

Diabetes Besties



Learn about living with type 1 Diabetes
with Betty and her friends

WHY
DO I NEED
INSULIN?





We all need energy to grow and be strong. Nature uses energy, which comes from the Sun, as well as water.



Bees need nectar, which they find in flowers.



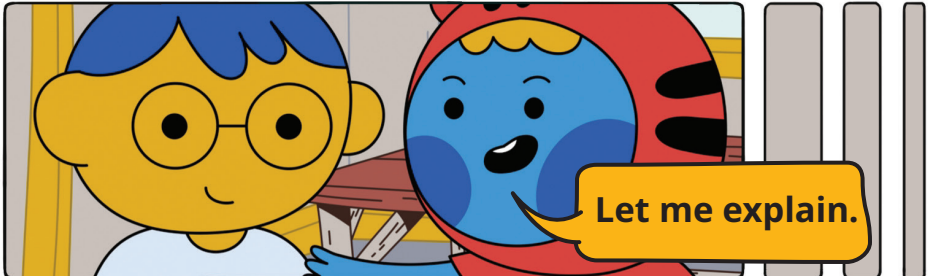
And ants, well,...

they go on adventures and look for food that way.

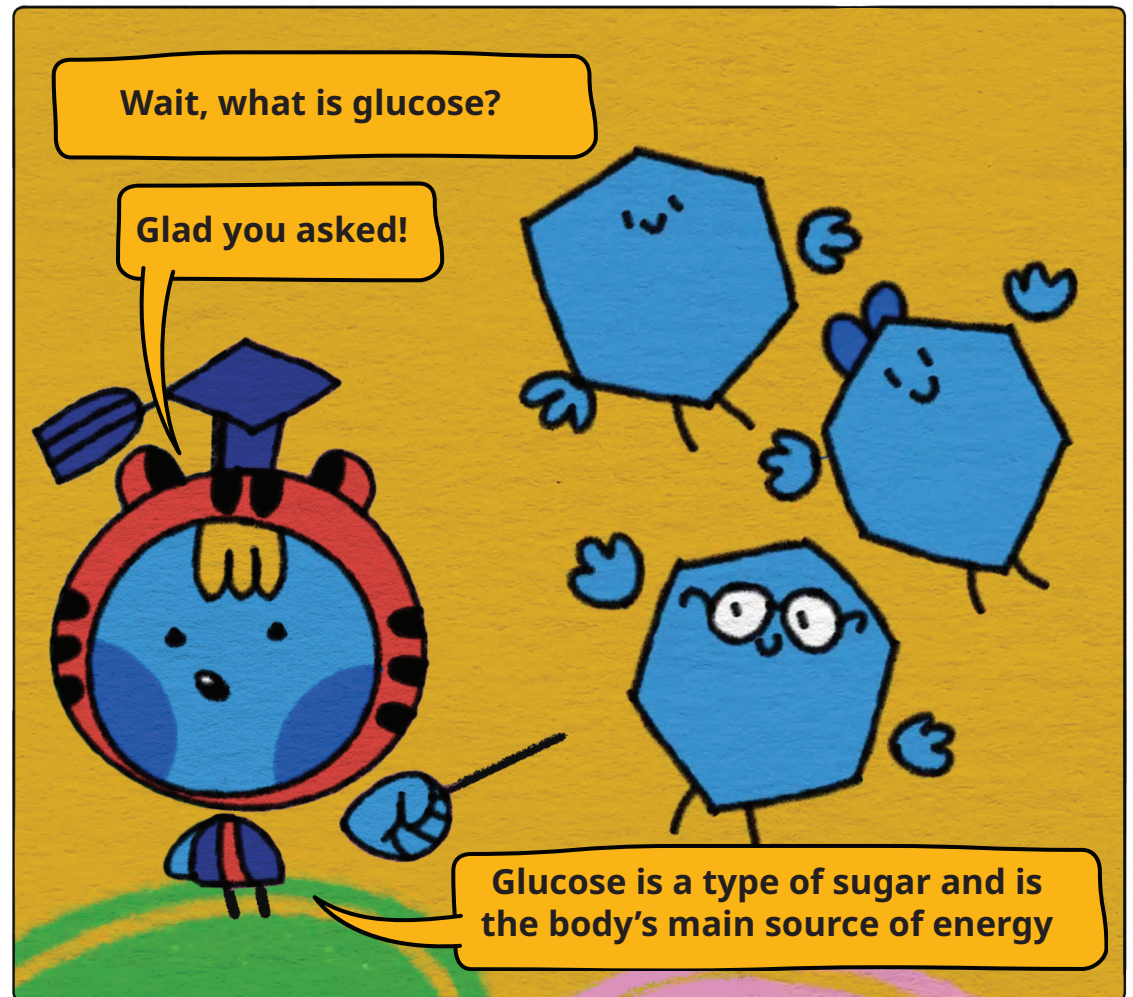
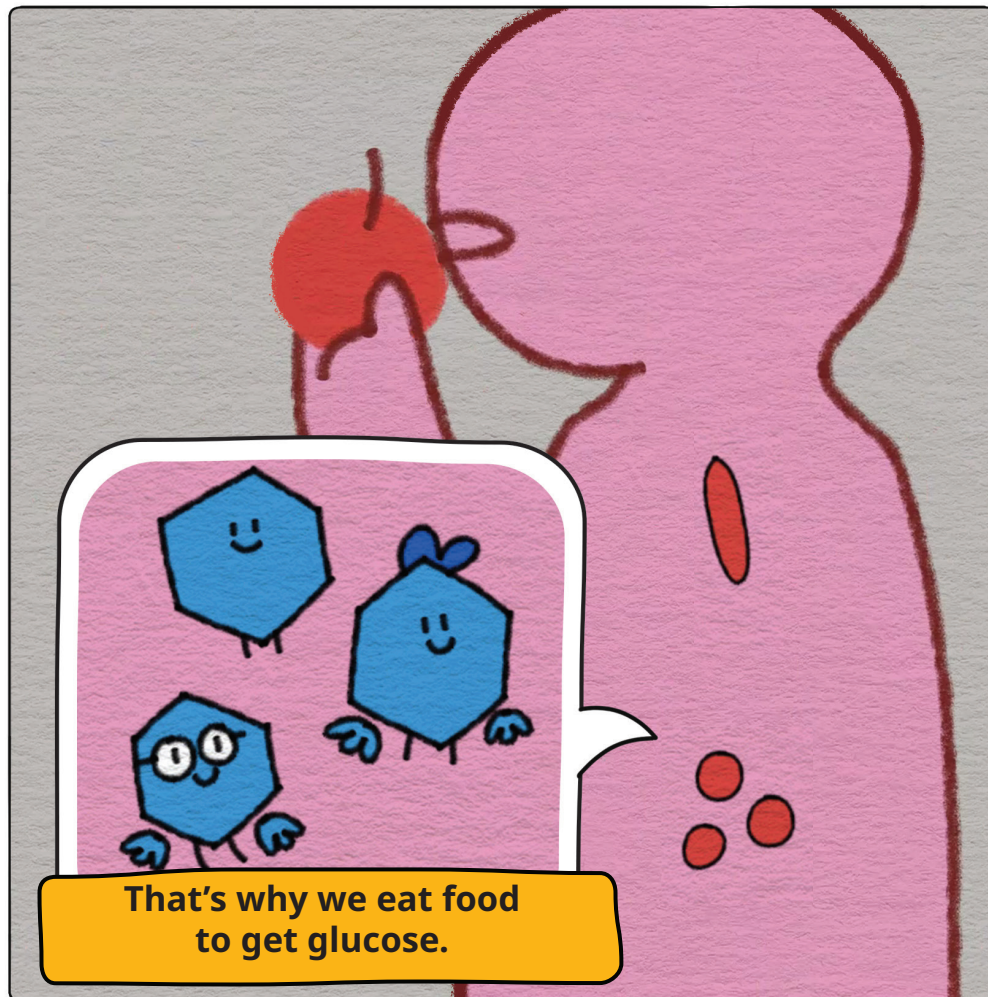
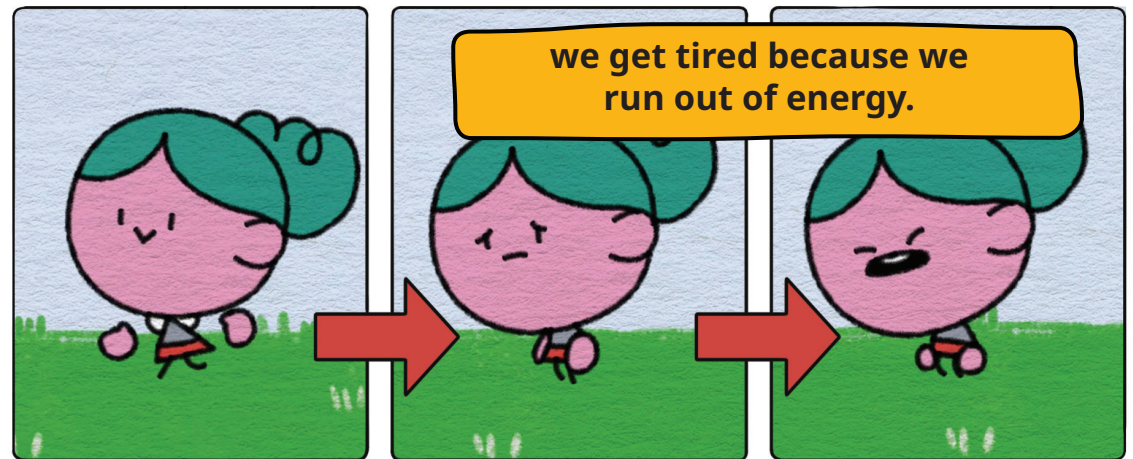


As for us humans, well, we get our energy from food.

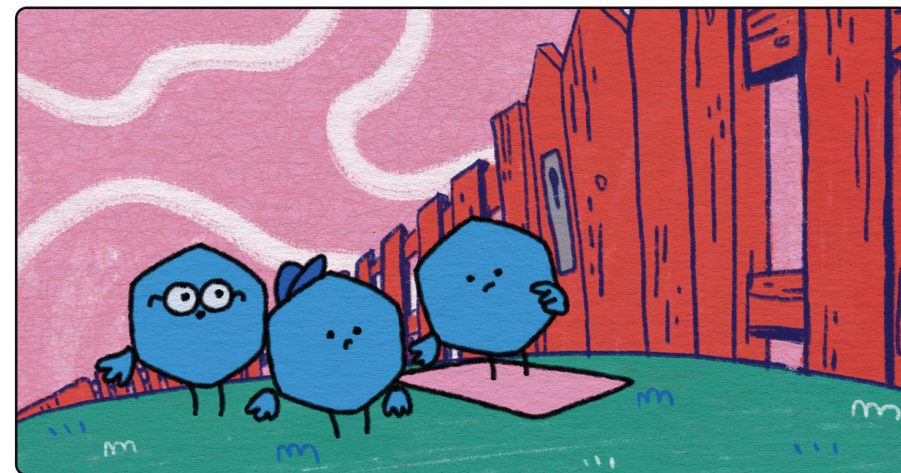
That's all very interesting, Betty, but what has that got to do with why you need insulin?



