

# 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.



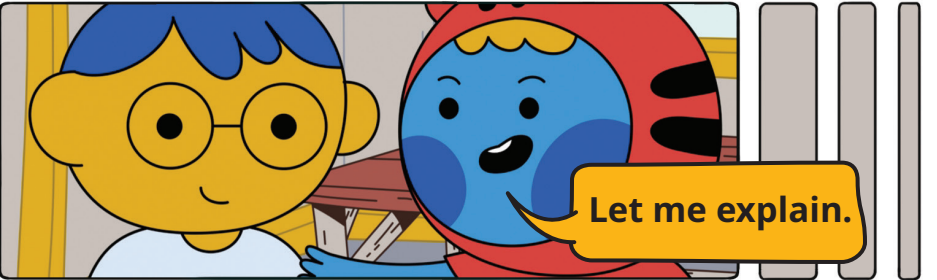
And ants, well,...

they go on adventures and look for food that way.



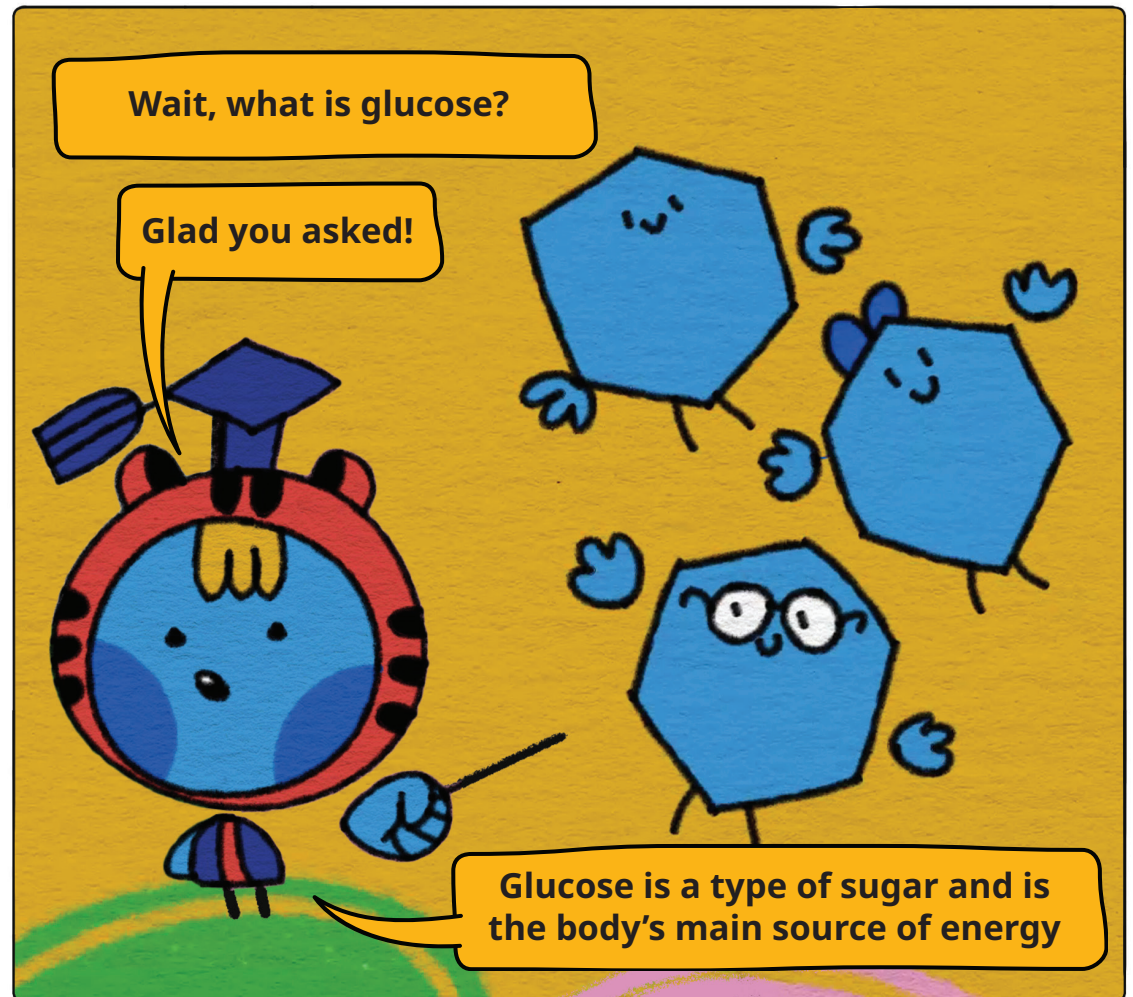
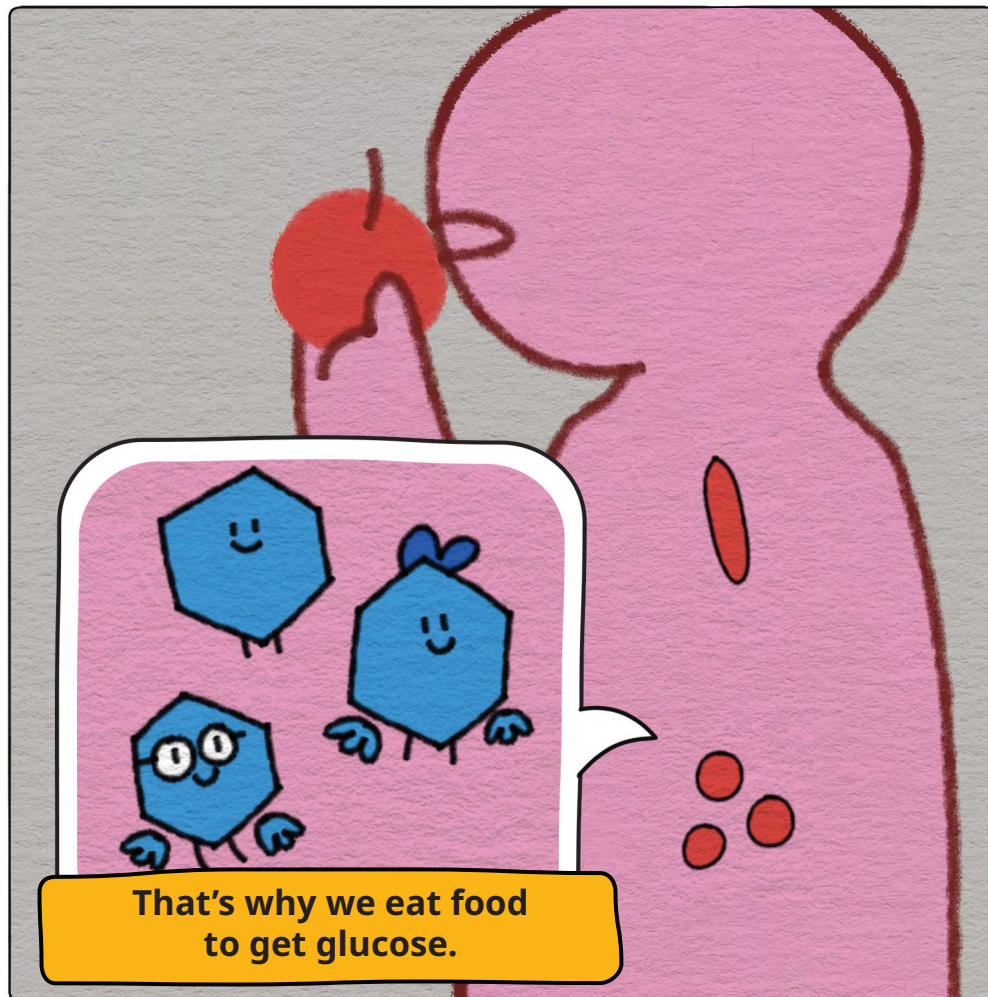
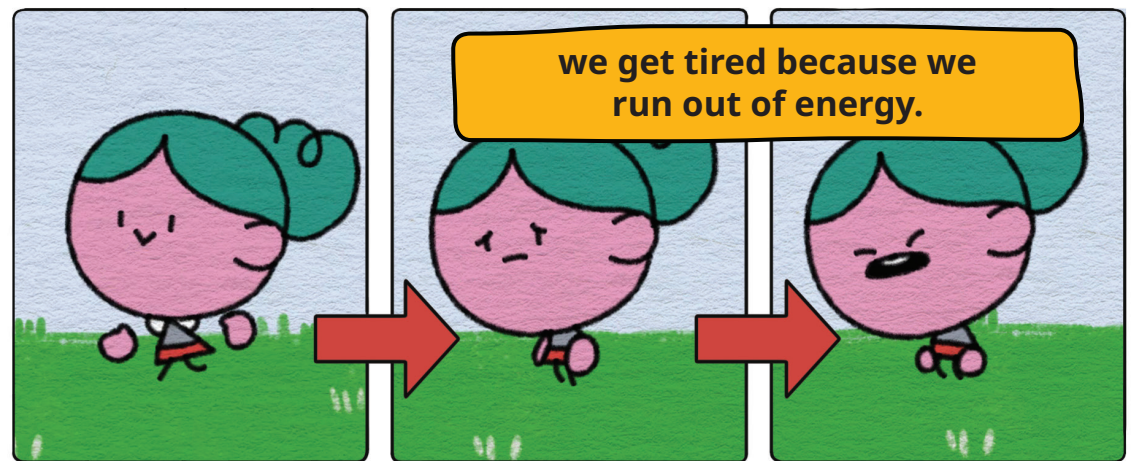
As for us humans, well, we get our energy from food.

