At Novo Nordisk, we are changing diabetes.
In our approach to developing treatments, in our commitment to operate profitably and ethically and in our search for a cure.

WHAT IS DIABETES?
A kid’s guide

www.withyoualltheway.info
This information is not designed to replace the advice of your doctor or nurse. You and your parents should talk to your doctor or nurse if you have any questions about your diabetes.

**With you all the way** is a support programme created by Novo Nordisk especially for kids with diabetes.

This material has been reviewed by a panel of experts:
- Lead Diabetes Specialist Nurse – Nicola Lewis, UK
- Paediatric Endocrinologists – Prof Thomas Danne, Germany and Dr Nandu Thalange, UK
Finding out you have type 1 diabetes can be scary – you will probably have lots of different feelings and questions.

Your doctor and nurse have lots of experience caring for children with diabetes. They will teach you and your parents how to manage your diabetes.

We also hope this leaflet will be able to answer some of the questions you may have about diabetes.
What is diabetes?
Diabetes is a condition in which your body does not make insulin.¹

Why me?
No-one knows why some children get diabetes and others don’t.¹ It is not because you or your parents have done anything wrong. It is not because you have eaten too many sweets. And there is nothing that you or your family could have done to prevent diabetes.²
Why do I need insulin?

We all need fuel to keep our bodies working properly and to give us the energy we need to grow and play.

We get fuel from the food we eat – this mostly comes from types of foods called carbohydrates (e.g. bread, potatoes, pasta, fruit) which are broken down into a sugar called glucose if it is not used. Insulin helps to deliver fuel to where it is needed in the body.
Carbohydrates are digested and broken down into a type of sugar called glucose.

A hormone called insulin is produced in the pancreas, an organ found next to your stomach. Insulin enters the blood from the pancreas.

Sugar enters the blood so it can travel around the body to where it is needed.

Insulin helps to transport sugar from the blood to other cells in the body that need it, such as muscles.
What happens in people with diabetes?

1. In people with Type 1 diabetes, the pancreas can’t make the insulin needed to transport sugar to the cells that need it.

2. This leads to the build up of sugar in the blood.

3. Cells in the body do not get all the energy they need to work properly which makes people sick.

Because your pancreas can’t make enough insulin to transport sugar to the cells that need it, you will need to take insulin every day.
How do I take insulin?

Insulin can be given by injection (usually using an insulin pen) or using an insulin pump. Your doctor or nurse will show you and your parents how to take insulin and will advise when you need to take your insulin and how much.

Using an insulin pen

A small needle is attached to the end of the pen to inject the insulin (these need to be thrown away in a special ‘sharps’ bin after each use).
Using an insulin pump

- Dose needed is selected by turning a dial.  
- The button at the end of the pen is pressed to inject the dose.  
- The insulin gets into your body through a thin plastic tube which is inserted into your belly using a small tube.  
- Insulin is kept in a special holder in the pump.  
- The pump has buttons to control the amount of insulin you receive and give extra insulin when it is needed.
How often do I need to take insulin?

As your pancreas is unable to make enough insulin, you will need to take insulin several times every day.1
Your doctor or nurse will help you work out when you need to take your insulin and how much.

Different types of insulin

There are different types of insulin – they act at different speeds and last for different lengths of time.

**Fast-acting insulin** – acts quickly (15–35 minutes) and lasts for 3–6 hours. This type of insulin is taken around mealtimes.4

**Longer acting insulin** – acts more slowly (1–4 hours) but lasts throughout the day (16–24 hours). This type of insulin is taken once or twice a day.4

**Premixed insulin** – contains a mixture of fast-acting insulin and longer acting insulin. This type of insulin is taken at mealtimes.4
Getting the balance right

The key to managing diabetes is getting the right balance between food, insulin and physical activity.7

You may need to adjust your dose of insulin if you have more food than usual, or if you have been much more or less active than usual. Your doctor or nurse will talk to you and your family about how to adjust your insulin and by how much.

