

# SUPPORTING THE T1D COMMUNITY

**A packet full of advice and low carb snacks for newly diagnosed T1D kids and their families**

# OUR MISSION

Hi my name is Bella and I was introduced into the diabetes world when I was 10 back in 2016. Ever since I was diagnosed diabetes advocacy and awareness has been a huge goal of mine. The mission of this packet is to bring tips and advice to all newly diagnosed kids and their families. With all the people with T1D in the world it still can feel like we are alone in this journey. Trust me, you are not alone. This packet has been reviewed by endocrinologists, registered dietitians, other T1D families, and others in my community. It consists of common situations and useful advice for any newly diagnosed kid with T1D, as well as suggestions for low carb snacks. A lot of families struggle because they do not feel supported or understood on a personal level. We are here for every single family to give that personal touch. We hope your family can use this information and maybe share it with other so we can support each other until there finally is a cure.

<b>Low blood sugars in school</b>	<ul style="list-style-type: none"><li>● Keep fast acting carbs in your backpack</li><li>● Carry a glucagon kit in case of emergencies and make your family aware of what school staff members are trained to administer</li><li>● Make sure the school nurse or a trusted adult also has fast acting carbs in case you have none on you</li></ul>
<b>Low blood sugar in public</b>	<ul style="list-style-type: none"><li>● Keep fast acting carbs on someone when you are out in public</li><li>● Carry a glucagon kit in case of emergencies</li><li>● Make sure there is an access to fast acting carbs near you if you are not carrying any</li></ul>
<b>High levels of exercise</b>	<ul style="list-style-type: none"><li>● Consider taking off insulin pump, if you have one, before exercising (but have a way of reminding yourself to put it back on/resume delivery after exercise)</li><li>● Be more conservative with insulin before exercising</li><li>● Keep fast acting carbs nearby if blood sugar starts to drop, stop exercising to take care of blood sugar before returning to activity</li></ul>

	<ul style="list-style-type: none"> <li>● Be extra aware of possibility of low blood sugars for up to 24</li> </ul>
<p><b>Super hot days</b></p>	<ul style="list-style-type: none"> <li>● Be more conservative with insulin depending on how your body reacts with heat and humidity</li> <li>● Have extra fast acting carbs on hand when out in the heat</li> </ul>
<p><b>Pump site comes off</b></p>	<ul style="list-style-type: none"> <li>● Have a plan for getting a new site and be able to replace it in a clean environment</li> <li>● If in school, leave an extra set of supplies in the nurse's office or a trusted teacher's room</li> <li>● Try and keep an extra set of supplies in the car if needed (not insulin)</li> <li>● Call a professional depending on the severity of the situation or if you need some extra assistance</li> </ul>
<p><b>Signs of a high blood sugar</b></p>	<ul style="list-style-type: none"> <li>● Increased fatigue/urination</li> <li>● Fatigue</li> <li>● Feeling off/blurred vision</li> <li>● Irritability</li> <li>● Trouble concentrating</li> <li>● If blood sugar remains high, check for ketones with urine stick or blood monitor</li> <li>● High blood sugars can be harder to detect and can sometimes be mistaken for a low blood sugar, so check your blood sugar level to be sure</li> <li>● For closed loop pump system users: be careful of bolusing because the pump may already be trying to correct the high blood sugar</li> <li>● For traditional pump system users/injections users: follow your health care providers guidelines for treating high blood sugars</li> </ul>
<p><b>Signs of a low blood sugar</b></p>	<ul style="list-style-type: none"> <li>● Shakiness</li> <li>● Increased hunger</li> <li>● Sweating</li> <li>● Clouded judgement/thinking</li> <li>● Dizziness and confusion</li> <li>● Low blood sugars may have more obvious warning signs and cause more immediate danger</li> <li>● Low blood sugars can be corrected with fast acting carbs (15:15 rule, eat/drink 15 grams of carbs and check blood sugar again in 15 minutes)</li> <li>● It can help to eat an extra snack with protein, fat, and fast acting carbs to help stabilize your sugars</li> <li>● Try out different fast acting carbs, some might work better for you than others</li> <li>● Keep glucagon on hand at all times in case of emergency</li> </ul>

<p><b>No insulin pump/other supplies</b></p>	<ul style="list-style-type: none"> <li>● Try to figure out how to get the needed supplies in the safest and most efficient way</li> <li>● Keep insulin out of environments that can have varying and/or extreme temperatures such as a car</li> <li>● Call your health care provider if you do not know what to do</li> </ul>
<p><b>Pump site comes off</b></p>	<ul style="list-style-type: none"> <li>● Have a plan for starting a new pump site and be able to replace it in a clean environment</li> <li>● If in school, leave an extra site in the nurse's office or a trusted teacher's room</li> <li>● Try to keep an extra set of supplies in the car if needed (not insulin)</li> <li>● Call a professional depending on the severity of the situation or if you need some extra assistance</li> </ul>
<p><b>Carrying supplies</b></p>	<ul style="list-style-type: none"> <li>● Small bags are good to keep on hand in public with necessary supplies</li> <li>● Backpacks are also sufficient if you choose to carry your supplies on you in school</li> <li>● Alcohol wipes are usually not thought about but are great to have to use for multiple diabetes related issues</li> </ul>
<p><b>Clothing and insulin pumps</b></p>	<ul style="list-style-type: none"> <li>● Can use a clip to clip the pump to pants or bra, a fanny-pack type pouch is another good option</li> <li>● If there is no clip with your pump or you do not like yours there are websites that sell different types</li> <li>● Clipping it to the back of your can help die it and not take away from your outfit</li> <li>● Tip: try turning the pump face towards your body and clip on the inside of your clothing because it can stay more securely</li> <li>● Omnipod is an alternative if you do not want tubing connecting you to your insulin pump</li> <li>● If you are wearing a dress it can be clipped to your underwear or spandex</li> <li>● Wear something that can identify you as having diabetes, some medical facilities have some or you can buy personalized items or rubber bracelets online</li> </ul>
<p><b>Different places to put pumps/pods/CGMs on your body</b></p>	<ul style="list-style-type: none"> <li>● Upper arm: good for a CGM or pod, using the back of the arm can hide it relatively well, pump site can be clipped on a bra or pants with long enough tubing, good place for physically active individuals</li> <li>● Back: good for any device, least amount of fat most likely, can rub against pants line, hard to self apply, easy to hide with</li> </ul>

