

## TOPICS IN LIVING WITH TYPE 1 DIABETES

### Celiac Disease & Type 1 Diabetes

If I had known about celiac, I might have connected the dots sooner," says JDRF volunteer Renee Bennett, whose 21-year-old daughter—diagnosed with type 1 diabetes at age 9—was diagnosed two years ago with celiac disease after years of unnecessarily suffering from stomachaches, anemia, fatigue, and depression. An estimated 1 in 10 people with type 1 also have celiac, in which the immune system attacks gluten proteins found in dietary wheat, rye, and barley, triggering inflammation in the small intestine and affecting the ability of the body to absorb nutrients from food. Because celiac can go undiagnosed for years, leading diabetes doctors recommend routine screening for the condition in all people with type 1 diabetes.

[Read the full article.](#)

## ASK A PARENT

### Help from JDRF's Volunteer Families

**Q:** My daughter was diagnosed with type 1 last year, and she was diagnosed with celiac this past week. I'm in shock my daughter has to deal with another problem, and I'm lost about how to create a new diet my 4-year-old will actually eat.

[Read a JDRF parent's response](#)

## ASK THE DOCTOR

### New Diabetes and School

The new diagnosis of type 1 diabetes in a child is a life-altering experience that creates many new stresses for the family. High on the list is how to deal with school. Arranging proper care in the school environment is a critical step. Columbia University pediatric endocrinologist Barney Softness, MD, covers critical concerns, including: Maintaining metabolic control in order to maximize your child's learning experience, identifying individuals to supervise your child's diabetes management needs, and developing a care plan with school personnel.

[Read a doctor's advice on diabetes and school.](#)

## IN THE MEDIA

### "Diabetic Boy Helps Teach with a Comic Touch"

*The Kansas City Star*

The Washington brothers, Malcolm, age 9, and Kamal, 11, who has type 1 diabetes, collaborated on a comic book to teach other children about living with diabetes.

### "Teens Aim to Fight Diabetes with Concert"

*Milwaukee Journal Sentinel*

Thomas Saunders, 15, and his father, Stephen, 41, have type 1 diabetes, and both raise money for diabetes research. Last fall, Stephen completed JDRF's Ride for the Cure, a 105-mile bike ride through Death Valley, while Thomas held a concert that included his own band, Were Not Heroes, and six other acts.

**Update: Thomas and Stephen met their goal, raising \$7,000.**

## For Your Diabetes Life

A new integrated media network dedicated to type 1 diabetes, was recently launched. Focused on people living with diabetes, their families and caregivers, and those at risk for the disease, the network will include a weekly television show featuring celebrity hosts and correspondents, a website, a radio program, and a direct mail newsletter. "We believe that dLife will help reduce the isolation and silent suffering of millions of people living with diabetes and their caregivers," says Howard Steinberg, CEO of LifeMed Marketing, the network's parent company, who himself has type 1 diabetes. dLife TV will air Sunday evenings at 7 p.m. EST on CNBC.

## FOR KIDS AND FAMILIES

JDRF Kids Online is designed with help from medical professionals and kids who have type 1 diabetes. Sections include [Role Models](#), currently featuring cross-country ski champion Kris Freeman, and [Have Your Say](#), where you can do just that—and find out what other kids have to say.

## WHAT A JDRF CHAPTER CAN DO FOR YOU

JDRF Chapters are places to go for one-on-one support, family networking, support groups, and useful tools like the Bag of Hope and Teen Pak. View what [one JDRF Chapter](#) offers newly diagnosed families and [find a JDRF chapter](#) in your area.

## JDRF TYPE 1 DIABETES GUIDE

In each issue of this newsletter, JDRF will provide families new to diabetes with basic information about daily care and treatment, coping with emotional demands, helping delay the onset of complications, and other important daily concerns. In this issue:

[A Child with Type 1 Diabetes Is in Your Care](#) tells you what schools, day care centers, sitters, and your child's other caregivers will need to know.