Take a look at the ‘What should I eat?’ leaflet for more information on food.

Common foods that increase blood sugar:
- Bread
- Pasta
- Potatoes
- Fruit juice
- Cake, biscuits and sweets

Activities that decrease blood sugar:
- Running
- Playing
- Cycling
- Dancing
What causes low blood sugar (hypoglycaemia)?

Low blood sugar is also called hypoglycaemia.

Low blood sugar happens when:

- You have had too much insulin.
You have taken your insulin dose but have not eaten enough (or have been sick).

You have been more active than usual without decreasing your insulin dose or eating more.
How to recognise the signs of low blood sugar

Every child is different and will feel differently when they have low blood sugar.

You will soon learn how you feel when you have low blood sugar and get to know the early signs.

Tell someone if you feel unwell

Severe low blood sugar can be dangerous. It is important that you tell your parent or another adult straight away if you feel unwell as you may need immediate treatment.

Don’t worry if you are in the middle of a lesson or activity – you won’t get into trouble. Your health is the most important thing.
**What do I do when I have low blood sugar?**

When you have low blood sugar – foods that increase your blood sugar will help you correct the balance.

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**Foods that help increase blood sugar quickly:**

- Fruit juice
- Glucose tablets
- Sports drinks
- Sweets
- Ice lollies

Your doctor and/or nurse and parents will work with you to develop your own personal action plan. This will be shared with your teachers at school so they know what you need to do if you have low blood sugar.
Low blood sugar can also occur at night.
You may find you wake up during the night or in the morning feeling funny:

- Feeling sweaty or clammy – you may have a damp nightdress or pyjamas
- Feeling groggy – you may feel tired or confused or have a headache
- Having nightmares

It is a good idea to keep treatment for low blood sugar next to your bed.

If you wake up feeling unwell – tell your parents. Testing your blood can help to work out if you have low blood sugar at night.
What causes high blood sugar (hyperglycaemia)?

High blood sugar is also called hyperglycaemia. This happens when the food you eat increases your blood sugar level and you have not had enough insulin or have been less active.

High blood sugar may occur if:

- You eat more than usual
- You are less active than usual
- You forget to take your insulin dose or do not take enough
- You are unwell
Signs of high blood sugar

The following may be signs that your blood sugar is too high:²

- Feeling tired or weak
- Feeling sleepy or drowsy
- Feeling very thirsty
- Needing the toilet more often
- Blurry vision

Drinking water or a sugar free drink may help you feel better or you may need to increase your insulin dose. Your doctor or nurse will tell you and your parents what you need to do when you have high blood sugar.

High blood sugar can be dangerous

Severe high blood sugar can make you feel unwell and can sometimes be very dangerous.

If you notice any of these signs, you should tell your parent or another adult immediately. You may need to have a test for chemicals called ‘ketones’ in your blood or urine, and you may need to see a doctor or go to a hospital.

- Dry mouth or tongue
- Feeling sick or being sick
- Rapid breathing
- Stomach pain
- Fruity smell on breath – a bit like pear drops
How to check the balance

Why do I need to test my blood?

Testing your blood will help to find out if you have the right balance between food, insulin and activity.

At first, your parent or another adult will probably do this for you or help you. However, when you get used to it, you may feel you are comfortable testing your blood on your own.

When to test

You should test your blood regularly – at least 4 times each day.10,11

This is usually done:11

- When you wake up
- Before main meals
- Before exercise
- At bedtime

Sometimes you may also need to test your blood after meals and during the night.11

Your parents may test your blood more frequently if you are sick or feel like you have low blood sugar.11
What is a ‘good’ reading?