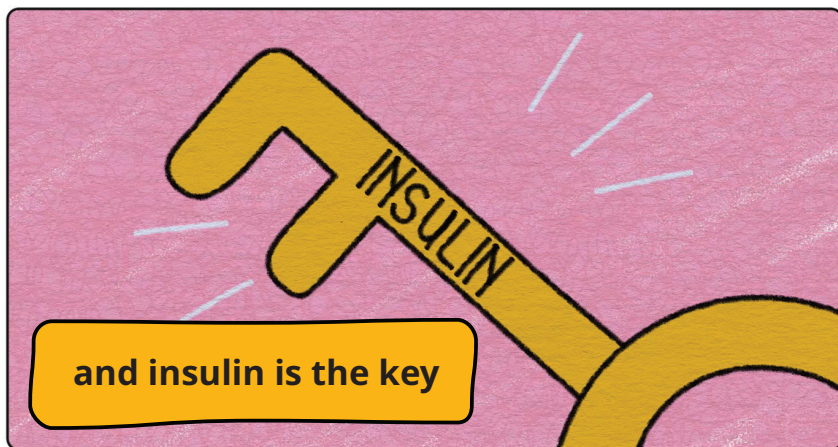
Let me explain.



The glucose from the food we eat gives us energy,



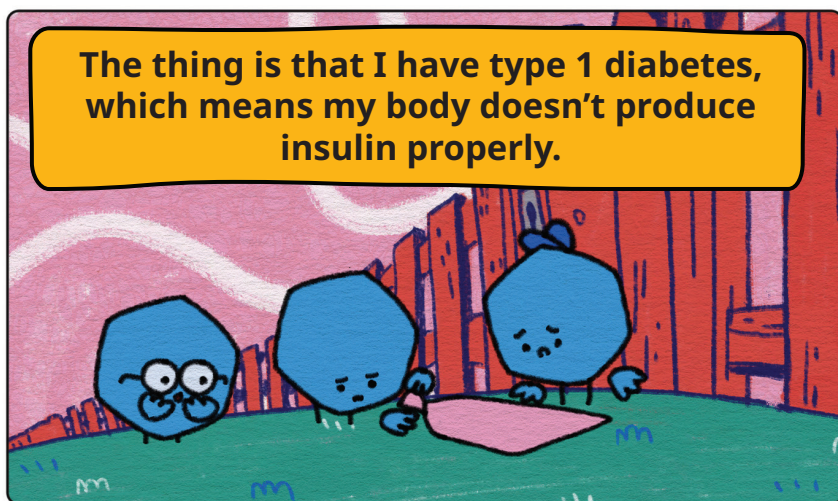
and insulin is the key



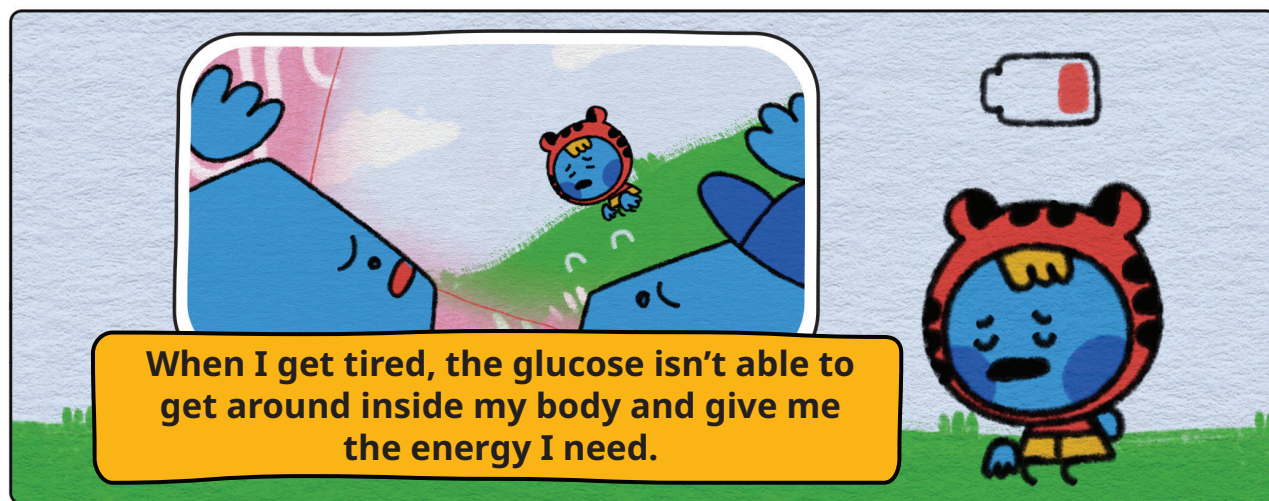
that allows the glucose to move around our body so we can keep on playing.

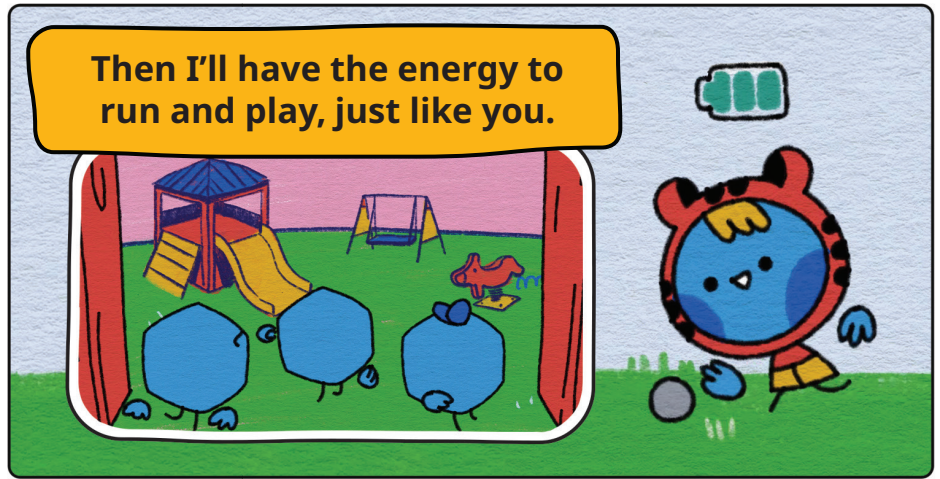
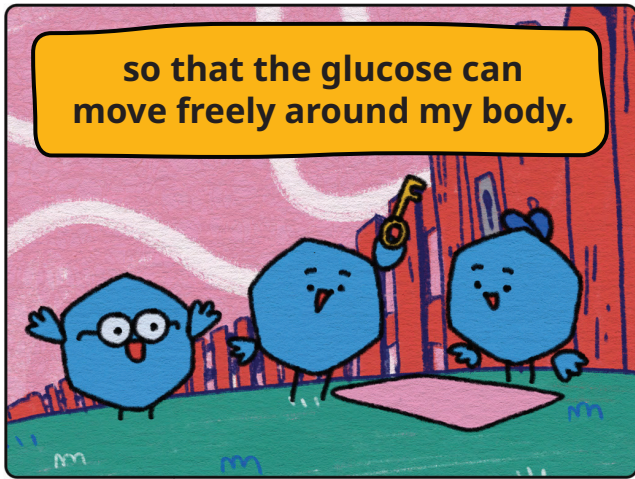
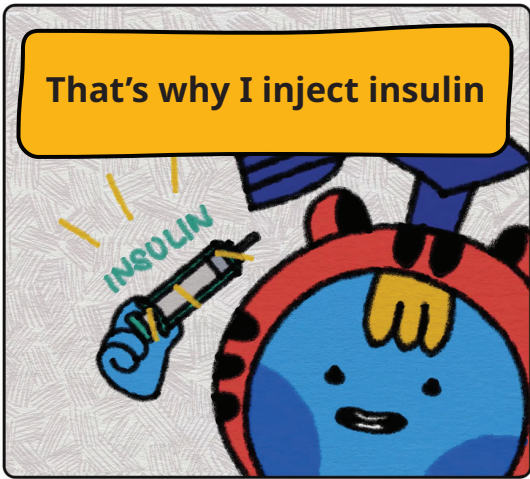


The thing is that I have type 1 diabetes, which means my body doesn't produce insulin properly.



When I get tired, the glucose isn't able to get around inside my body and give me the energy I need.

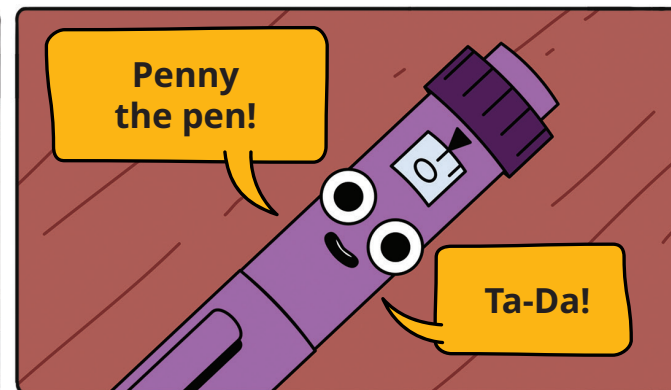
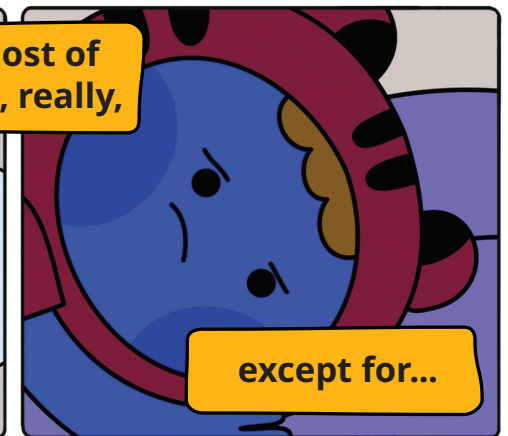
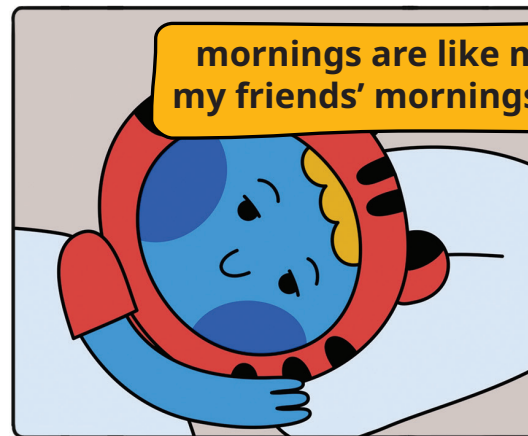
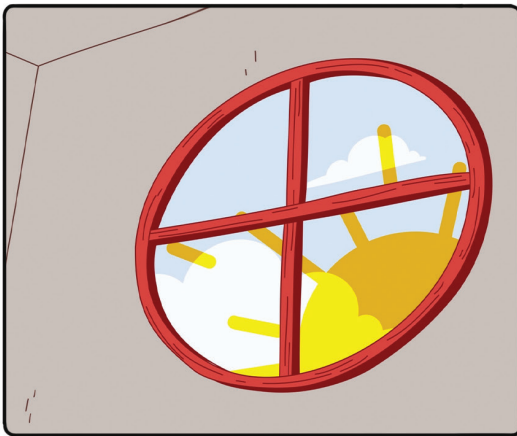


