

#### School's as One for Type 1 Diabetes

**JDRF Greater New York Metro Chapter** 

#### WELCOME

#### **Today's Topics Include**

- What You Need to Know About T1D
- Type 1 v Type 2
- What is JDRF?
- How can you help?
- School Fundraiser



#### What you need to know about T1D



Type 1 Diabetes: What You Need to Know



#### What you need to know about T1D

People with T1D get their insulin from shots or a pump. They must check their blood sugar everyday.

People with type 1 diabetes (T1D) can do anything other people can.

Being diagnosed with T1D is not anyone's fault and is not contagious.

Treat people with T1D the same as anyone else.

JDRF is here for those with T1D! Until a cure is found, JDRF is helping people with T1D to stay healthy







# TYPE 1 vs TYPE 2

Cannot be prevented or cured

The body does not create enough insulin

Causes are unknown, but genetics may play a role

> Requires insulin injections for life

Can cause other serious health problems and complications

Requires a healthy lifestyle and medical supervision

Symptoms include thirst, frequent urination, and blurry vision

Can be prevented through lifestyle modifications

> The body does not create enough insulin or develops insulin resistance

Causes include genetics, aging, inactivity, obesity, and more

Requires insulin as needed. injected or oral





Continuous Glucose Monitor Receiver or Phone That is Connected

Here's a list of some supplies a person with T1D might need for school



**Medical ID** 



Sugar like Apple Juice, Skittles, or Fruit Snacks



Emergency Glucagon in case of an emergency with Blood Glucose



A Pricker to test Blood Glucose



**Blood Glucose Meter** 



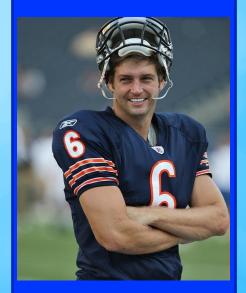
### T1D SUPERSTARS

#### Nick Jonas Lead Singer, Jonas Brothers



Diagnosed at age 13

Jay Cutler
Retired NFL Quarterback



Diagnosed at age 25

Brec Bassinger

Actress



Diagnosed at age 8

Sonia Sotomayor Supreme Court Justice



Diagnosed at age 7



#### What is JDRF?

JDRF is the leading organization in the world fundraising for type 1 diabetes.

Vision: A world without type 1 diabetes

Mission: Accelerate life changing breakthroughs to cure, prevent and treat type 1 diabetes and all its complications.

JDRF hosts community events and fundraisers to support those living with type 1 diabetes and to raise money for research.





#### **How To Help Your Classmates At School**

If a classmate with T1D is experiencing low blood sugar, or "a low," they may look or feel:

- Angry & Irritable
  - Tired
  - Sweaty
- Dizzy and Shaky
  - Hungry

Here's where you can help!

- Check in to see if they have tested their blood sugar recently
- ✓ Help them get a snack from their low snack stash
  - ✓ Let a teacher or adult in the room know they are acting strange or showing these symptoms



#### **School Fundraiser**





# Your School Fundraiser Will Make A Big Difference!

\$

The money raised will help fund research that will result in new technology and cures.



You can have an impact by spreading awareness and supporting the fight against T1D!







We sincerely appreciate all your effort and support!

## THANK YOU