Ideally, you should be aiming for the following long-term goals:\textsuperscript{6,12}

<table>
<thead>
<tr>
<th>When</th>
<th>Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before a meal</td>
<td>4.0 to 8.0 mmol/L (72–144 mg/dL)</td>
</tr>
<tr>
<td>2 hours after a meal</td>
<td>No more than 10.0 mmol/L (180 mg/dL)</td>
</tr>
<tr>
<td>At bedtime</td>
<td>7.0 to 10.0 mmol/L (126–180 mg/dL)</td>
</tr>
</tbody>
</table>

Don’t worry if you don’t achieve these goals straight away – they can be hard to achieve. But over time when you get used to how your body reacts to the food you eat and your activity levels, it will get easier to manage your diabetes.
References


About Novo Nordisk

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Since then Novo Nordisk has grown to become a world leader in the provision of diabetes products and support for patients of all ages.5

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HOW DO I TAKE INSULIN?
A guide to insulin devices
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Your doctor or nurse will advise which insulin device is the best option for you.
Taking insulin
As your body cannot make enough insulin, you will need to take insulin every day instead.

There are two main ways to take insulin:

Injections

Your doctor or nurse may give you needles, syringes and vials of insulin – they will show you and your parents how to use them.
Using an insulin pen

At first, you will probably be given a pen device to inject insulin. Pens are designed to be easy to use.¹

Some pens come in different colours and have different skins (covers), so you can personalise your pen.² Some insulin pens also have a memory function, which records the time the last dose was taken in case you forget.²

Injecting insulin

Your doctor or nurse will show you and your parents how to inject. Don’t worry if you don’t feel comfortable doing this on your own – your parents or another adult will be able to help you or do this for you.

There is no set age when you should be doing your own injections. When you feel ready you will be able to learn how to inject yourself.

A small needle is attached to the end of the pen to inject the insulin¹ (these need to be thrown away in a special ‘sharps’ bin after each use).

Dose needed is selected by turning a dial.¹

The button at the end of the pen is pressed to inject the dose.²
Injections can be scary and may hurt a bit sometimes. Try to relax and think about something else. You may find it helps to look at one of your favourite books or television programmes while you have your injection.

Your doctor or nurse will be able to give you tips to help make injections hurt less, such as putting ice on your skin before you inject or using a different needle.

Where to inject

Your doctor or nurse will show you how and where to inject. This may be different for different types of insulin, as insulin is taken up by the body at different speeds from different sites.

The most common places to inject insulin are:
- Belly (abdomen)
- Top of bottom (upper buttocks)
- Thighs
- Upper arms (if advised by your doctor or nurse)

You will be taught to rotate injection sites. This helps prevent bumps from appearing under the skin.
Using an insulin pump

An insulin pump is a device about the size of a mobile phone that continuously delivers insulin. The pump allows you to take your insulin while you are at school, or at a friend’s house.

You will need to wear it all day and during the night. The pump delivers insulin throughout the day. Extra doses are given at mealtimes and if required at other times.

The tube will need to be moved every few days and new insulin put in the pump.

Your doctor or nurse will show you and your parents how to use your pump.

The insulin gets into your body through a thin plastic tube which is inserted into your belly using a small tube.
The pump has buttons to control the amount of insulin you receive and give extra insulin when it is needed.  

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WHAT SHOULD I EAT?
A guide to healthy eating

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Healthy eating

A balanced diet

It is important to try and maintain a healthy balanced diet, along with regular exercise and taking insulin.\(^1\)

You should have three balanced main meals with snacks in between if you need them.\(^1\)

Different types of food

No single food group provides you with all the energy and nutrients you need. You should aim to have a healthy balance of different food groups as shown in this food pyramid.\(^2\)
What are carbohydrates?