clothing

- Upper stomach: good for any device, can become irritated when on your stomach, easy to hide with clothing
- Lower stomach: good for any device, can rub against pants line, can become irritated
- Thigh: good for pump sites, more noticeable, good for physically active individuals
- Different areas are better for certain individuals and can depend on your daily living
- Make sure your healthcare provider is aware where you are inserting the catheter to avoid scar tissue

### **Metal detectors and insulin pumps**

- Be communicative and tell workers about your diabetes and that you can not go through some detectors
- Understand that some workers do not understand or are just going through the motions to get people through and can come off in the wrong way
- Be communicative with what you are comfortable with, ask for a pat down in private if you are not comfortable doing it in front of others
- Be aware that some detectors are insulin pump friendly, not a bad idea to do some research if you know you are going to a place that will have metal detectors

### **Insulin pump vs injections/insulin pen**

- Insulin pump: more direct and exact insulin boluses, automatic calculations when bolusing, less needle sticks, multiple devices could be attached to your body, still need another form of injections if pump stops working
- Injections/insulin pen: more rounded insulin boluses, need to do calculations for injections, more frequent needle sticks, nothing adhered to the body unless using a CGM

### **Eating and insulin**

- Not all carbs are created equal, some foods affect you differently and can spike your blood sugar (common foods are simple carbs such as pizza, pasta, breads, cake, and sugary drinks)
- Simple carbs are digested a lot faster than complex carbs and tend to spike your blood sugar more
- Technology has made it easy to eat what you want, think of it as what you can eat and not what you can't
- Other things that can affect eating habits are: other autoimmune diseases, religious reasons, and other lifestyles of eating and can affect your health and effects on your body
- Insulin is a medicine and different people will have different responses to it, it may take some time to find the right insulin and dosages
- Be aware that blood sugars may be affected later in the day due to eating or even prolonged high heat exposure and large

amounts of exercise

### **Contacting your provider**

- It is best to always to have your provider's number on hand
- Leave the number somewhere easily accessible like the fridge or in your phone contacts
- If you are unable to reach your endocrine health care provider, your primary care physician can be of assistance

### **Information to provide adults (teachers, camp counselors, etc)**

- Consider creating a half sheet of paper with all information to give to adults and substitute teachers (outline for information at the end of packet)
- Be open about specific issues on diabetes that are related to you
- Be straightforward about your personal diabetes strengths and weaknesses
- Simple is better, providing the information that they need to know makes it easier to remember
- Information such as having diabetes, how well managed/independent you are, what you do for highs and lows, and what type of supplies you use is about all the information they need
- Do not feel obligated to share past your comfort level
- Know that when people seem curious, they are usually just trying to understand your health better

### **Little kids**

- Kids generally do not understand how diabetes works or why you have things such as an insulin pump (telling them your pump is for medicine because your body does not work properly usually does the trick for kids who keep asking)
- Be patient with little kids, they can be easily distracted and are only being curious and not hurtful
- Find ways to be upfront with classmates (especially younger children) to help kids and teachers understand what is going on with their friend

### **Vacations**

- Be sure you to have enough supplies and insulin for the duration of the trip
- Having an extra set of everything is always smart in case there are any issues
- For pump users: bring extra needles or pen in case pump stops working
- Be aware of any weather adjustments that may affect your blood sugars such as hot, humid weather (may want to talk to provider beforehand)
- Make yourself aware of nearby medical facilities in case of emergency

## 15 Snacks Under 15 Carbs

- Deli meat, cheese, and veggies spinach wrap
- Fruit with nuts or nut butter
- Cheese with a handful of nuts
- Veggies with hummus/ranch
- Half an avocado on whole grain toast
- 3 cups of popcorn
- Celery with peanut butter and raisins
- Rice cake with nut butter
- Peppers with cream cheese
- Eggs (cooked any way)
- Crackers and cheese
- Guacamole with crackers/veggies
- Greek yogurt with berries (could make into a smoothie)
- Dark chocolate covered fruit
- Mini tortilla pizzas

## Tips for snacking

- By combining foods that highly impact your blood sugar (simple carbs) with a food that is high in protein, it can help decrease the effect of the blood sugar spike
- Most of these snacks are for those with few food restrictions, talk to your physician or do specific research if you have certain restrictions
- Most of these snacks are left open ended for different taste preferences, please check serving sizes and carbs to ensure it is under 15 carbs

**This is an outline to provide any adults that may need information on diabetes and your personal information regarding it**

**Name:**

**Primary endocrine provider name and number:**

**About Type One: Type One Diabetes or formerly known as Juvenile Diabetes is an autoimmune disease that causes the pancreas to not produce insulin properly. Insulin is a hormone that regulates blood sugar levels. As your pancreas begins to produce little to no insulin the increase in blood sugar levels is called hyperglycemia and can be life threatening. If there is too much insulin in the blood it can cause hypoglycemia and is also life threatening. Type One is a chronic illness and can not be prevented or cured and demands for constant monitoring of blood sugar and insulin levels.**

**Personal warning signs of high blood sugar:**

**Personal warning signs of low blood sugar:**

**Any additional information:**