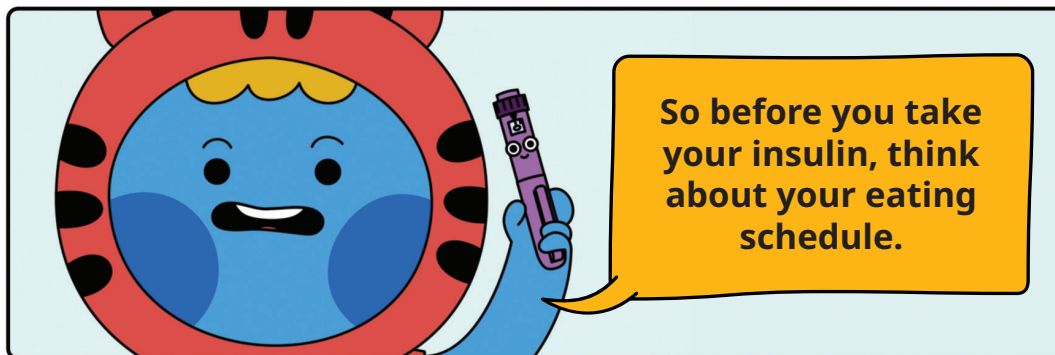
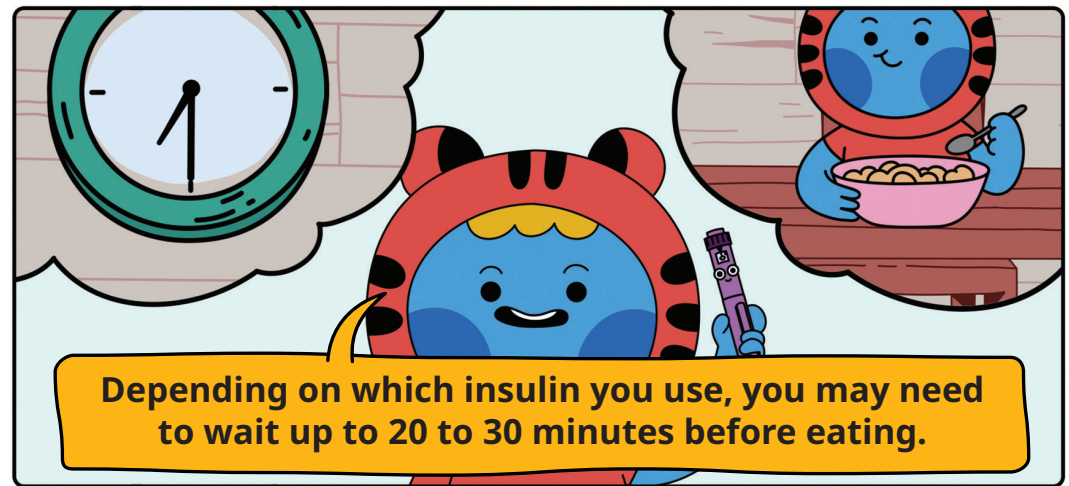
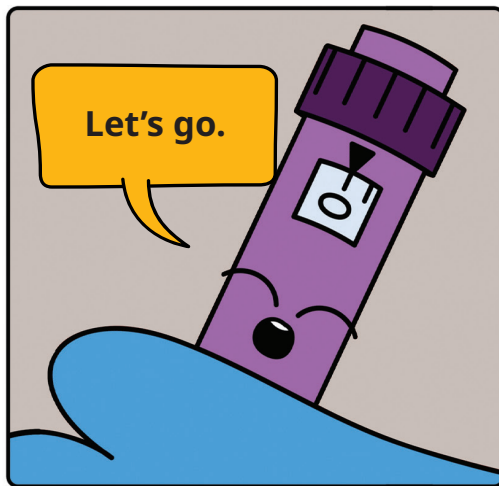
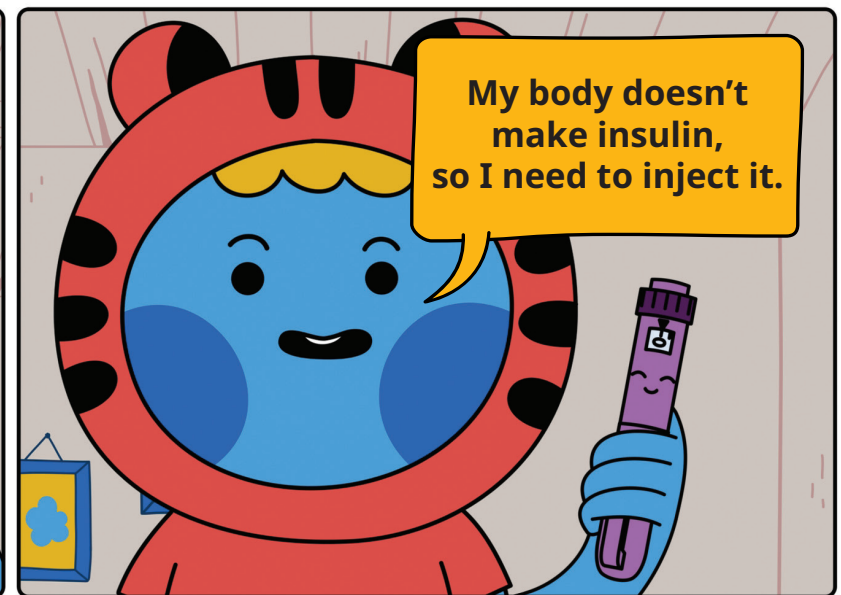


To be Continued...

HOW TO INJECT INSULIN WITH A PEN



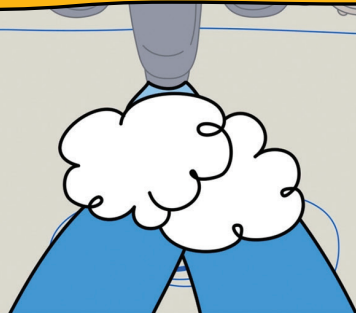




1

MAKE SURE
YOU'RE CLEAN

First, I wash my
hands with soap.



If my skin is dirty,
where I will inject,



I clean it with soap
and water or wipe
with alcohol.



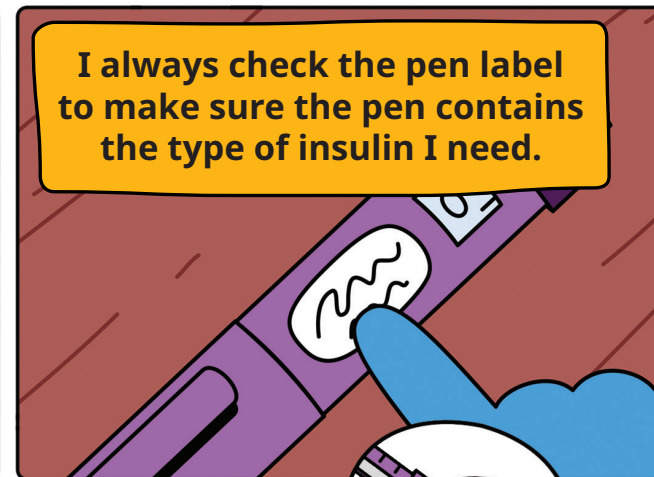
2

PREPARE
YOUR SUPPLIES

Then I get everything I need ready
before I start.



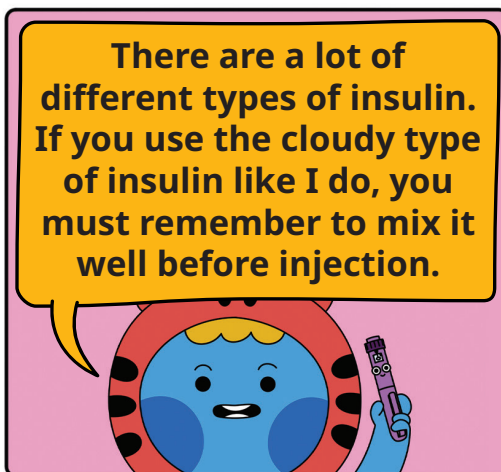
I always check the pen label
to make sure the pen contains
the type of insulin I need.



3

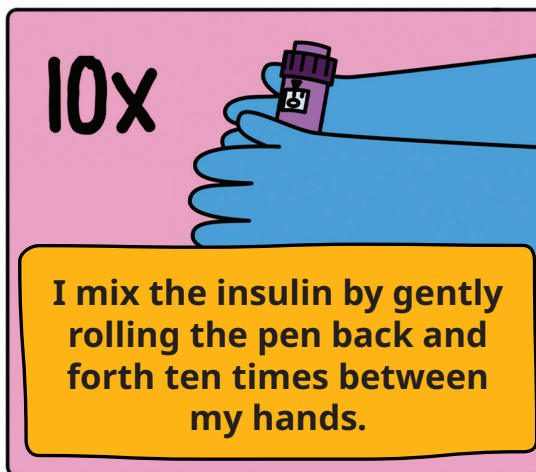
PREPARE
THE INJECTION

There are a lot of
different types of insulin.
If you use the cloudy type
of insulin like I do, you
must remember to mix it
well before injection.



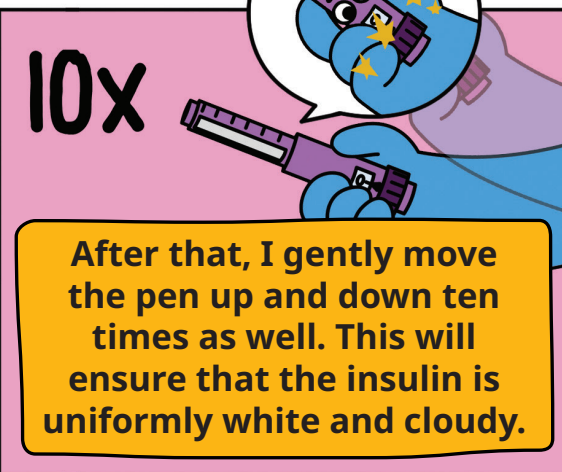
10x

I mix the insulin by gently
rolling the pen back and
forth ten times between
my hands.