Carbohydrates are a type of food that give your body the energy you need to grow and develop.\(^3\)

Carbohydrates are broken down into sugars when the energy is not used up, so they sustain your blood sugar levels.\(^3\)

Carbohydrates are found in a variety of different foods, both sweet and savoury.\(^4\)

Carbohydrates and insulin

Carbohydrates are turned into sugars by your digestive system and then absorbed into your bloodstream. Insulin’s main job is to regulate your blood sugar level. So it’s really important that you know about the different kinds of carbohydrates and how they affect your blood sugar levels to help you stay in control of your diabetes.
Different types of carbohydrates

There are three main types of carbohydrates:

1) **Sugar** (simple carbohydrates)
2) **Starch** (complex carbohydrates)
3) **Fibre** (complex carbohydrates)
Sugar (simple carbohydrates)

Sugars are short-acting carbohydrates that will increase your blood sugar levels quickly. Food and drink containing sugar are used when you have low blood sugar (hypoglycaemia) to increase your blood sugar quickly.

Starch and fibre (complex carbohydrates)

Starch and fibre are long-acting carbohydrates which increase your blood sugar levels slowly over time. Foods containing starch and fibre are good for when you are planning activities that will last a long time (such as a long walk or a football match) to help prevent low blood sugar.
**What foods contain carbohydrates?**

Here are some common foods that are high in carbohydrates:

<table>
<thead>
<tr>
<th>Sugar (simple carbohydrates)</th>
<th>Starch (complex carbohydrates)</th>
<th>Fibre (complex carbohydrates)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits and juices</td>
<td>Potatoes</td>
<td>Fruits and vegetables</td>
</tr>
<tr>
<td>Cakes</td>
<td>Bread</td>
<td>Whole grain bread</td>
</tr>
<tr>
<td>Cookies</td>
<td>Pasta</td>
<td>Whole grain/oat cereals</td>
</tr>
<tr>
<td>Some cereals</td>
<td>Rice</td>
<td>Lentils and beans</td>
</tr>
<tr>
<td></td>
<td>Peas</td>
<td>Nuts</td>
</tr>
<tr>
<td></td>
<td>Corn</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lentils and beans</td>
<td></td>
</tr>
</tbody>
</table>

Food labels often show how much carbohydrate is in food. However, this will vary from country to country.
A guide to carbohydrate counting

Some people will be taught to carbohydrate count. Carbohydrate counting helps you to keep the balance between food intake, insulin and physical activity.
Changing insulin dose to match carbohydrate intake

With this way, you can eat different amounts of carbohydrate and will need to change the insulin dose to match. This gives you greater flexibility with what you eat and makes it easier when you eat out or eat at someone else’s house.

Your doctor, nurse or dietitian will advise you and your parents how to work out how much carbohydrate you need to match your meal or snack.

Having the same carbohydrate and insulin dose each day

With this way, you need to try and eat the same amount of carbohydrate to match your insulin doses.

Your doctor, nurse or dietitian will advise how much carbohydrate you need each day and what insulin doses you should take.

Keeping a record

It may help to keep a record of what you eat and your insulin doses in the diary provided in this pack. This will help you learn how different foods and activities affect your blood sugar levels.
Healthy snacks

Snacks can help to give you energy and help balance your blood sugar levels.
Here are some examples of healthy snacks:\(^6\)

<table>
<thead>
<tr>
<th>Fruit and vegetables</th>
<th>Starch</th>
<th>Dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>Popcorn</td>
<td>Yoghurt or dessert</td>
</tr>
<tr>
<td>Banana</td>
<td>Breadsticks</td>
<td>Cheese</td>
</tr>
<tr>
<td>Unsweetened fruit juice</td>
<td>Baked chips/crisps</td>
<td>Smoothie</td>
</tr>
<tr>
<td>Tomato or vegetable juice</td>
<td>Rice crackers</td>
<td>Milk</td>
</tr>
<tr>
<td>Carrot sticks</td>
<td>Low fat crackers</td>
<td>Fruit smoothies</td>
</tr>
<tr>
<td>Celery sticks</td>
<td>Bagels or low fat rolls</td>
<td></td>
</tr>
<tr>
<td>Cherry tomatoes</td>
<td>Pretzels</td>
<td></td>
</tr>
<tr>
<td>Cucumber slices</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Melon pieces</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dried fruit (e.g. raisins)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

As directed by your dietitian
School lunches

Whether you have a packed lunch or a cooked school dinner, you should try to eat a healthy balanced meal. If you need help choosing your meals or working out your insulin doses, a teacher should be able to help you.