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



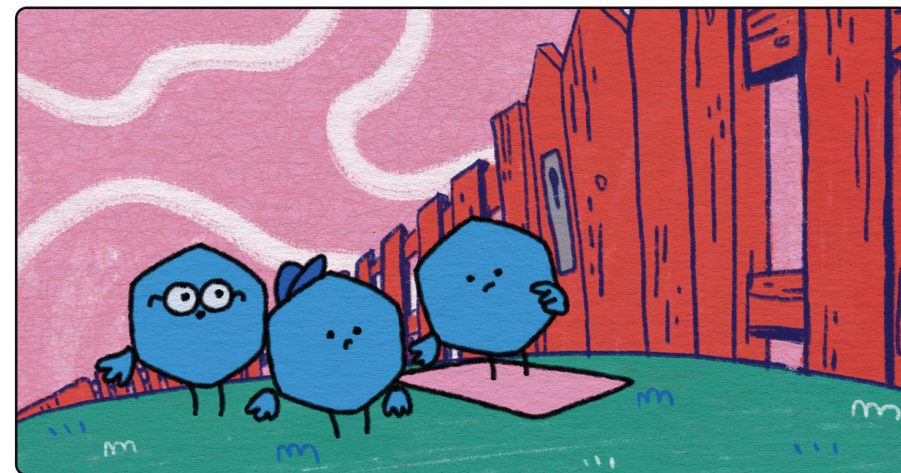
Let me explain.



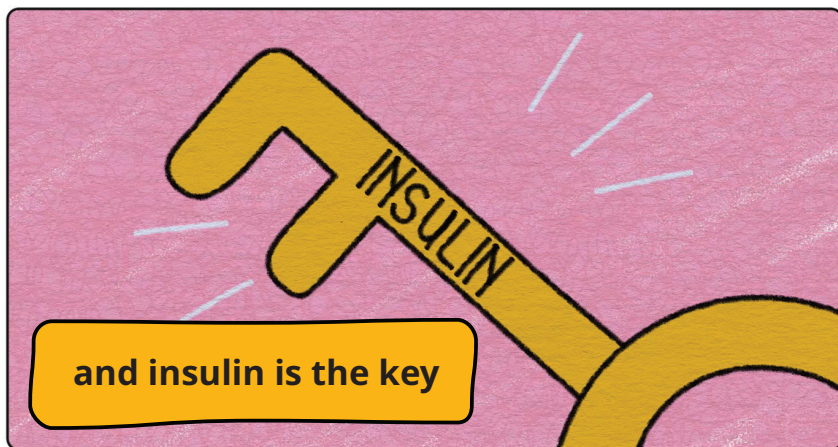




The glucose from the food we eat gives us energy,



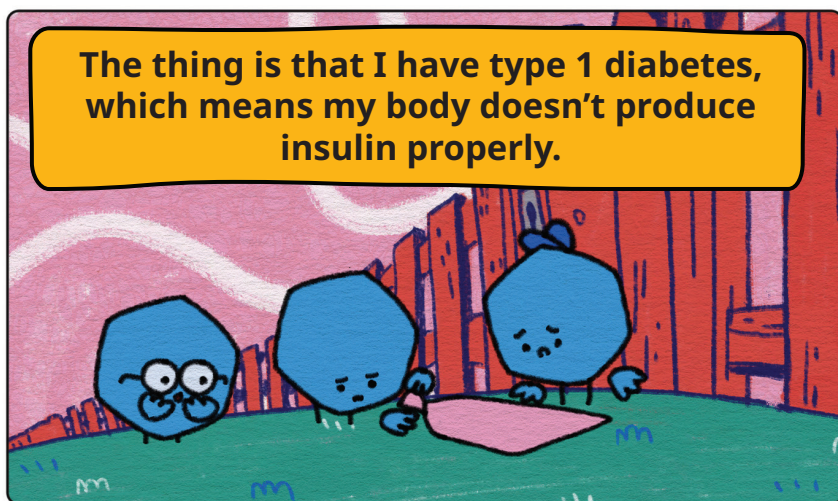
and insulin is the key



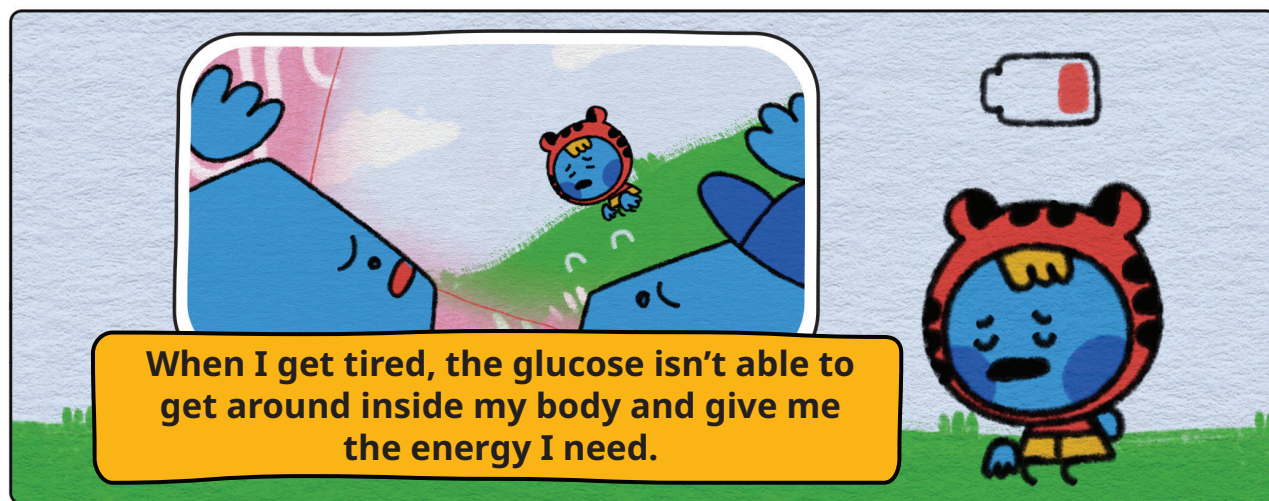
that allows the glucose to move around our body so we can keep on playing.



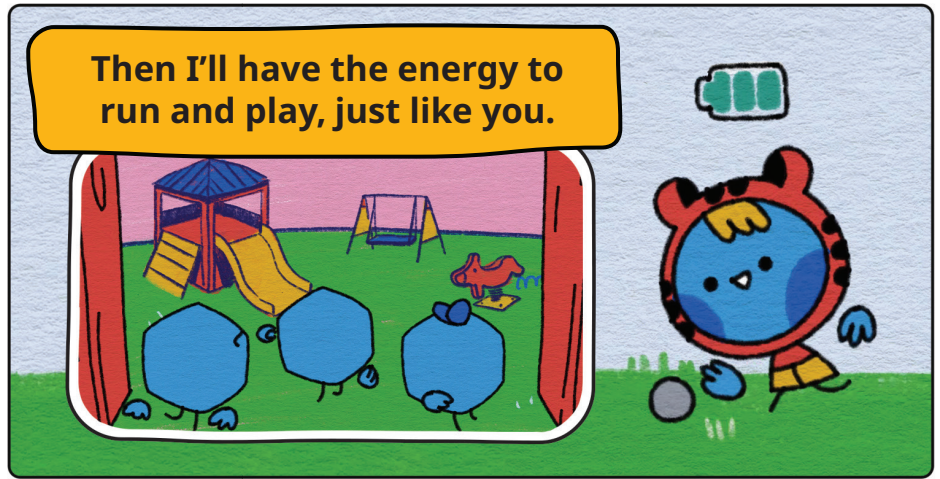
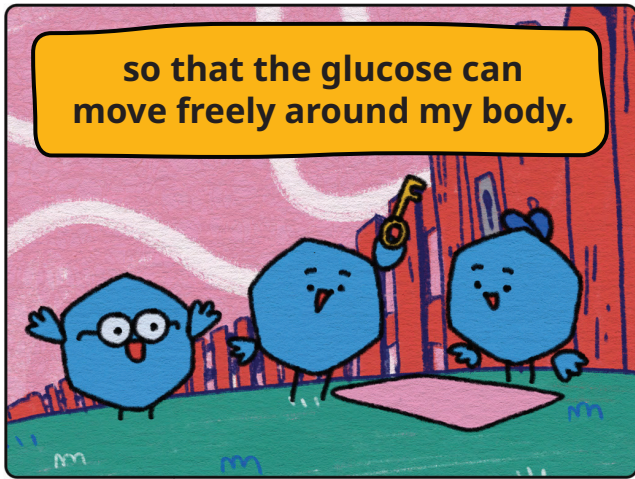
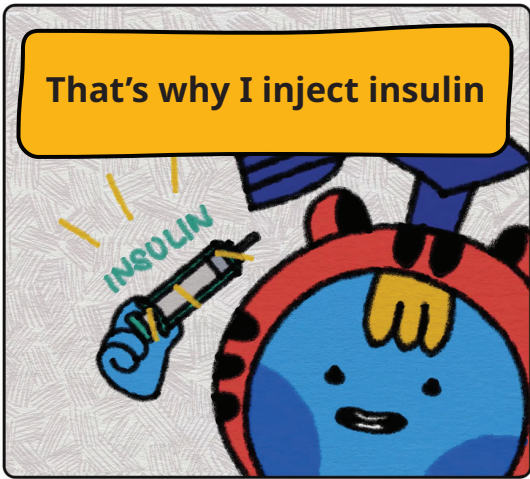
The thing is that I have type 1 diabetes, which means my body doesn't produce insulin properly.