10x

After that, I gently move
the pen up and down ten
times as well. This will
ensure that the insulin is
uniformly white and cloudy.



Now I'll attach a new needle to the pen.

It's important to make sure there is no air in the pen, so I tap the glass gently with my finger a few times.

Then I dial the dose selector to two units and push the air out.

I check that the dose is set at zero and then dial the dose I've agreed with my doctor.

4 INJECT INSULIN

This part may seem scary, but it really isn't.

The size of the needle is very short and thin, so it will not be very painful.

It's pretty easy to inject the insulin. I just insert the needle into my skin, not too close to the belly button,...

and press the push button all the way in. After the injection, I slowly count to six before taking the needle out again.

Great job Betty.

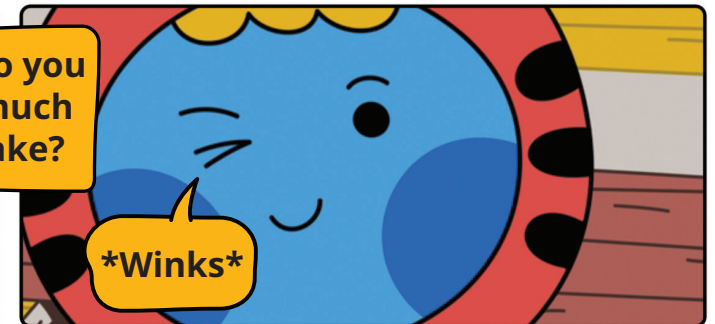
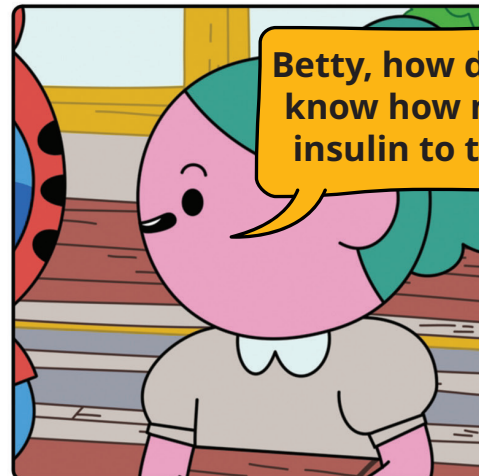
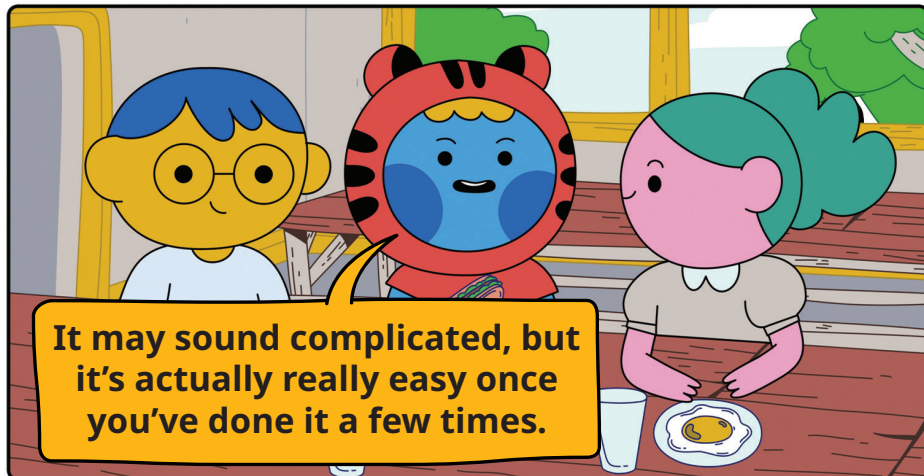
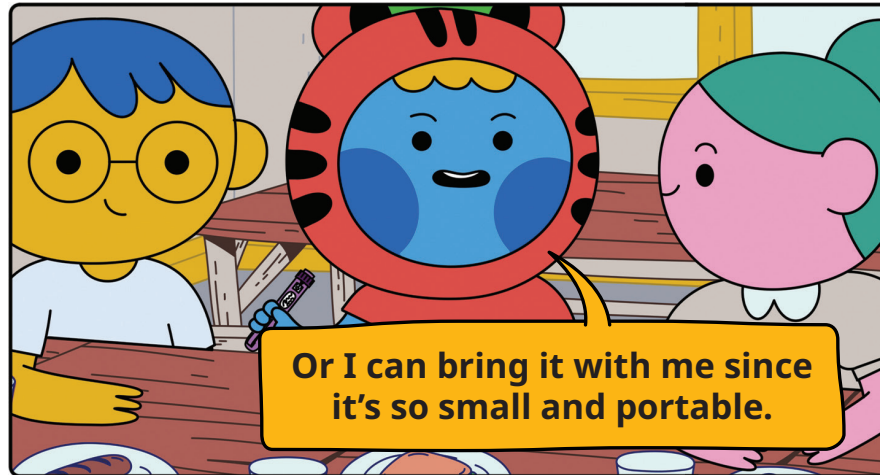
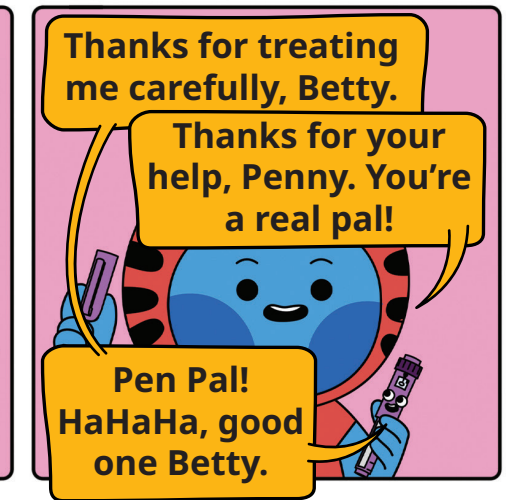
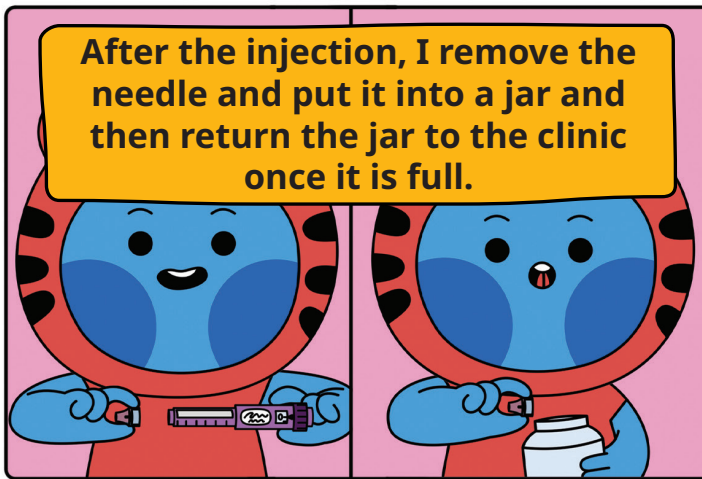
The injection doesn't need to be in the belly.

It can also be in the arm, the buttocks, or the upper leg.

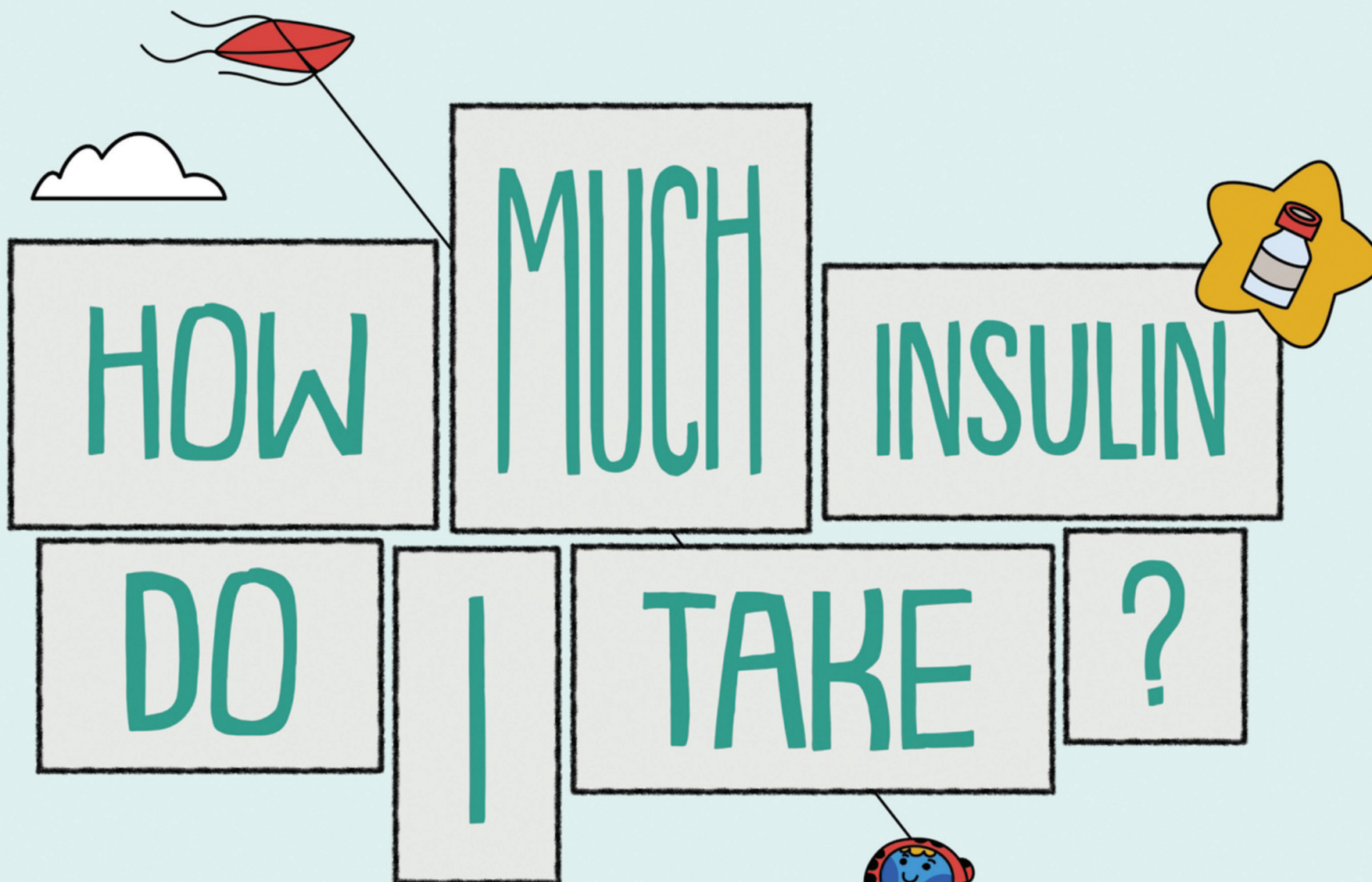
Remember, you can always ask your doctor or parents for advice if you're in doubt about how to use me.