If you have a packed lunch your parents may work out how much insulin you need for the food you have in your lunch box or bag. If you can’t manage it all – take home what you don’t eat so your parents know what you have eaten. If you have a cooked school dinner, your parents may request menus in advance.
Parties and sleepovers

Having diabetes doesn’t mean you can’t go to parties and enjoy yourself. You will still be able to have some cake and sweets, as long as you don’t overdo it. If you are playing games and running around at the party it may help burn off some of the energy too!

It’s OK to treat yourself occasionally – you will soon learn how to manage your blood sugar levels. You should always test your blood sugar levels after the party, at bedtime and when you wake up the next morning.

You may need to adjust your insulin dose to help keep the balance. Make sure you tell an adult if you feel unwell at the party.
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HOW DO I FIT DIABETES INTO MY LIFE?
Day-to-day information

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Growing up with diabetes can be challenging at times and there can be lots of things to remember.

You can do everything that children without diabetes can do. But you will need to make some adjustments to your daily routine.

We hope this leaflet answers some of the questions you may have about fitting diabetes into your life.

If you have any other questions about diabetes, speak to your doctor or nurse.
Learning to test and inject

At first, your parents may help you test your blood and do your injections.

Teachers and other adults who care for you may also be taught in case they need to do tests and injections for you.

When you feel ready, you may want to learn how to test your blood and inject your insulin (or use your insulin pump) on your own. Your doctor, nurse or parents can teach you how to do this.

Learning to inject yourself will make it easier for you to take part in activities such as school trips or sleepovers without your parents.

Don’t worry if you don’t feel ready yet. There is no hurry, and there is no set age when you should be testing or injecting yourself. You will be able to do it when the time is right.
Exercise is important for keeping healthy, whether you have diabetes or not.¹

Physical activity should be a part of your day.²

Even if you don’t do sports every day, there are other ways to stay active:
- Walking to and from school
- Dancing
- Playing games or running around
- Going to the park
- Cycling
Exercise and blood sugar

Physical activity lowers blood sugar levels. This is because your muscles use up energy when they are working.

If you are more active than usual without having a snack or changing your insulin dose, you may experience low blood sugar (hypoglycaemia).

This is why you need to have a snack or change your insulin dose when you exercise – to keep a good balance. Your parents and/or teachers will know what you need to do before, during and after exercise to help prevent low blood sugar.
If you start to feel unwell during exercise, stop and tell an adult.

Before you exercise
- Your parents or teacher may test your blood to make sure you do not have low blood sugar.
- For most activities you will need to have a snack and/or adjust your insulin dose beforehand to prevent low blood sugar.
- You should have a fast-acting carbohydrate snack with you when you exercise in case your blood sugar gets low.

Examples of fast-acting carbohydrate snacks:\textsuperscript{2,4}
- Sports drink
- Fruit juice
- Glucose tablets or sweets

If you are going to be active for a long time you may need a long-acting carbohydrate snack.

Examples of long-acting carbohydrates:\textsuperscript{2,4}
- Fruit, such as a banana
- Cereal or fruit bar
- Biscuits
- Bread
- Milk
You are not the only one

You may not know anyone else with diabetes at your school, but there are lots of other children with type 1 diabetes all over the world.5

You may feel you want to talk to someone else with diabetes who is a similar age and understands how you feel. Your doctor or nurse can help to put you in touch with other children who have diabetes.