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







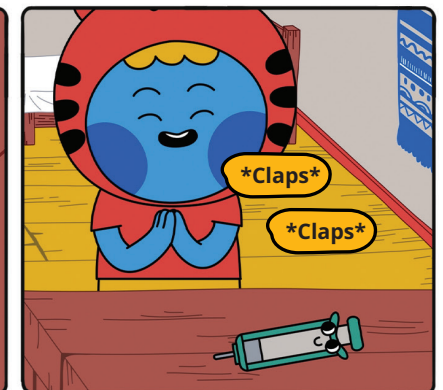
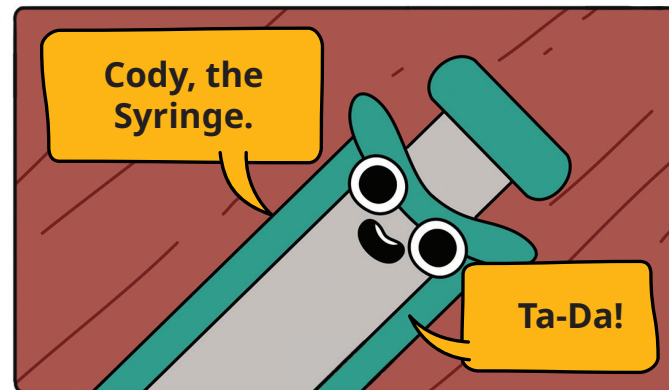
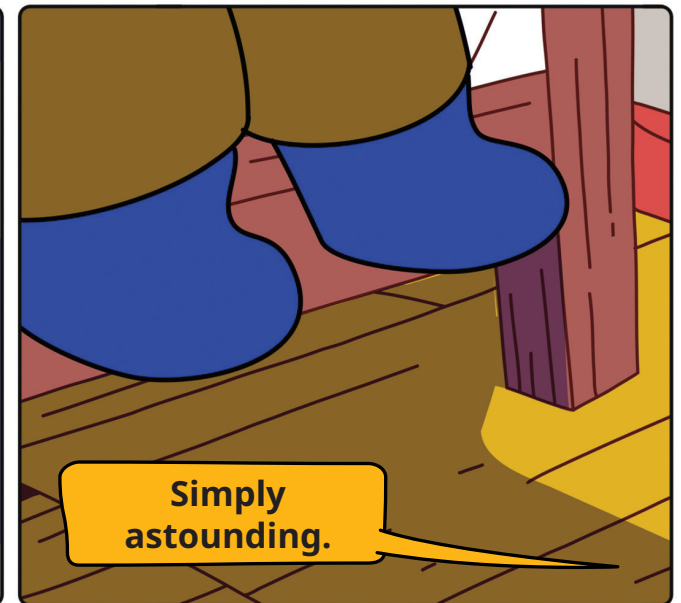
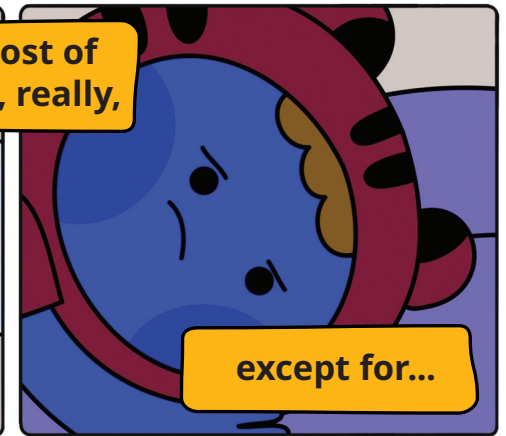
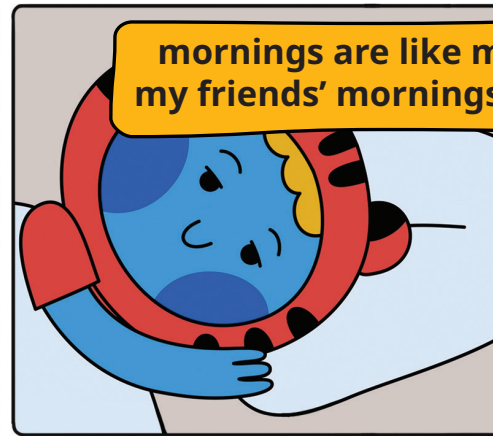
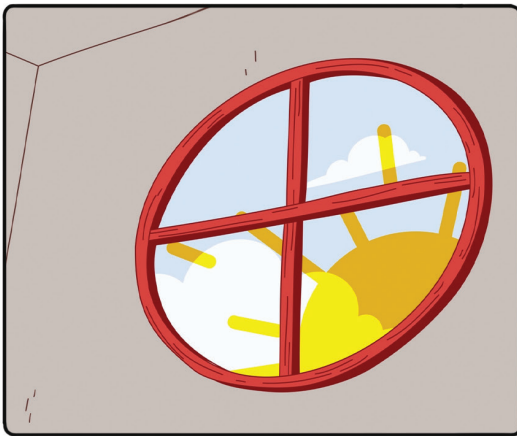
To be Continued...



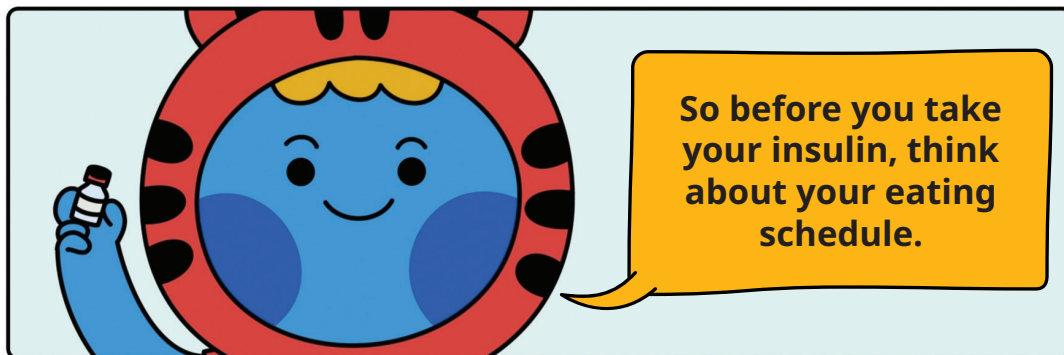
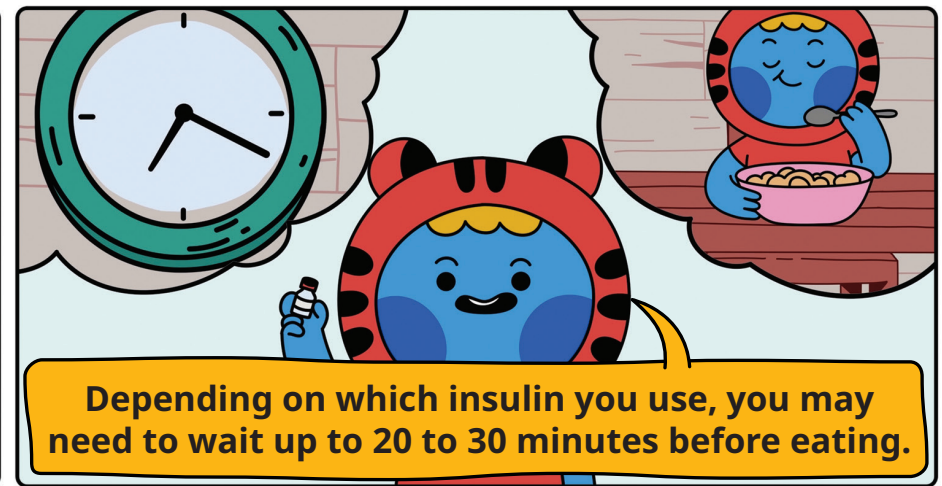
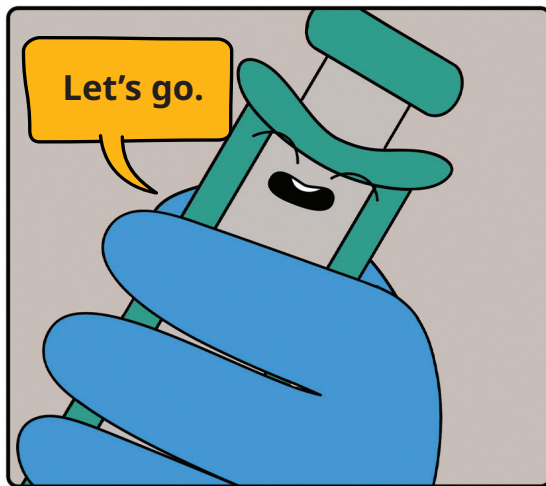
# HOW TO INJECT INSULIN













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

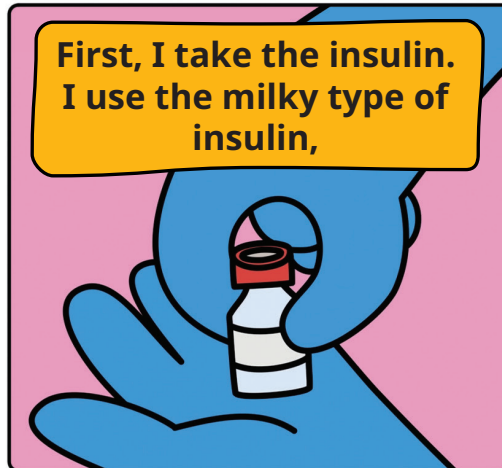
Then I get everything I need ready  
before I start.



3

PREPARE  
THE INJECTION

First, I take the insulin.  
I use the milky type of  
insulin,



so I must remember  
to roll it 15 to 20 times  
between my hands.



Make sure the top of  
the vial is clean.



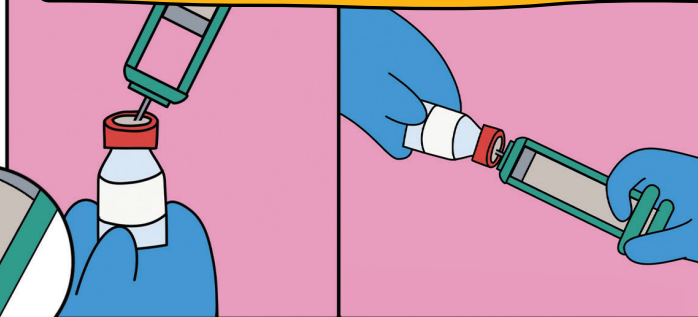


I pick up the syringe with two hands and pull back the plunger, which fills the syringe with air.

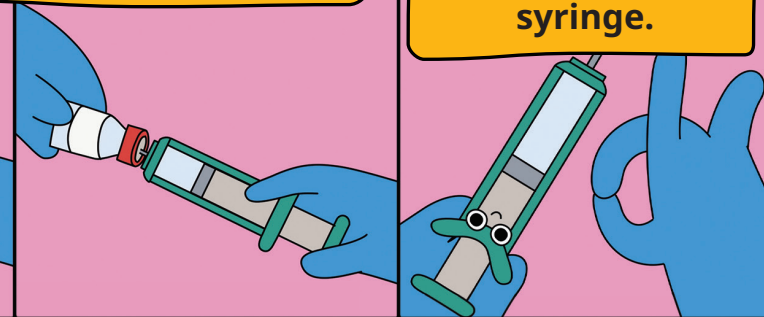


That tickles!

