

## Type 1 Diabetes Control & Management



*dedicated to finding a cure*

### Treating Type 1 Diabetes

The main goals of treating children with type 1 diabetes are:

- Maintaining normal growth and development
- Keeping blood sugar levels within a target range (not too high, not too low)
- Promoting healthy emotional well-being

The key to good diabetes control is a careful balance between food, exercise, and insulin. It's a juggling act to keep blood glucose levels within the target range. Therefore, children with type 1 diabetes must stick to their scheduled blood check, insulin injection, and snack times. Even small changes from a child's diabetes care plan schedule can cause blood glucose levels to rise or fall.

### Remember:

Food raises blood glucose levels, while insulin and exercise lower them. A good type 1 diabetes treatment plan includes:

- Eating reasonably, consistently, and on schedule
- Testing blood sugar levels regularly
- Adjusting insulin based on blood sugar levels and activities
- Exercising regularly