Teasing/bullying

Bullying is unacceptable. Sometimes other children may treat you differently because of your diabetes. They may tease you or say things about your diabetes that aren’t true. This is probably because they don’t understand.3

If anyone is teasing or bullying you, talk to your parents or teachers. They will be able to help you.
How to tell friends

Telling friends about diabetes can be difficult. You may worry that it will change your friendship. But your friends will soon see that you are no different now than before you were diagnosed.

Your diabetes is a special part of your life and part of who you are. You should not feel embarrassed.

Your friends may not have heard of diabetes before, so they will probably be interested in finding out more. You may want to show them your insulin and explain to them how you feel when you experience low blood sugar.
School trips

Your parents will need to talk to your teacher before the trip to make sure that the teachers or other adults coming with you know about your diabetes.

- If you need help with testing blood or injecting insulin, your teacher may be able to support you.
- If there are lots of activities planned you may need to take extra snacks or adjust your insulin dose.
- Your parents will need to make sure you have all the supplies you need, particularly if you are staying overnight or for a few days.
- You should carry the phone numbers of your parents and doctor/nurse just in case you get ill.
Parties and sleepovers

Having diabetes doesn’t mean you can’t go to parties and enjoy yourself.

Your parents may want to speak to your friend’s parents to make sure they know about your diabetes and find out what activities are planned. If you need help testing your blood or doing your insulin injections, your parents may come along or show your friend’s parents what to do.

You will still be able to have some cake and sweets, as long as you don’t overdo it.6

If you are playing games and running around at the party it may help burn off some of the energy too!3

It’s OK to treat yourself occasionally – you will soon learn how to manage your blood glucose levels.

You should always test your blood sugar after the party, at bedtime and when you wake up the next morning to check your levels. You may also need to adjust your insulin dose to help keep the balance.3

Make sure you tell an adult if you feel unwell at the party.
Sleepovers

If you are staying overnight, you and your parents should make sure you have all the supplies you need and that your friend’s parents know how to help you manage your diabetes.

If you need help testing your blood or injecting insulin when you are away from home, your parents may need to show your friend’s parents how to do this.³

Make sure you have a fast-acting carbohydrate snack or drink close to you when you are sleeping just in case you have low blood sugar during the night.
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ANY QUESTIONS ON DIABETES?
Common questions and diabetes dictionary
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This material has been reviewed by a panel of experts:
- Lead Diabetes Specialist Nurse – Nicola Lewis, UK
- Paediatric Endocrinologists – Prof Thomas Danne, Germany and Dr Nandu Thalange, UK
Common questions on diabetes
When you first find out you have diabetes, you will probably have lots of questions.

Here are answers to some of the most common questions:

**Why have I got diabetes?**

No-one knows why some children get diabetes and others don’t.¹ It is not because you or your parents have done anything wrong. It is not because you have eaten too many sweets. And there is nothing that you or your family could have done to prevent diabetes.

There are two types of diabetes, type 1 and type 2. You have type 1 which is currently more common in children than type 2.²

**Having the same carbohydrate and insulin dose each day**

With this way, you need to try and eat the same amount of carbohydrate to match your insulin doses.⁴

Your doctor, nurse or dietitian will advise how much carbohydrate you need each day and what insulin dose you should take.
How do I take insulin?

Insulin can be given by injection (usually using an insulin pen) or using an insulin pump. Your doctor or nurse will show you and your parents how to take insulin and will advise when you need to take your insulin and how much.