Okay, now it's time to make sure I push the air into the vial, ensure that the needle is below fluid level, and then draw insulin into the syringe.

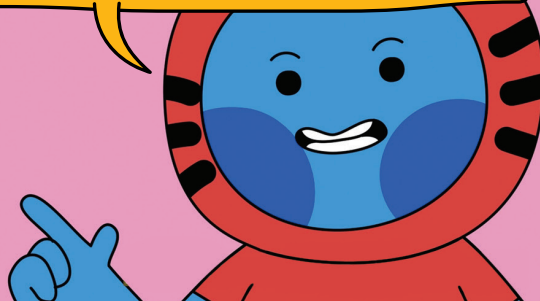


It's important to make sure there's no air in the syringe.

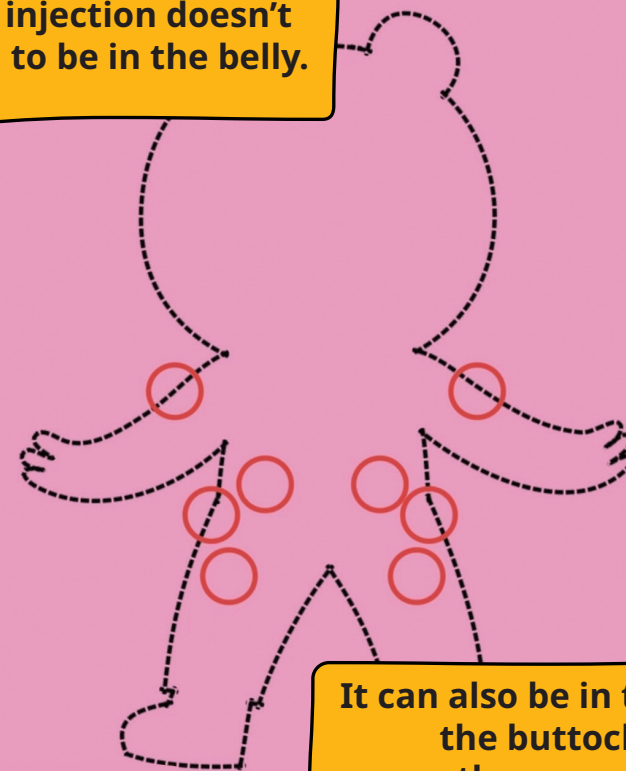


# 4 INJECT INSULIN

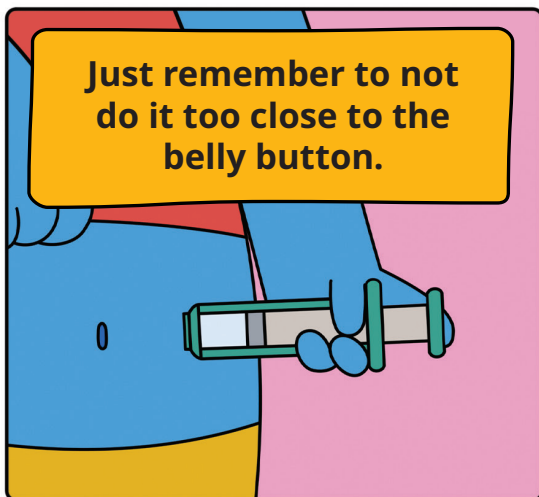
This part may seem scary, but it actually isn't. It's pretty easy to inject the insulin.



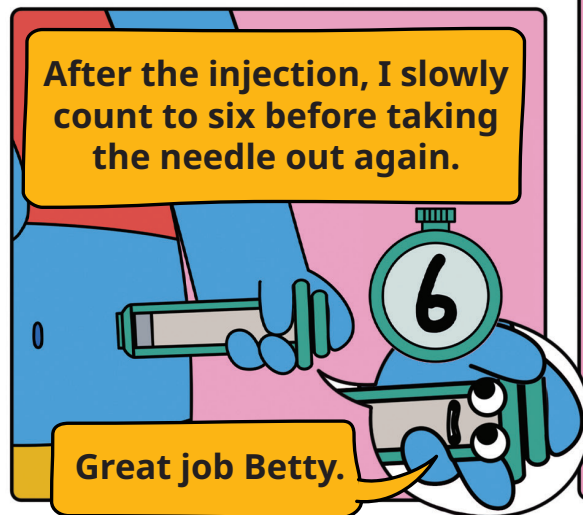
The injection doesn't need to be in the belly.



Just remember to not do it too close to the belly button.



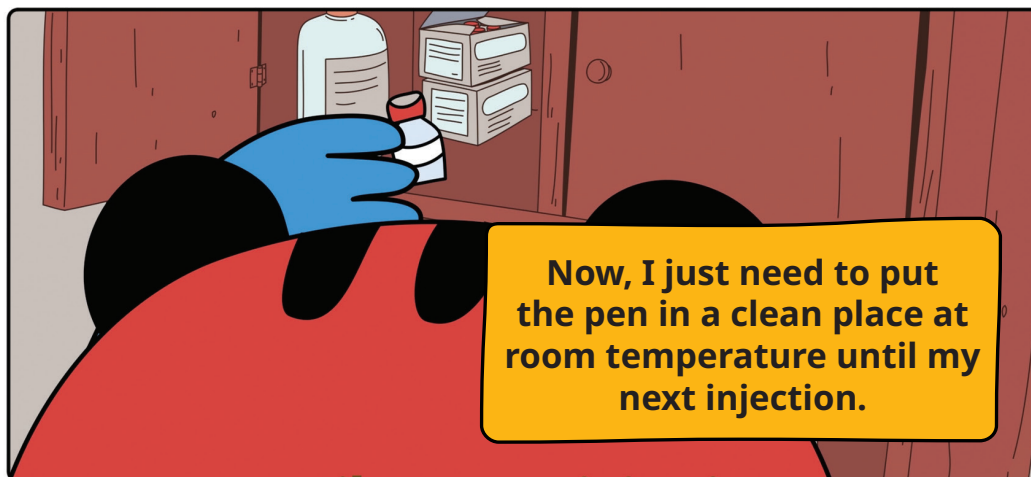
After the injection, I slowly count to six before taking the needle out again.



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

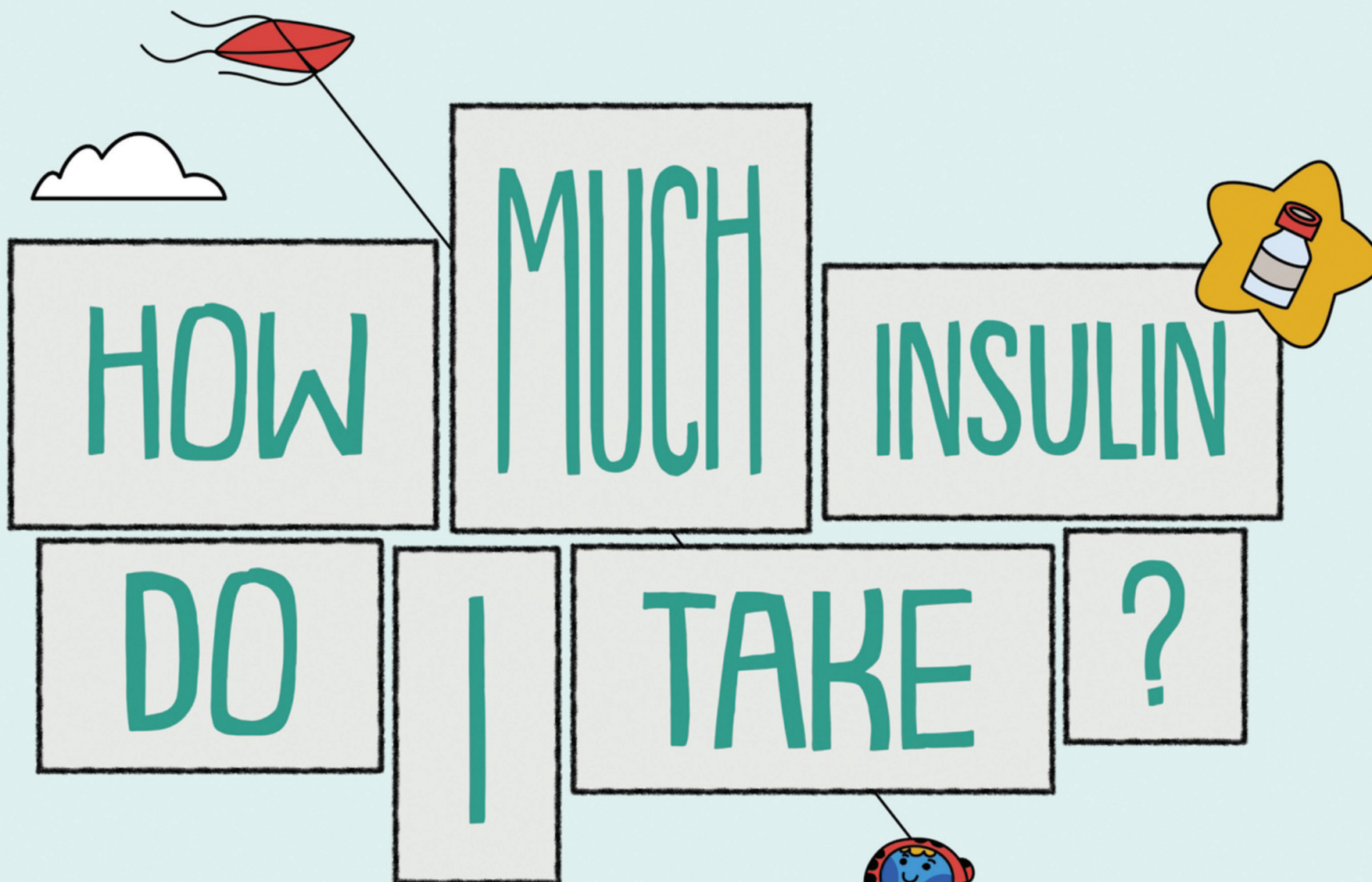


# 5 CLEAN UP



To be Continued...