6

5 CLEAN UP



To be Continued...



HOW

MUCH

INSULIN

DO

I

TAKE

?



Each day starts more or less the same way.
The first thing I do is wake up.



But from there,
my days vary quite a lot.



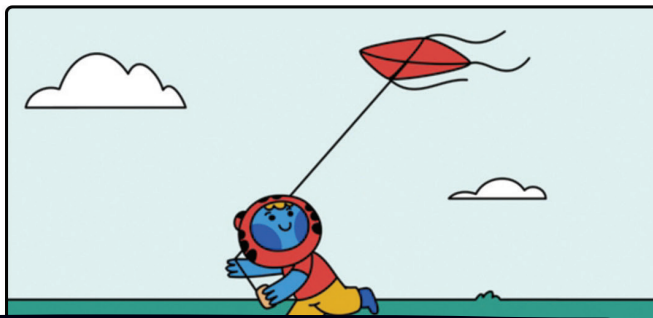
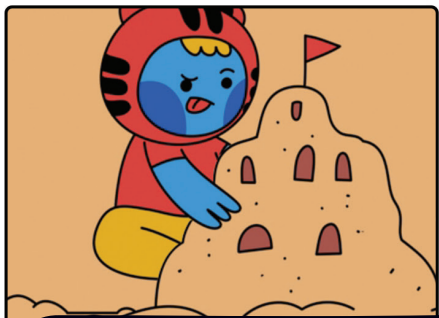
What I have for breakfast
may vary.



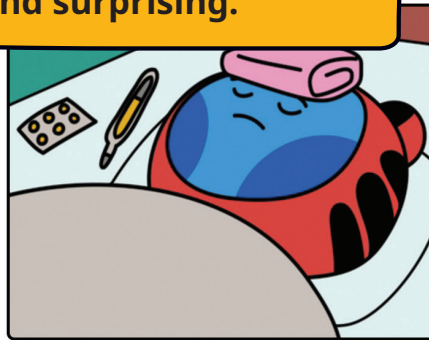
There are days
when I get to play a lot outside.



But sometimes
I have to do my homework.



Each day comes with its own mix of tasks and activities.
In this way, each is unique and surprising.



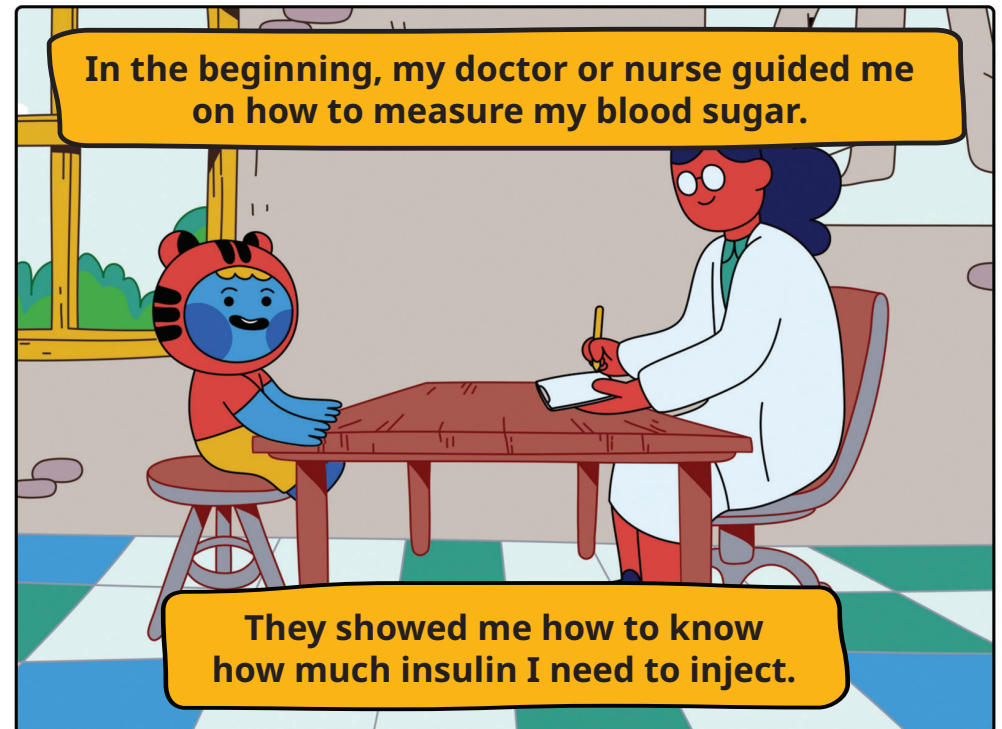
So, I need to make sure my insulin matches
my blood sugar based on the different things
I do and experience.



How do you know
how much insulin you need?

Luckily, I don't have
to do this alone.

In the beginning, my doctor or nurse guided me
on how to measure my blood sugar.



They showed me how to know
how much insulin I need to inject.

Later, I learned with my family when to use more or less insulin in my case.



When I move around a lot and eat only a little, I might need less insulin.



You might need more insulin when you're not moving around so much and you eat more than usual.

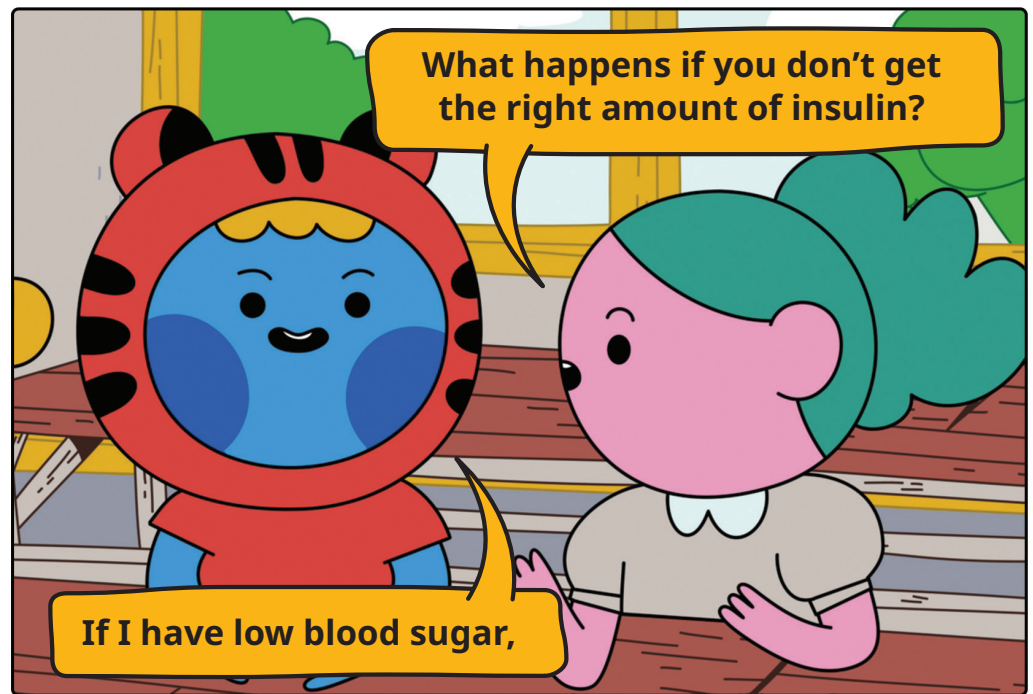


My family, for example, helps me measure and understand my blood sugar.

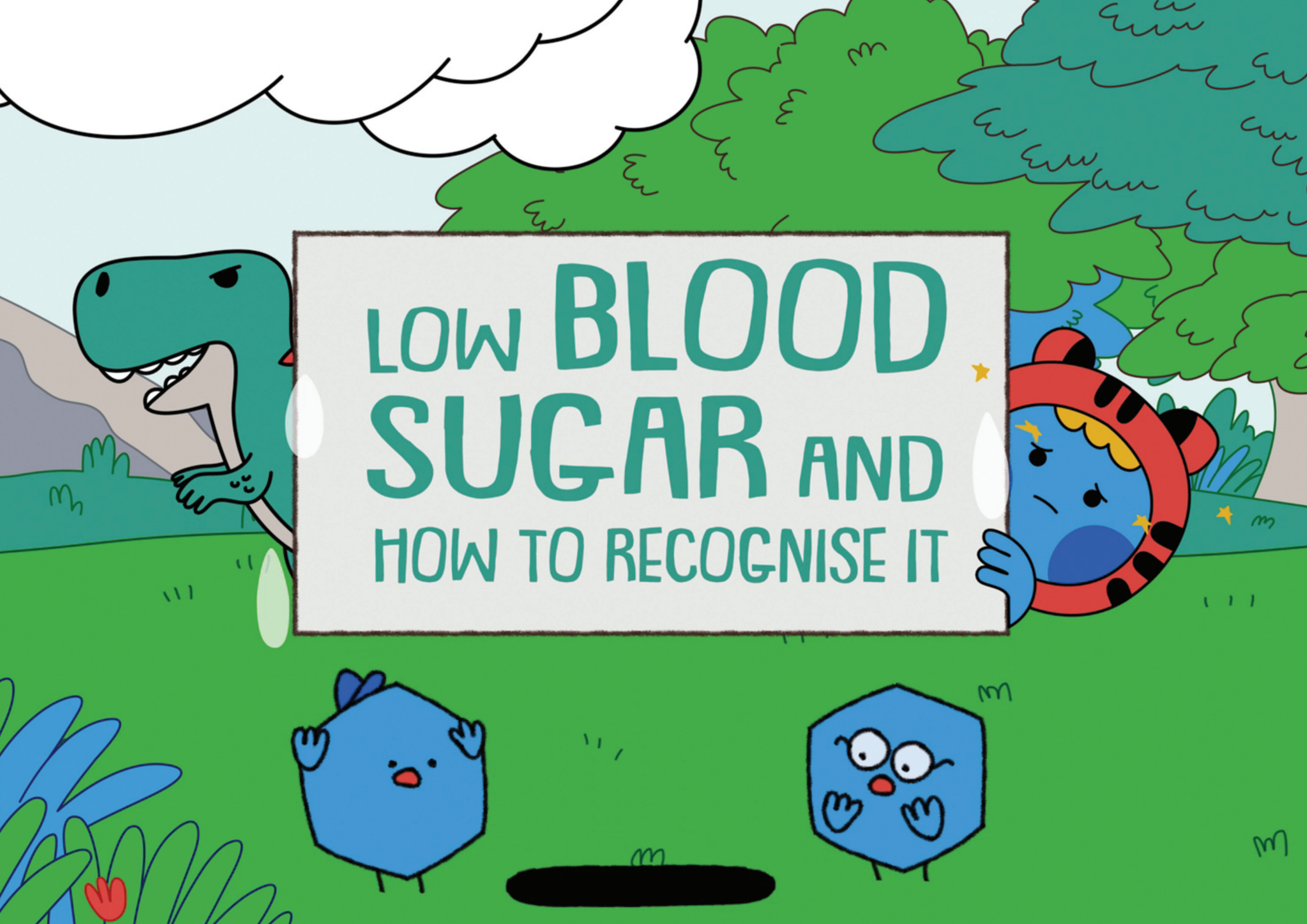


I can always ask the adults around me for help.