Using an insulin pen

A small needle is attached to the end of the pen to inject the insulin (these need to be thrown away in a special 'sharps' bin after each use).
Using an insulin pump

Dose needed is selected by turning a dial. The button at the end of the pen is pressed to inject the dose. The insulin gets into your body through a thin plastic tube which is inserted into your belly using a small tube. Insulin is kept in a special holder in the pump. The pump has buttons to control the amount of insulin you receive and give extra insulin when it is needed.
Hypoglycaemia means low blood sugar.
When you have low blood sugar you may feel: \(^1, 5\)

- Hungry
- Have tingly lips
- Dizzy
- Confused
- Shaky
- Sleepy
- Grumpy
- Nervous
- Sweaty
What causes low blood sugar (hypoglycaemia)?
Low blood sugar happens when:  

1. You have taken your insulin dose but have not eaten enough (or have been sick)
2. You have been more active than usual without having a snack or changing your insulin dose
3. You have had too much insulin

Low blood sugar happens when:

- Low blood sugar: 6.30 am, 10.00 am, 2.10 pm, 6.45 pm, 11.20 pm, 3.30 pm, 8 pm, 11.25 pm
- High blood sugar: 4 pm, 8.10 pm, 2.10 am, 6.30 am, 3.45 pm, 8 pm

You have taken your insulin dose but have not eaten enough (or have been sick)
You have been more active than usual without having a snack or changing your insulin dose
You have had too much insulin
How do I prevent low blood sugar (hypoglycaemia)?

Getting the balance right between food, insulin and exercise will help you to prevent your blood sugar from getting too low.

✓ It's important to take the right amount of insulin to match what you eat. If you do not finish your meal, you will need less insulin.

✓ If you accidentally take too much insulin, you will need to eat more to help maintain your blood sugar levels.

✓ When you are going to be active, having a snack and/or reducing your insulin dose can help to prevent low blood sugar.

✓ Having a long-acting carbohydrate snack before bedtime can help sustain your blood sugar levels and prevent low blood sugar.

Testing your blood sugar levels regularly will help you to find out when your blood sugar level is dropping and when you might need a snack.
How do I treat low blood sugar (hypoglycaemia)?

When your blood sugar becomes too low, having a fast-acting carbohydrate snack or a drink will increase your blood sugar quickly. Sports drinks, fruit juice or glucose tablets are often recommended to treat low blood sugar.

You should try to carry treatment for low blood sugar with you at all times just in case.
Yes, exercise is important for keeping healthy, whether you have diabetes or not. You should try and make physical activity part of your day.

Even if you are not sporty, there are lots of other enjoyable ways to stay active, such as dancing or playing in the park. The key to managing diabetes is getting the right balance between your food intake, insulin dose and physical activity.
Can I still go on school trips?

There is no reason why diabetes should stop you from enjoying school trips. They will just need a bit more planning! Your parents will need to make sure teachers who are going away with you know about your diabetes and what to do. They will also need to make sure you have all the supplies with you to test your blood, inject your insulin and manage low blood sugar.
**Blood glucose**
Sugar in your blood – the body’s main source of energy.\(^8\)

**Carbohydrate**
Type of food that provides the body with energy. Carbohydrates are mainly sugars and starches that are broken down into glucose, a simple sugar that the body’s cells use as fuel.\(^9\)

**Fast-acting insulin**
This type of insulin acts quickly. It is typically given around mealtimes to help manage blood sugar levels.\(^5\)

**Insulin**
Insulin is a hormone which helps cells to deliver blood sugar to the cells that need it.\(^10\)

**HbA_1c**
This is a blood test to measure your blood sugar levels and work out how well controlled your diabetes is.\(^11\)

**Glucose**
Glucose is a type of sugar. People with diabetes have a high level of blood glucose (without insulin treatment).\(^10\)

**Hyperglycaemia**
This means high blood sugar. This occurs in people with diabetes when there is a lack of insulin, so sugar is not removed from the bloodstream.\(^10\)

**Hypoglycaemia**
This means low blood sugar. Hypoglycaemia can be caused by taking too much insulin, not eating enough or by being more active than usual (without eating a snack or changing the insulin dose).\(^4\)
**Ketones**  
Chemicals that are produced when there is a lack of insulin and the body starts to break down fats for energy.

**Longer-acting (intermediate) insulin**  
This type of insulin is usually given once or twice each day to provide a constant supply of insulin.  