HOW

MUCH

INSULIN

DO

I

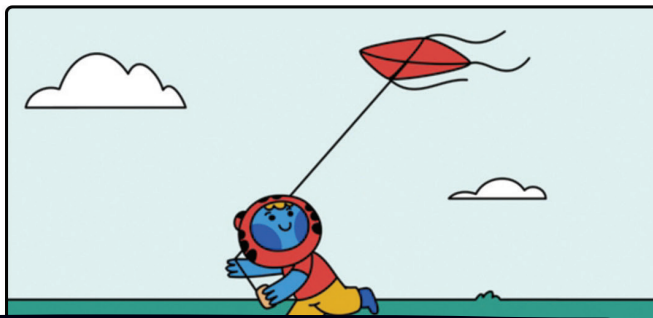
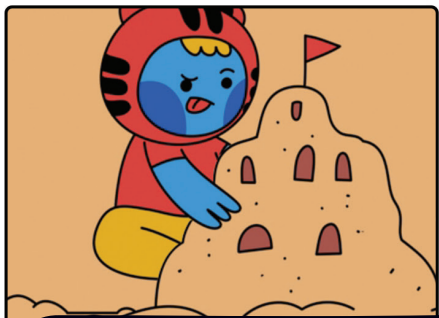
TAKE

?

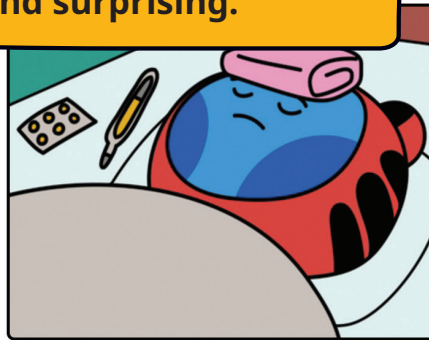








Each day comes with its own mix of tasks and activities.  
In this way, each is unique and surprising.



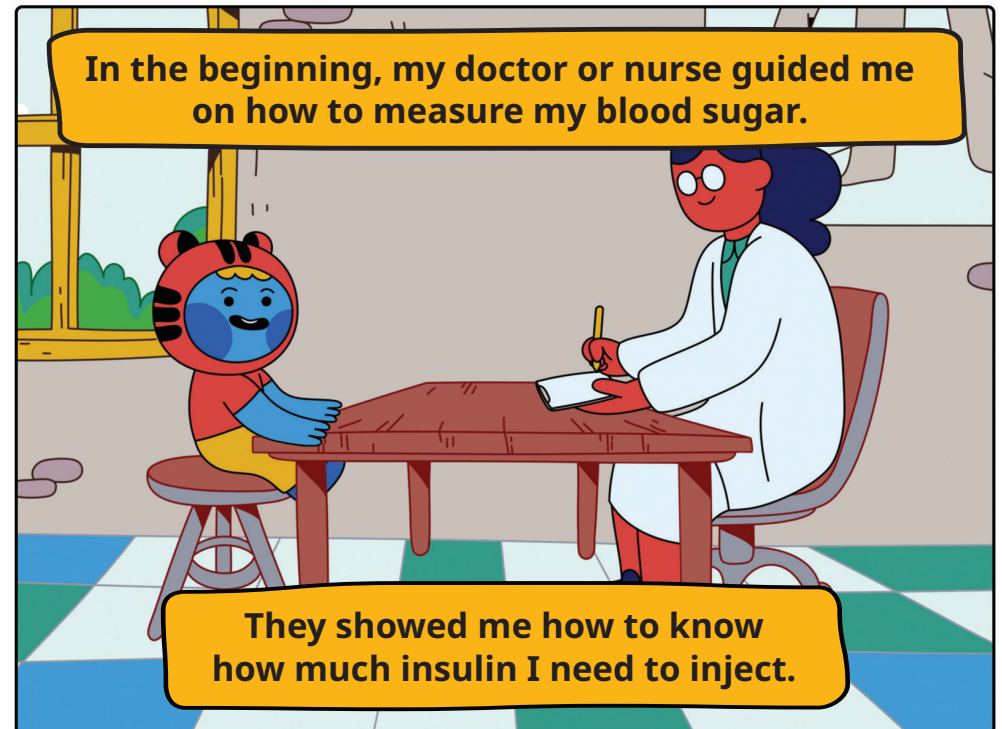
So, I need to make sure my insulin matches  
my blood sugar based on the different things  
I do and experience.



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.



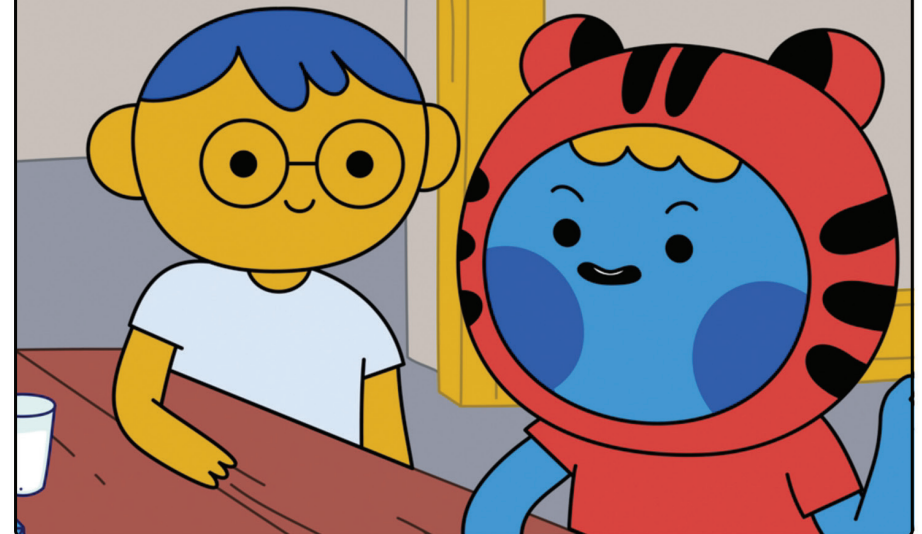
When I move around a lot and eat only a little, I might need less insulin.



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



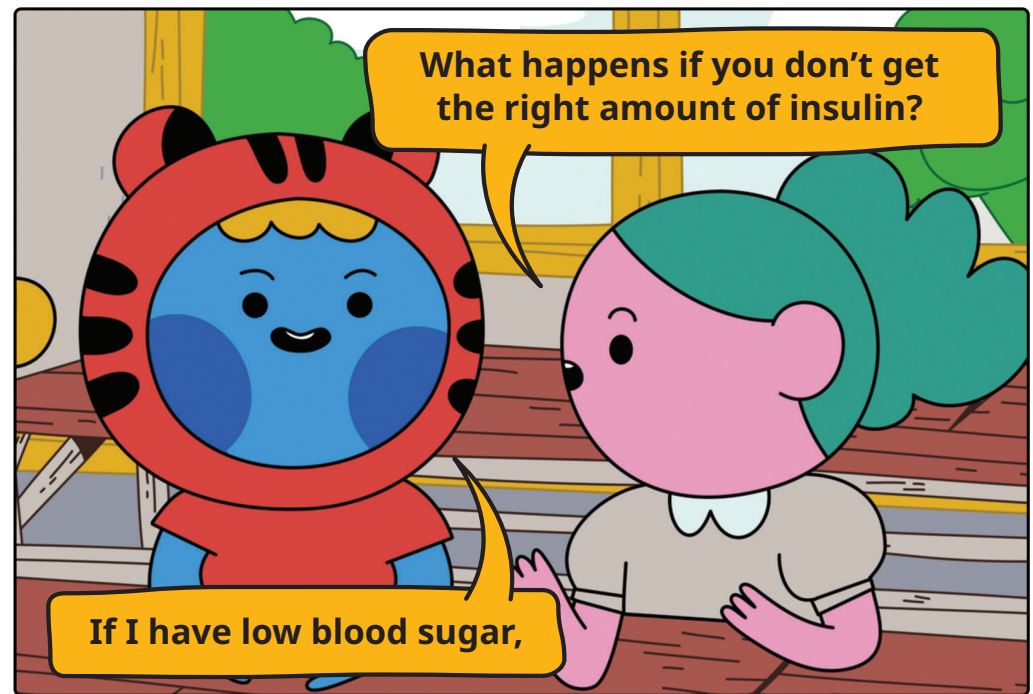
My family, for example, helps me measure and understand my blood sugar.



I can always ask the adults around me for help.