To be Continued...



A cartoon illustration featuring a green dinosaur on the left, a blue tiger on the right, and two blue hexagonal characters at the bottom. They are all holding a large white sign with a brown border. The background includes green bushes, a white cloud, and a green field with some plants. The text on the sign is in a bold, teal, sans-serif font.

LOW BLOOD SUGAR AND HOW TO RECOGNISE IT

Remember, every day is different.
Sometimes we play more, sometimes less.



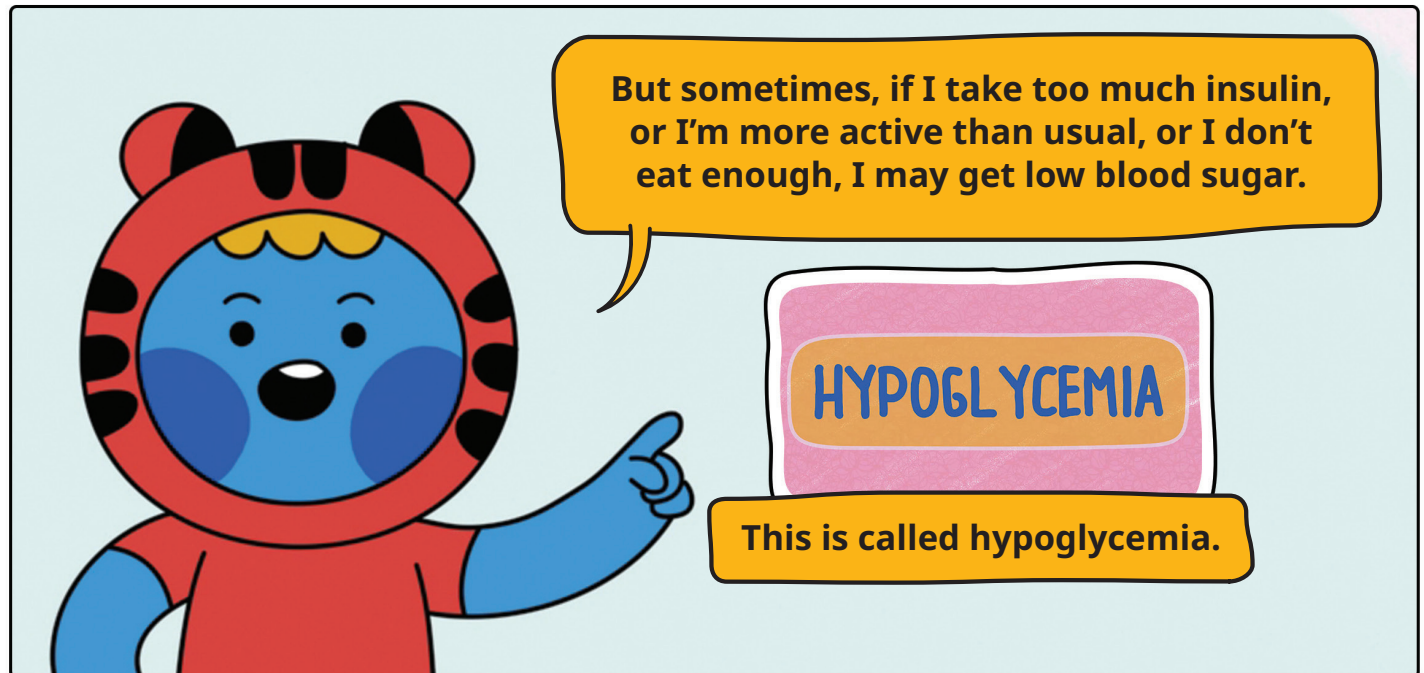
Sometimes
we eat more
than usual.



Sometimes we need to take
more insulin than other times.

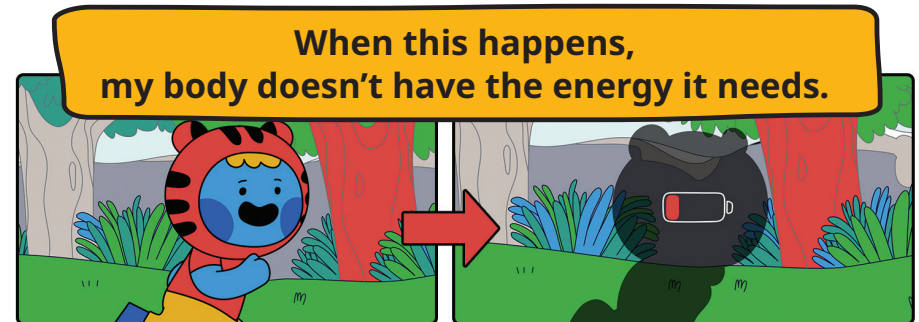
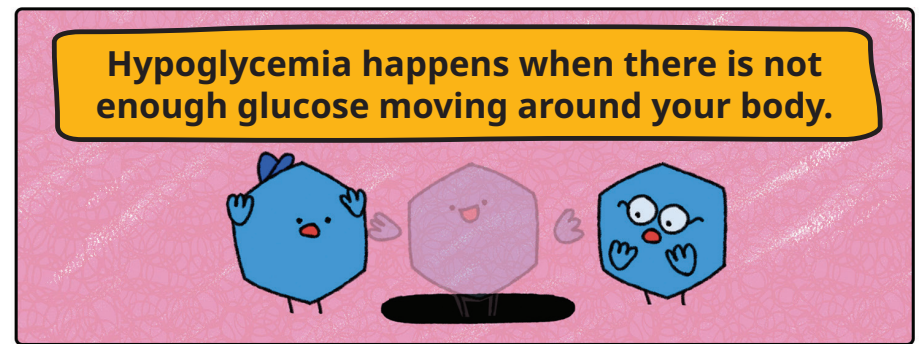
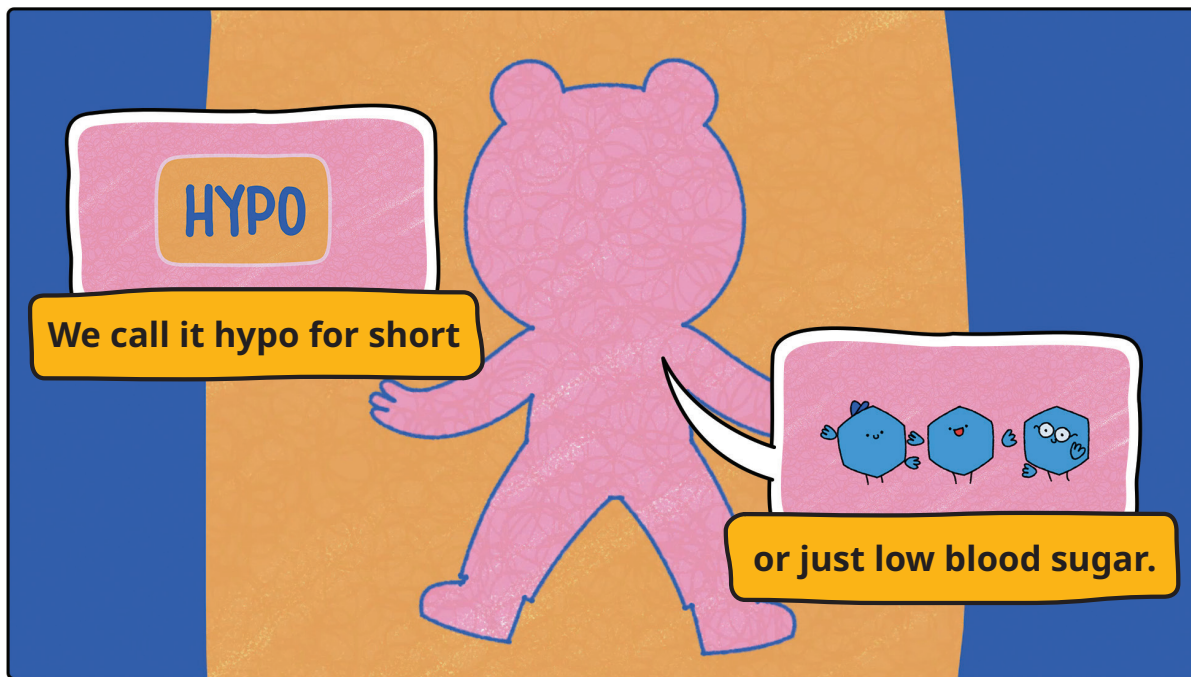


But sometimes, if I take too much insulin,
or I'm more active than usual, or I don't
eat enough, I may get low blood sugar.



HYPOGLYCEMIA

This is called hypoglycemia.



I can also get very annoyed at times



or become pretty dizzy.



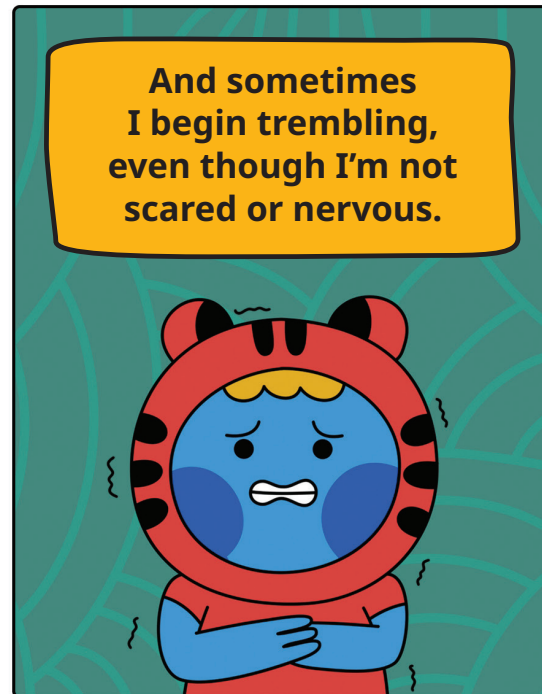
Sometimes I can also become tired and sleepy.



Sometimes my world gets a bit blurry, and it becomes harder to see.

