee test to see how much sugar there is.



insulin...

When someone has type 1 diabetes it means that they don't make any insulin so they have to have insulin injections like this.



I use different places for my injections so that the insulin works. I use my legs, my tummy, my arms and my bottom. I check every day that the place I am using is not lumpy or sore.



My insulin pen



Being on insulin means that it is important that I eat my meals and snacks and try to have healthy foods. My favourite meal is pasta with sauce. What is your favourite food?



what is your favourite food?

food and diabetes...

The foods below are better for you and will keep you well and keep your sugar level balanced.



Some foods are not good for me if I eat too much of them.



Eating sweet foods makes my sugar level go up.



what about cakes and sweets?...

I have cakes and sweets for treats this means I should not have them every day, the best time to eat these is with my meals.



I try to avoid adding sugar to anything, my mum got me a special sweetener from the shop for my drinks.

Diet drinks are ok.



5 a day...

Healthy food is the same for everyone.
Plenty of fruit, vegetables and foods that
fill you up, like potatoes, rice, bread and pasta.



I try to have 5 pieces of fruit
or vegetables every day.

looking after your feet...

I have my feet looked at to check they are healthy and that I can feel when she touches my feet, I try to check my feet every day and if they are sore I know it is important to tell someone.



Check for cuts or sores.



Wash your feet every day.



Dry your feet all over.



Put cream on if your skin is dry.



Put clean socks on everyday.



Do your shoes fit?



Filing your toe nails weekly is recommended



Tell someone if anything is wrong with your feet.

going to the clinic...

At the clinic I take someone who knows me well, my mum or my carer from the centre comes with me. You will see the doctor I had some tests done before I went.



I was weighed standing on some scales.





I had my blood pressure checked, a cloth is wrapped around the top of my arm and will get a bit tight like a swimming arm band.

I had some blood taken from my arm, this tells the doctor if you are on the right medicine.



eye tests...

I had a special eye test with some eye drops in my eyes.



I had a photo taken of my eyes it was a bright flash but it didn't hurt.

low blood sugar...

Sometimes I feel unwell, dizzy, sweaty and shaky and I may need a blood test. Eating something sweet will help me to feel better, this should not happen often.



When this happened to me I had some special sweets called glucose tablets, then a snack.



exercise...

Because I am on insulin I need a small sweet snack before I exercise. This helps to keep me well.



The doctor says it is really good for me to keep fit, I also like walking my dog. What do you like doing?



feeling poorly...

One day I felt unwell I was being sick so my mum had to speak to the doctor and find out what to do with my insulin.



I still had my insulin but I felt too poorly to eat so I had some sweet drinks and I soon felt better.

Sometimes I feel worried about my diabetes, but my mum tells me that if I keep on taking my insulin and going to the doctors for a check up. Then he will tell me if I need to do anything or change the amount of insulin I need.



quiz...

Is it good to check the place where you inject?

Yes No

Insulin is given before breakfast and tea?

Yes No

If my sugar is low I feel

Dizzy Shaky Hungry Sweaty

Sometimes I need to eat special sweets

Yes No

It is good to check my feet every day?

Yes No

I have tried a new place for my insulin?

Yes No

i hope my story helps you...

Well I hope this book has been helpful to you, there are lots of other people who have type 1 diabetes just like you and me.



WELL DONE

YOU HAVE LEARNT ABOUT DIABETES

SIGNED...

DATE...



Derbyshire Community Health Services
a part of Derbyshire County PCT