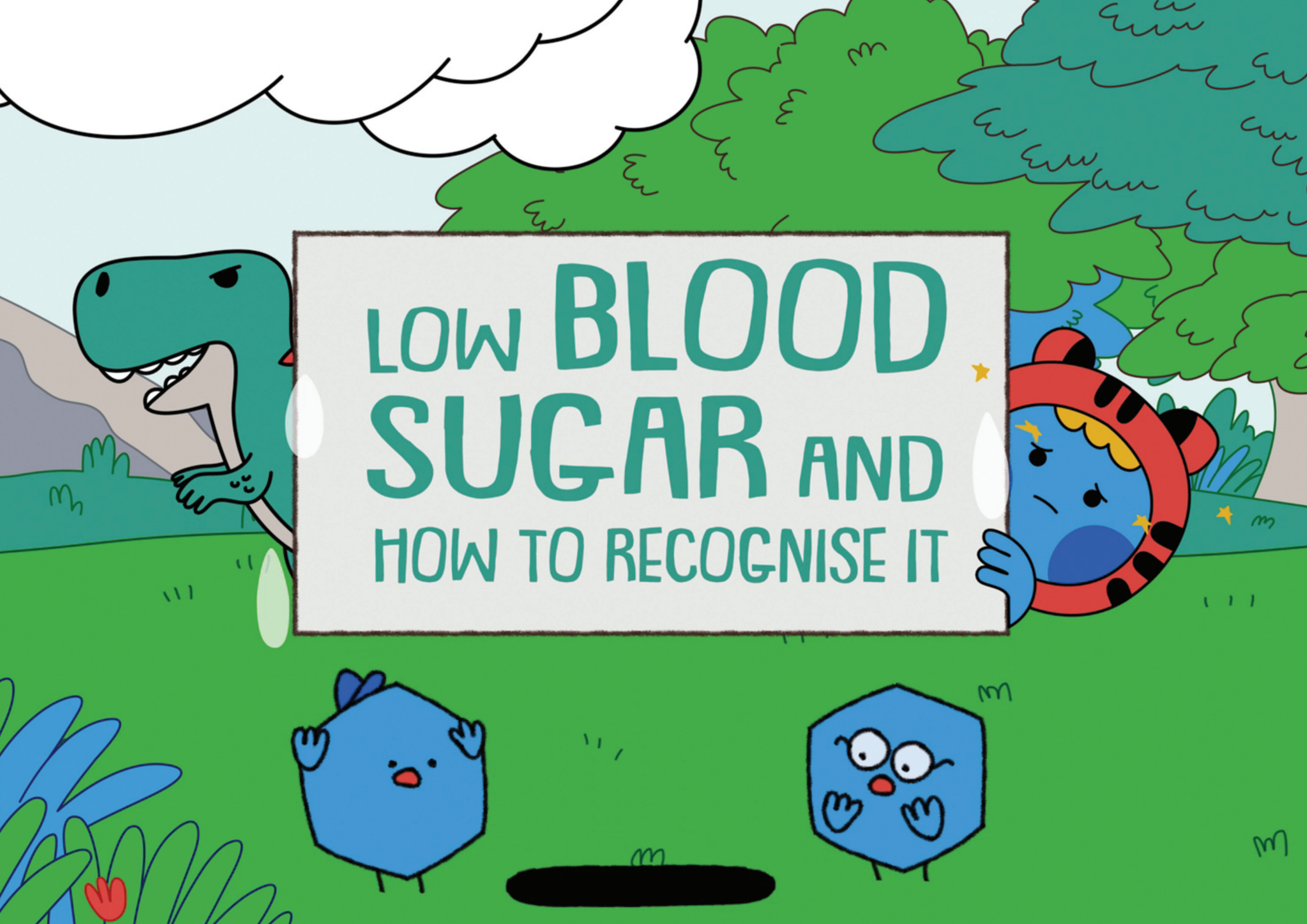






To be Continued...





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.



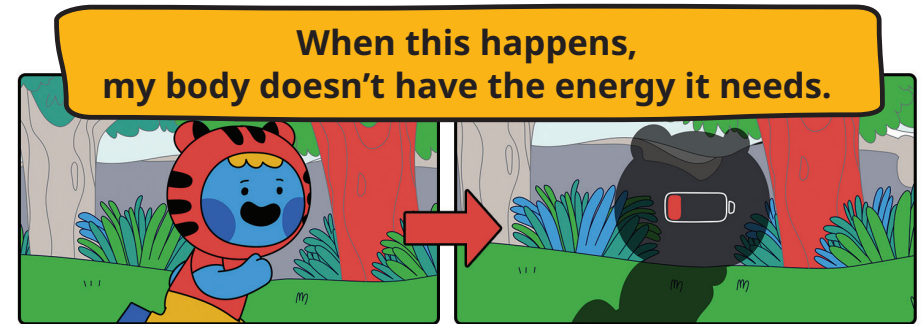
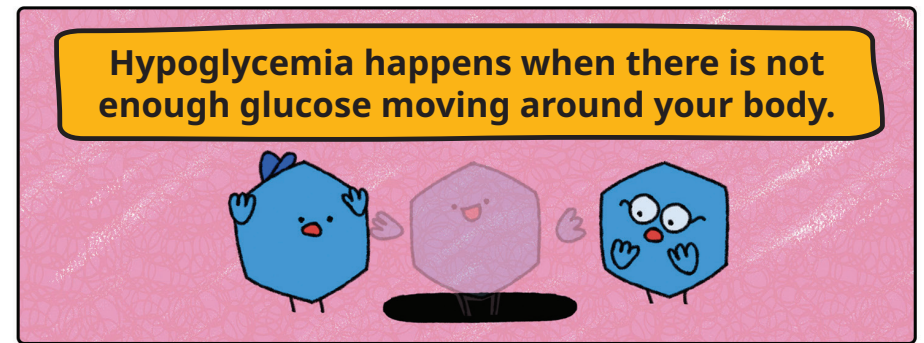
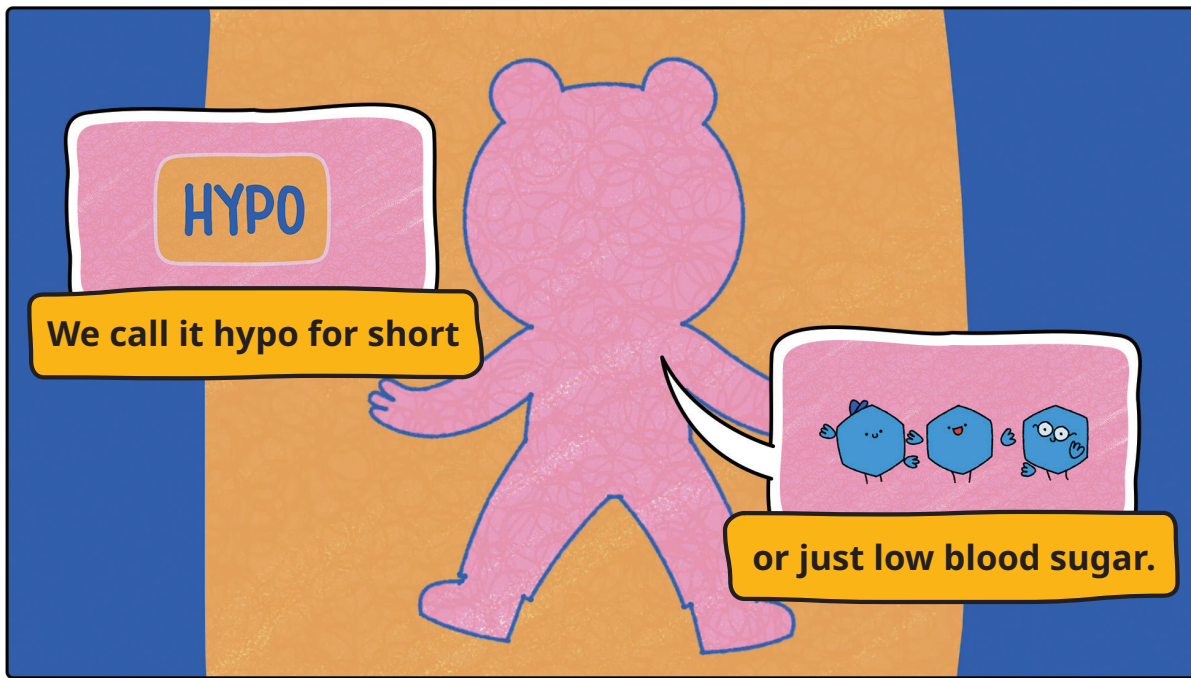
But sometimes, if I take too much insulin,  
or I'm more active than usual, or I don't  
eat enough, I may get low blood sugar.



**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.



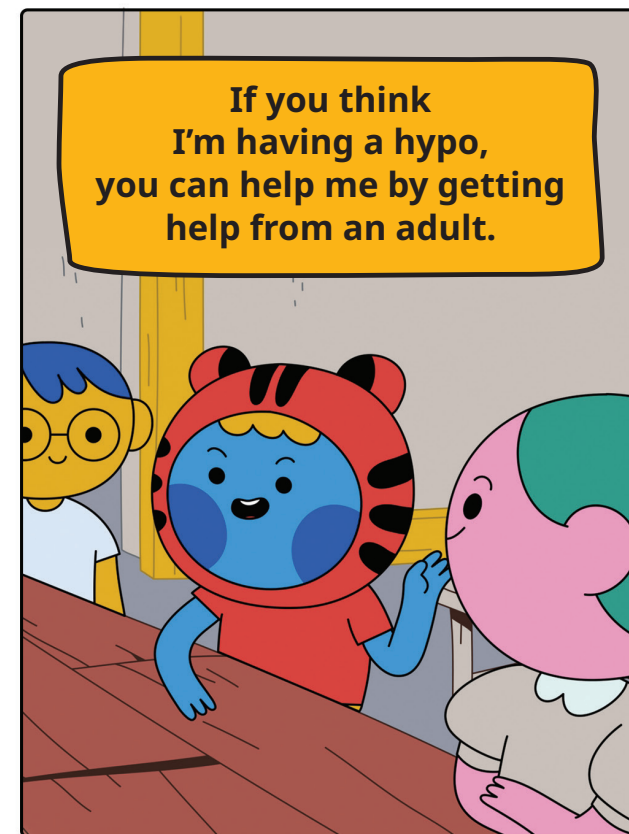
And sometimes I begin trembling, even though I'm not scared or nervous.



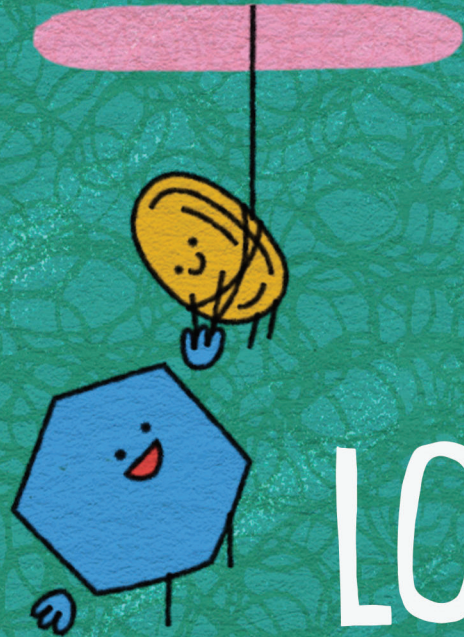
And well, tears can also happen, even though I'm not actually sad.