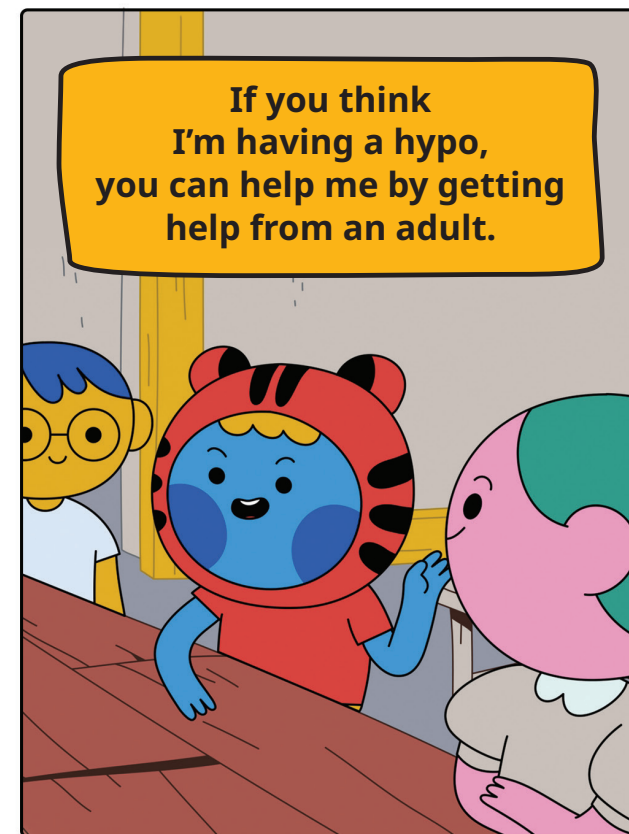


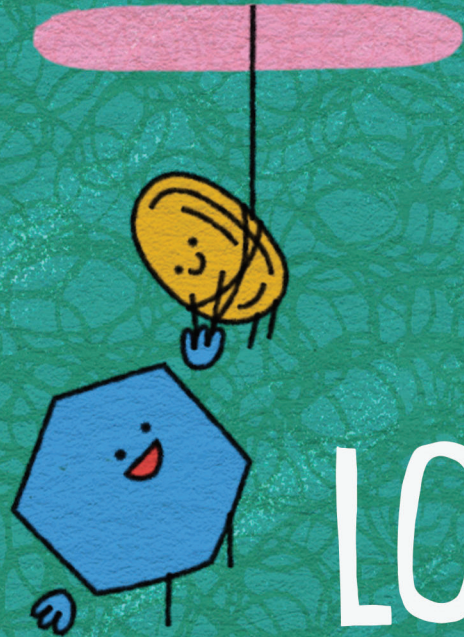
And sometimes I begin trembling, even though I'm not scared or nervous.



And well, tears can also happen, even though I'm not actually sad.

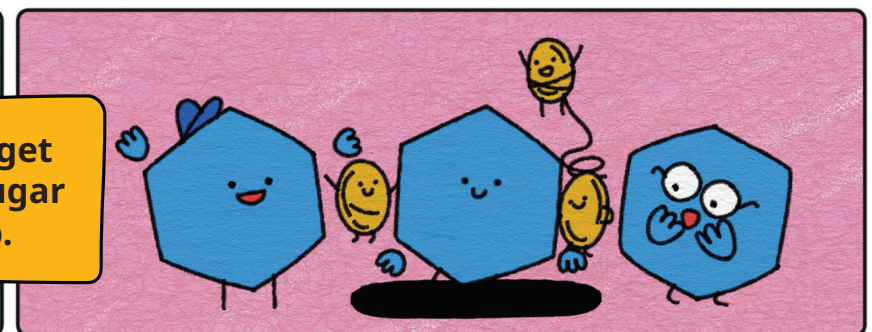
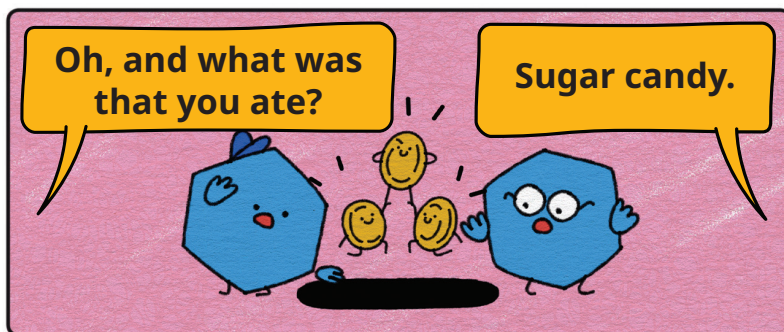
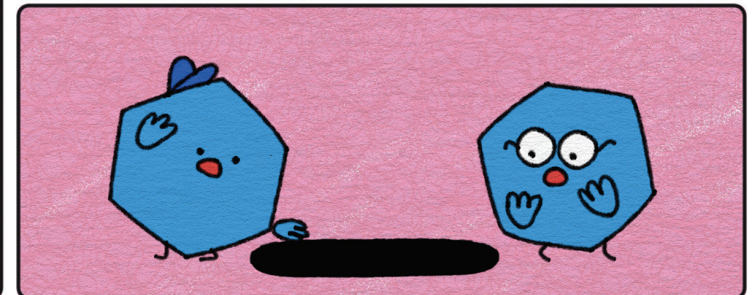
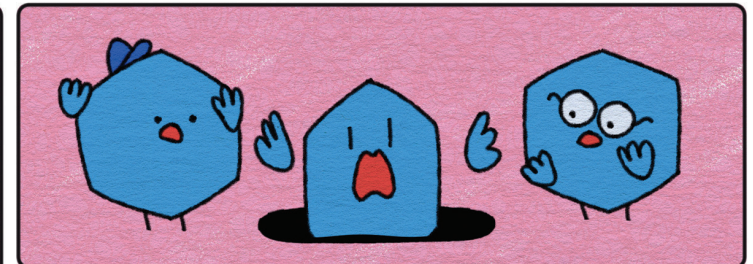
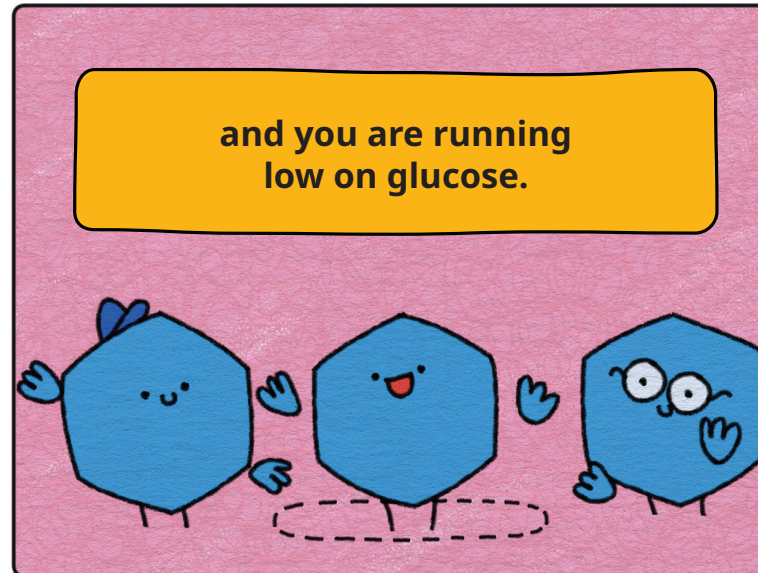
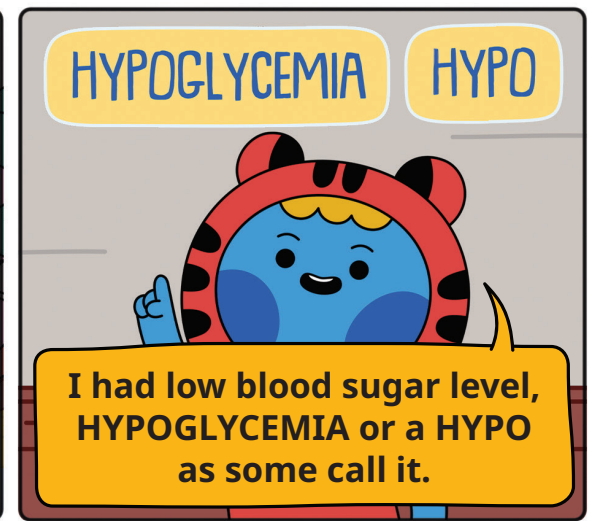
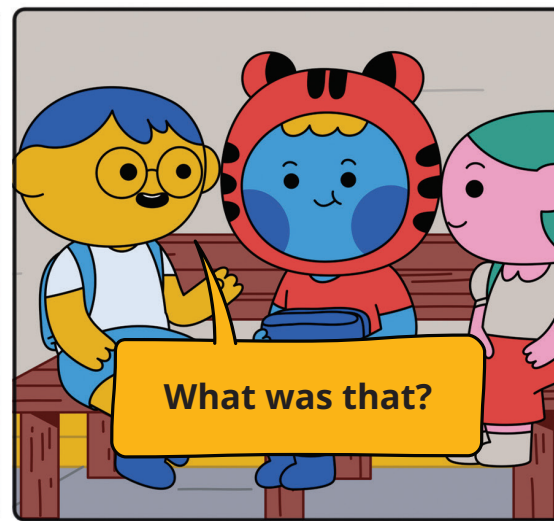
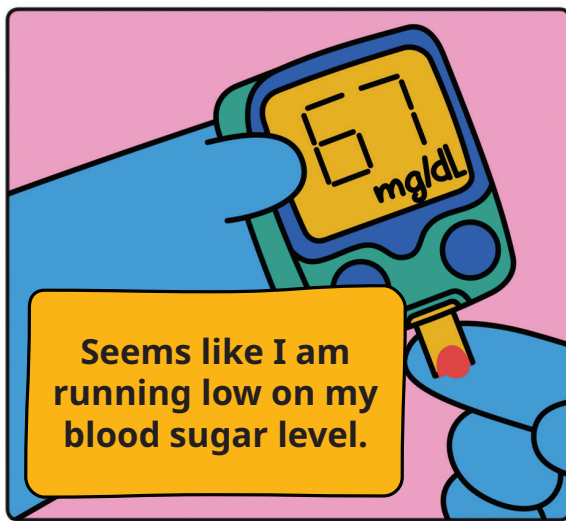




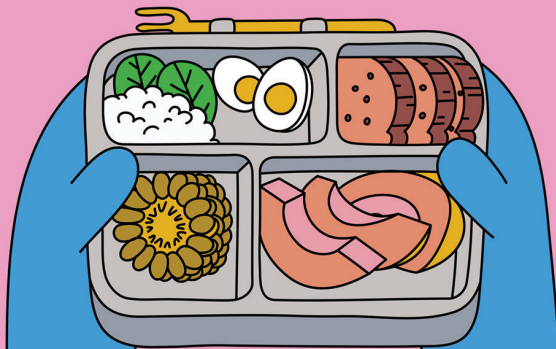


HOW TO TREAT LOW BLOOD SUGAR





And then I'm ready for
A PROPER MEAL.