**Premixed insulin**  
A mixture of a rapid-acting insulin and a longer acting insulin, usually injected before breakfast and dinner.

**Pump**  
A device that delivers insulin via a tube that is inserted under the skin in the abdomen.

**Type 1 diabetes**  
Type 1 diabetes is more common in children than type 2. Type 1 diabetes happens when your body stops making insulin, which delivers energy to the cells that need it.

**Type 2 diabetes**  
Type 2 is more common in adults. Type 2 diabetes happens when not enough insulin is made by the body or the body can’t use insulin properly. This type can be caused by poor diet or lack of exercise.
References


About Novo Nordisk

This information was developed by Novo Nordisk, a global healthcare company specialising in the care of people with diabetes.

Novo Nordisk was started up almost 90 years ago by a Danish couple with a passion for changing diabetes. August Krogh was a professor at the University of Copenhagen and Nobel Prize winner and his wife Marie, a doctor and researcher into metabolic diseases, suffered from type 2 diabetes. They learned of insulin being developed in Canada and were determined to ensure access to insulin for everyone with diabetes, hence in 1923 Novo Nordisk was born.

Since then Novo Nordisk has grown to become a world leader in the provision of diabetes products and support for patients of all ages.

We fully understand the challenges that children with diabetes face and are working together with parents, schools and healthcare professionals to improve the care of children with diabetes, as they grow up and develop.

For more information about Novo Nordisk, please visit: www.novonordisk.com

This information is not designed to replace the advice of your doctor or nurse. You and your parents should talk to your doctor or nurse if you have any questions about your diabetes.
At Novo Nordisk, we are changing diabetes. In our approach to developing treatments, in our commitment to operate profitably and ethically and in our search for a cure.

www.withyoualltheway.info

MY DIABETES
Diary

changing diabetes

At Novo Nordisk, we are changing diabetes. In our approach to developing treatments, in our commitment to operate profitably and ethically and in our search for a cure.
With you all the way is a support programme created by Novo Nordisk especially for kids with diabetes. This material has been reviewed by a panel of experts:

- Lead Diabetes Specialist Nurse – Nicola Lewis, UK
- Paediatric Endocrinologists – Prof Thomas Danne, Germany and Dr Nandu Thalange, UK

This information is not designed to replace the advice of your doctor or nurse. You and your parents should talk to your doctor or nurse if you have any questions about your diabetes.
Keeping a diary will help you and your parents to keep track of your diabetes

This diary will help you keep a record of:

- Blood sugar levels
- Insulin doses
- Meals and snacks
- Activity

Remember to take this diary to your appointments so you can show your doctor or nurse. This will help them to see how you are doing and whether you need to change your insulin.
My details

Name ___________________________________________ Age __________________

Insulin ___________________________________________
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About Novo Nordisk

This information was developed by Novo Nordisk, a global healthcare company specialising in the care of people with diabetes.

Novo Nordisk was started up almost 90 years ago by a Danish couple with a passion for changing diabetes. August Krogh was a professor at the University of Copenhagen and Nobel Prize winner and his wife Marie, a doctor and researcher into metabolic diseases, suffered from type 2 diabetes. They learned of insulin being developed in Canada and were determined to ensure access to insulin for everyone with diabetes, hence in 1923 Novo Nordisk was born.

Since then Novo Nordisk has grown to become a world leader in the provision of diabetes products and support for patients of all ages.1

We fully understand the challenges that children with diabetes face and are working together with parents, schools and healthcare professionals to improve the care of children with diabetes, as they grow up and develop.

For more information about Novo Nordisk, please visit: www.novonordisk.com

Reference

1. Novo Nordisk website. Available at: www.novonordisk.com

This information is not designed to replace the advice of your doctor or nurse. You and your parents should talk to your doctor or nurse if you have any questions about your diabetes.

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Novo Nordisk A/S Novo Alle 2880 Bagsvaerd Denmark

www.withyoualltheweway.info