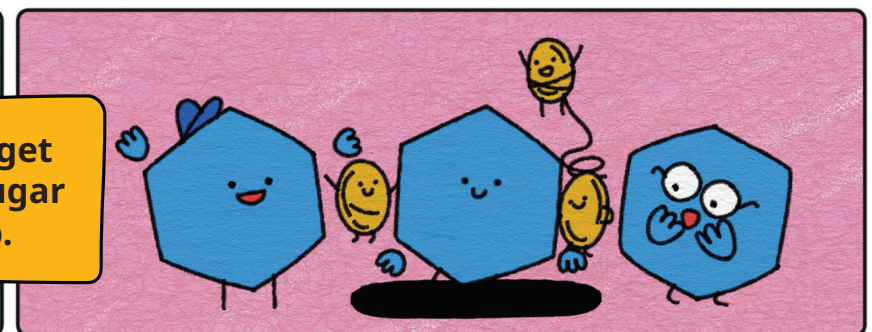
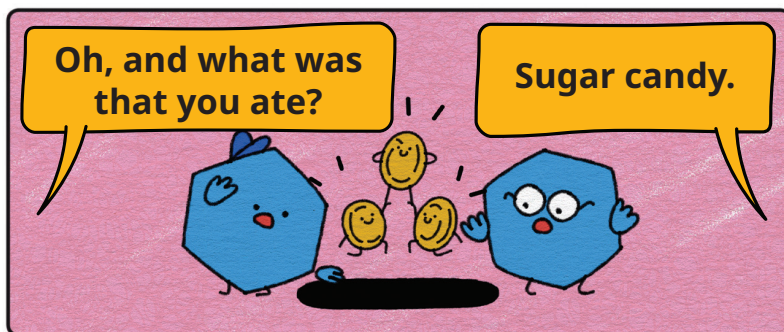
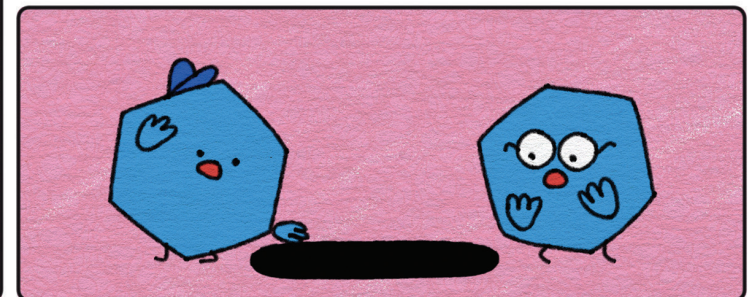
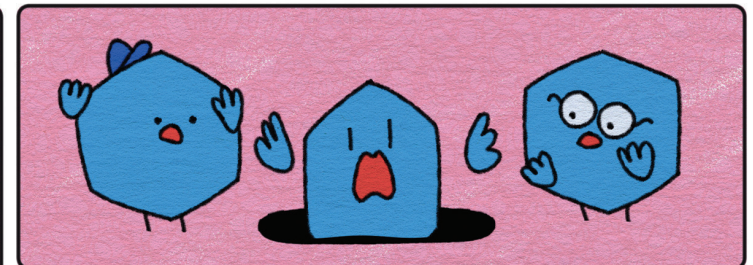
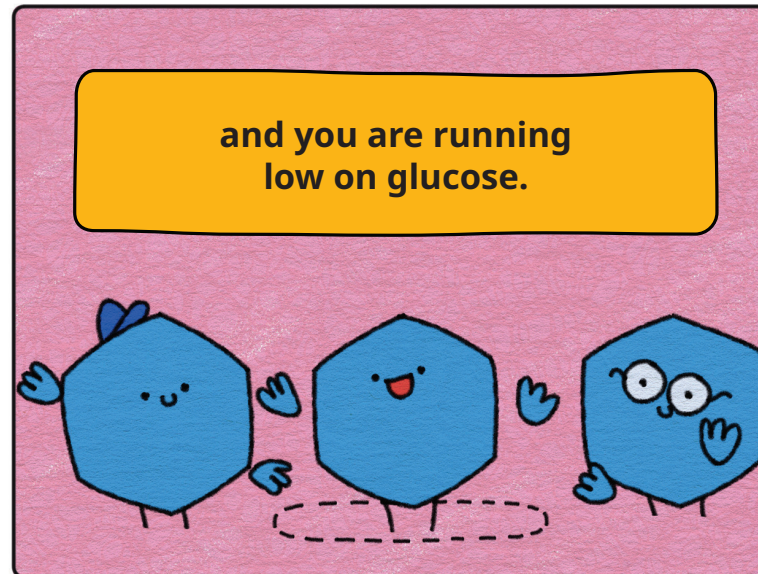
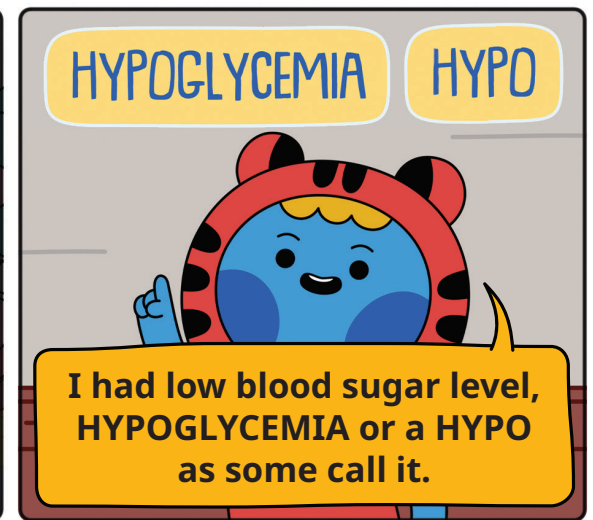
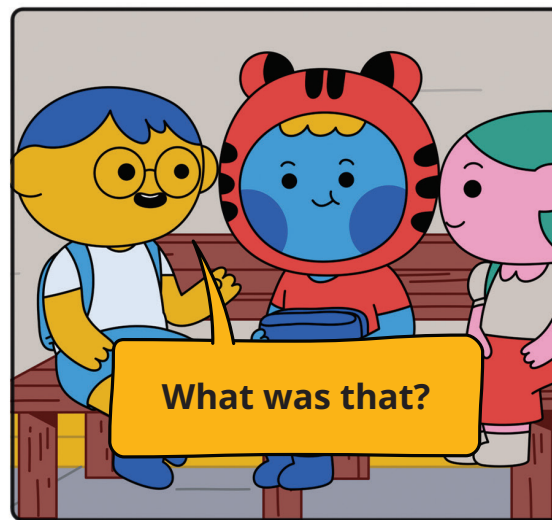
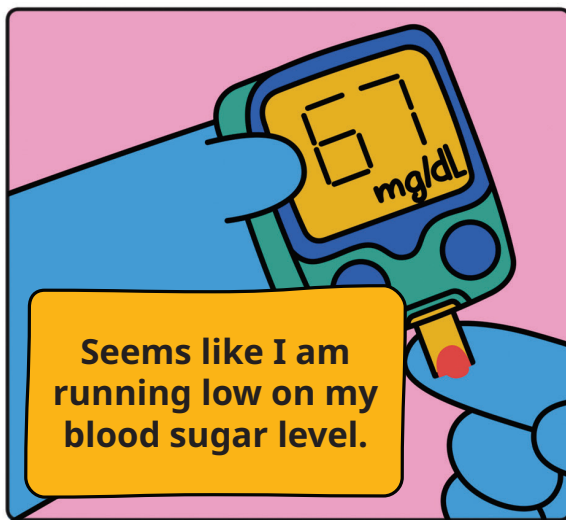


# HOW TO TREAT LOW BLOOD SUGAR



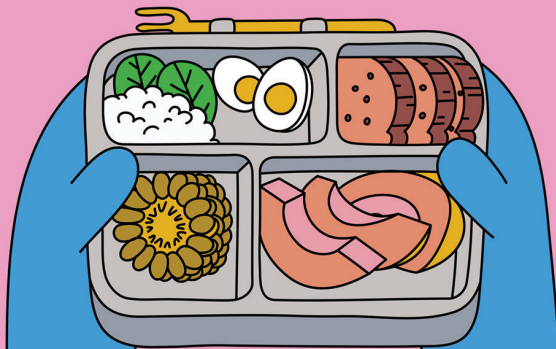








And then I'm ready for  
A PROPER MEAL.



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.

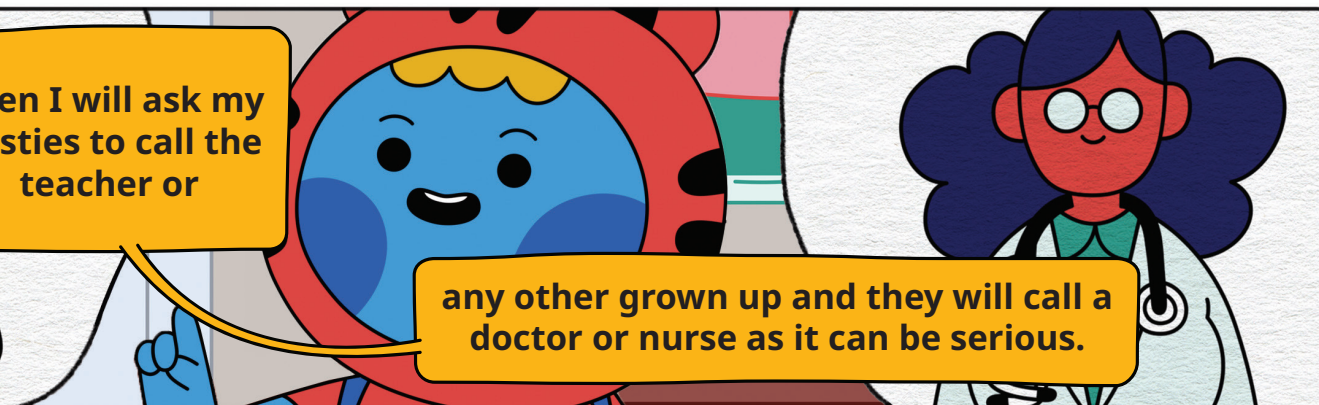
Hmm, what if THAT  
doesn't help either?