Want some candies?



Yes!

What if it doesn't
help though?



Anything with glucose in it will do great.
Bananas or a pack of juice can also work.



Usually, it does. But if it it doesn't,
I can try and eat more sugar.

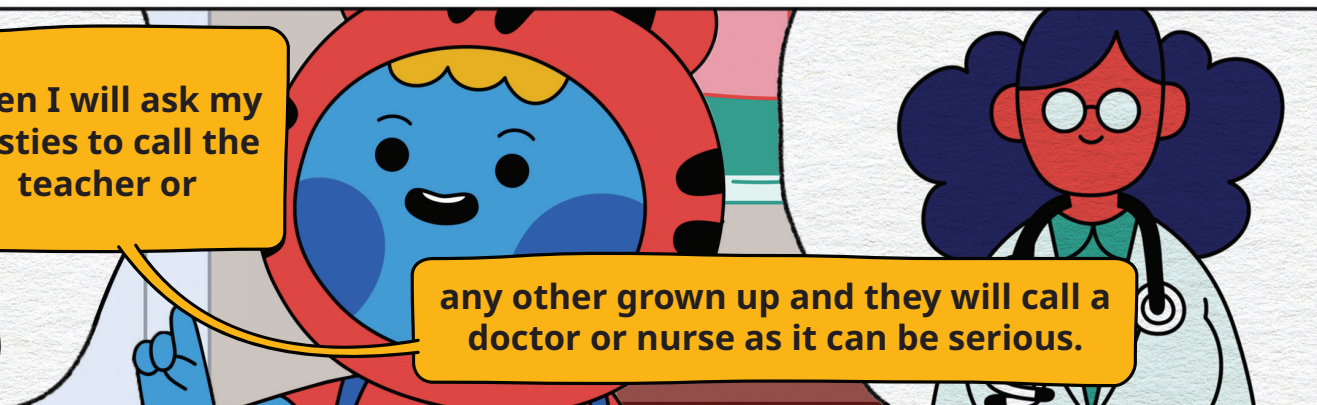
Hmm, what if THAT
doesn't help either?

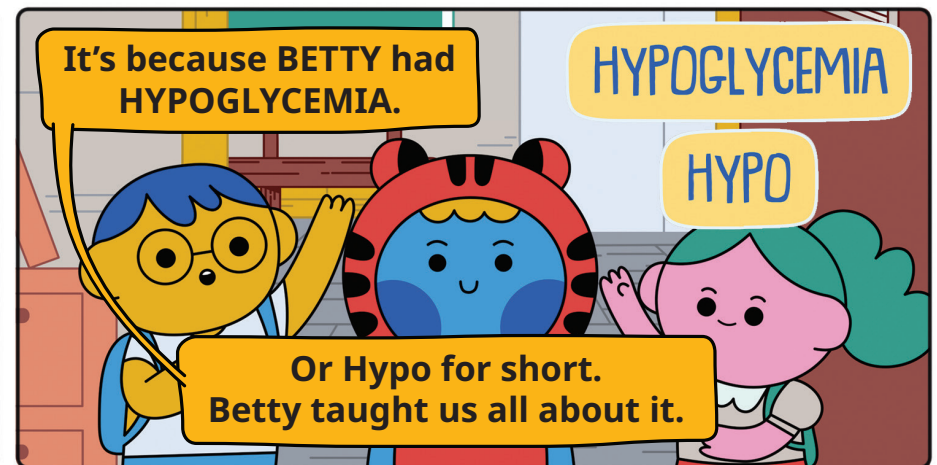


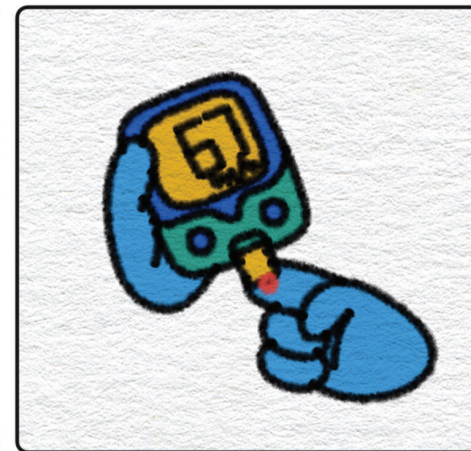
Then I will ask my
Besties to call the
teacher or



any other grown up and they will call a
doctor or nurse as it can be serious.





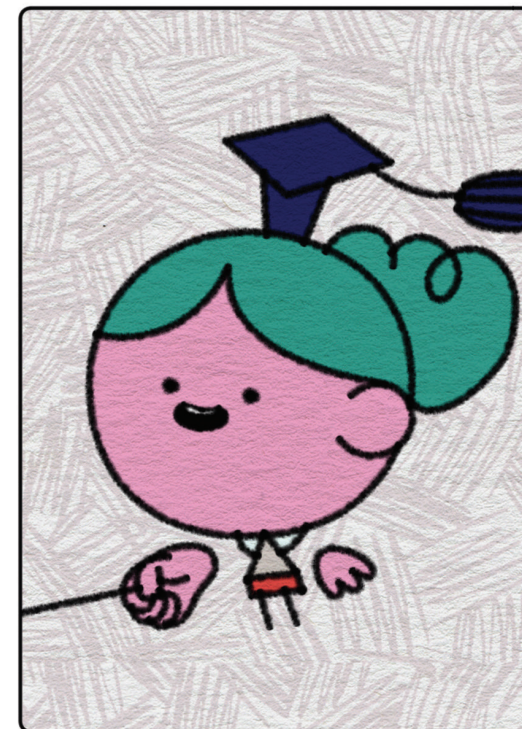
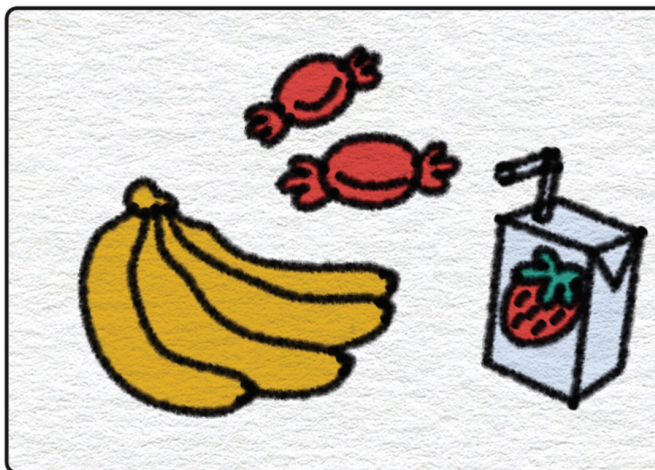


**When you have low blood sugar you Should:
Stop all activities...**

**and measure blood
sugar levels!**

**To treat low blood sugar you should: Eat some
sugar or drink a sugary drink. If you feel
better you are ready to eat!**

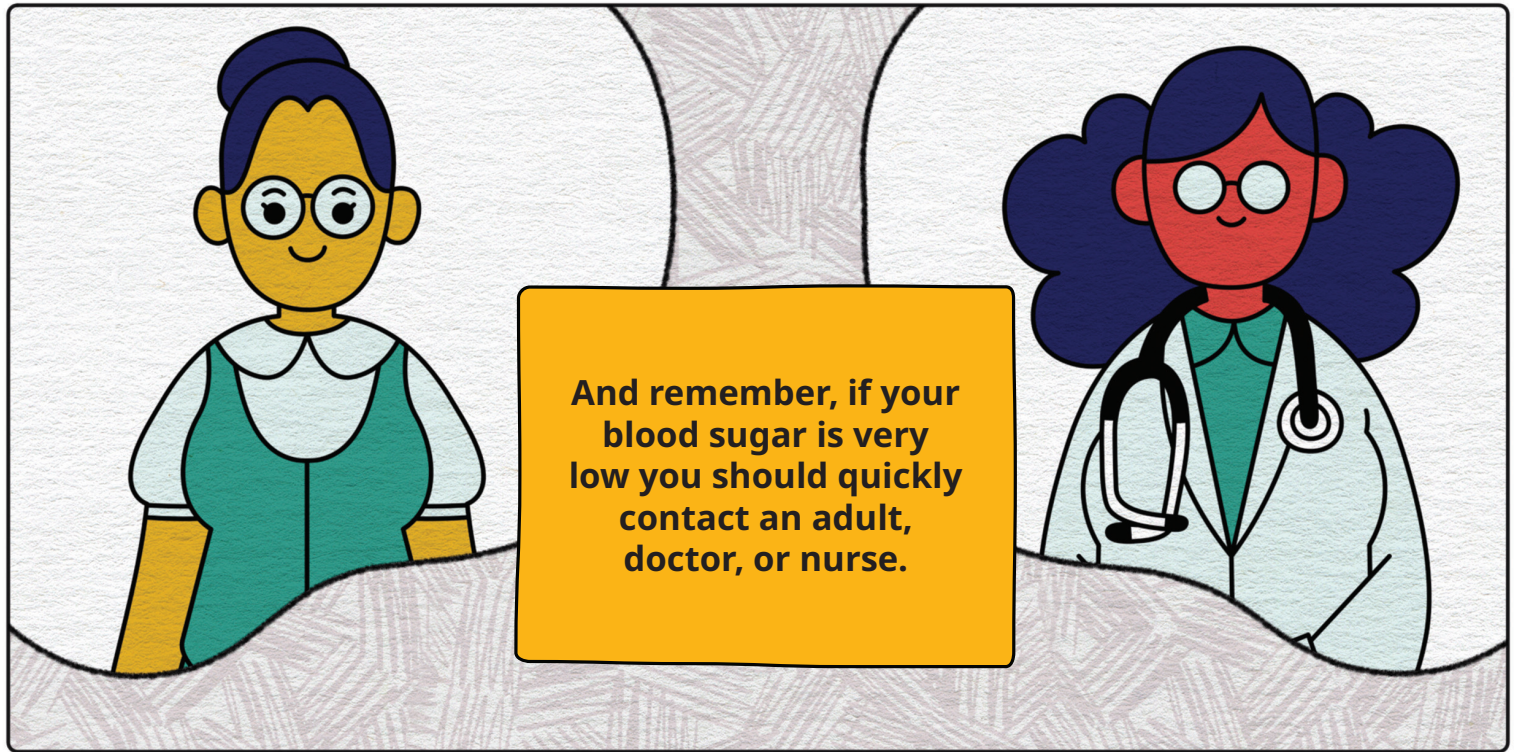
If not, get some more sugar.



Good job, you guys.



And remember, if your blood sugar is very low you should quickly contact an adult, doctor, or nurse.



That's right, Betty! Now, what do we say, kids?



Thanks for sharing!



This book is for general information and entertainment purposes only and does not reflect a real patient.

Please talk to your doctor or healthcare professional if you have any questions and follow their advice