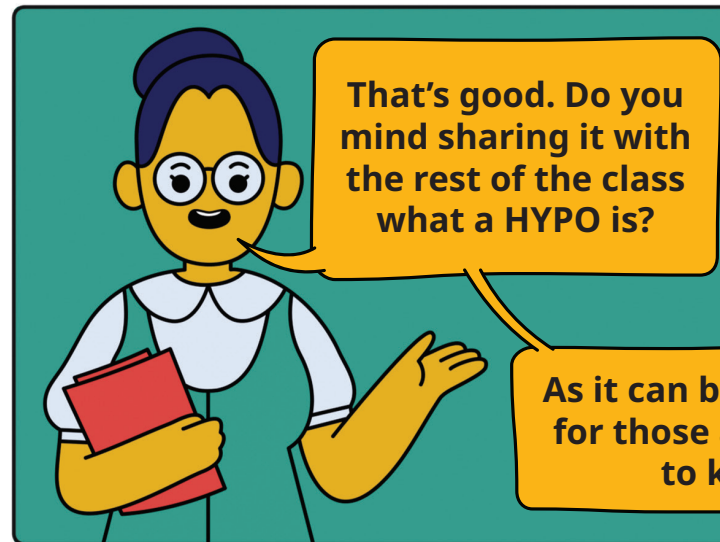
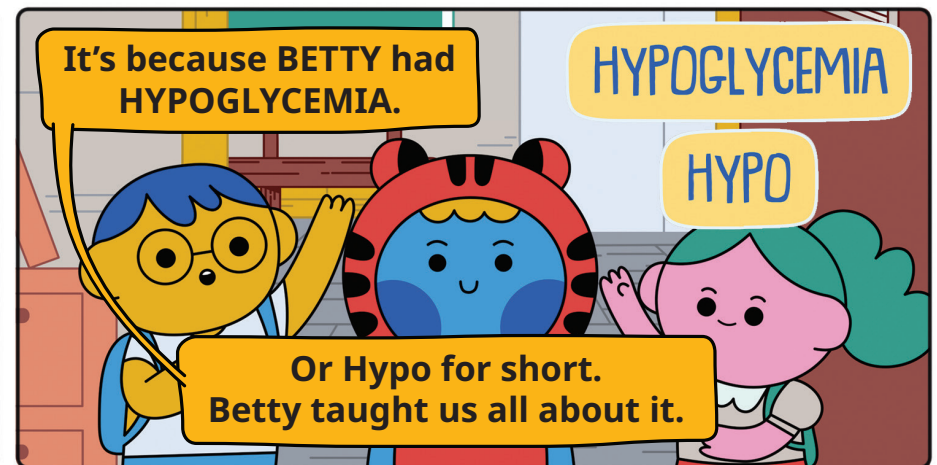
Then I will ask my  
Besties to call the  
teacher or



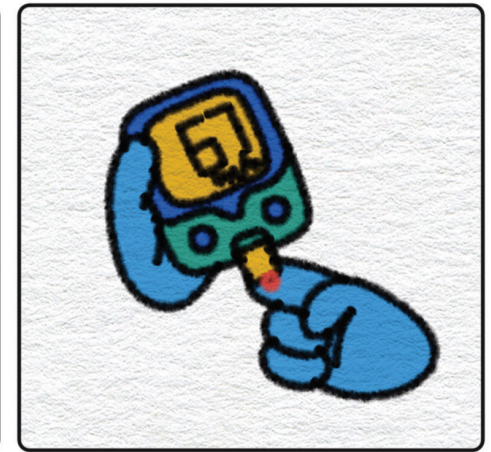
any other grown up and they will call a  
doctor or nurse as it can be serious.









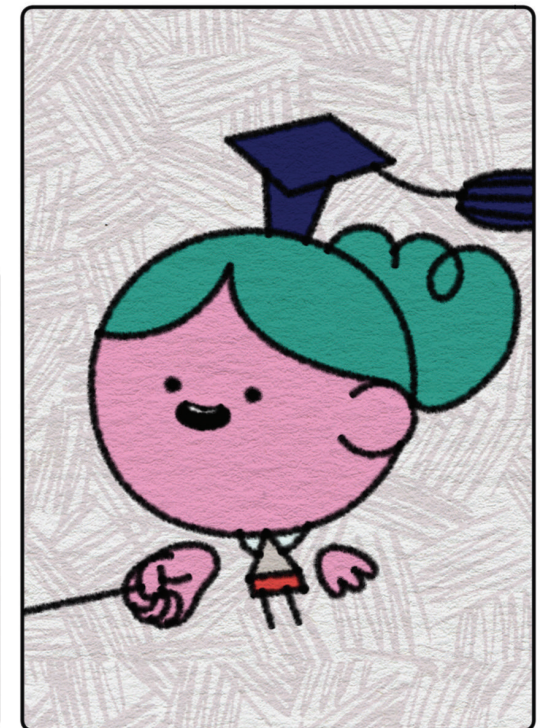
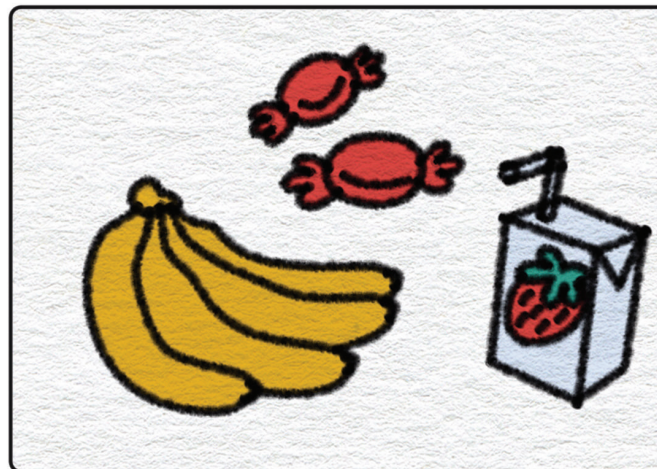


**When you have low blood sugar you Should:  
Stop all activities...**

**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.**

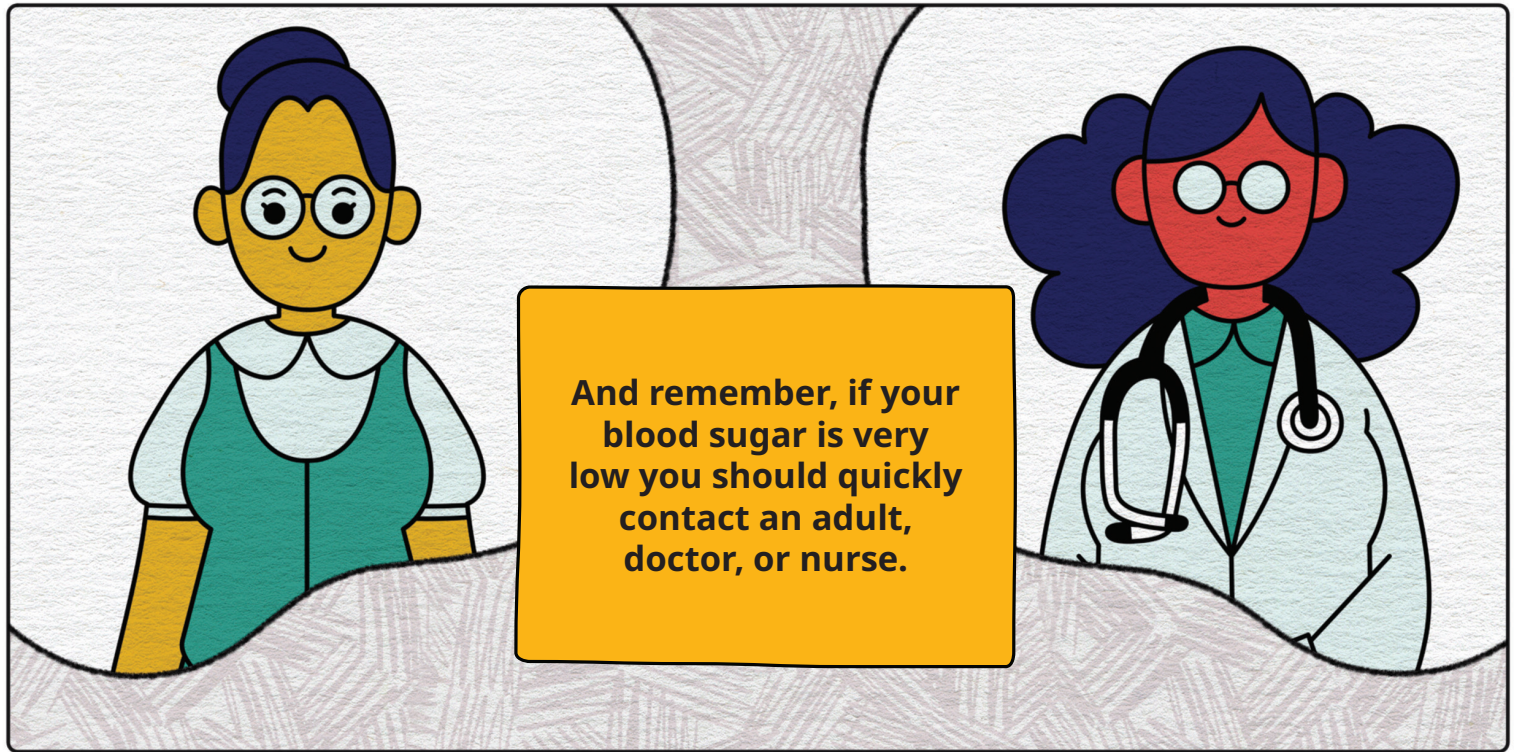




Good job, you guys.



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**

