

On the Right Track

We had a special visitor in our class today. Mrs. Mocker, Grant's mom, talked with us about Grant having diabetes. This is what we learned:

We can't catch diabetes.

We all have insulin in our bodies. It helps the food we eat give us energy.

People with diabetes don't have any insulin in their bodies.

Grant gets 3 insulin shots every day at home. They only hurt a little bit.

Grant eats his special snack every day at 10:00 so he will feel good and have lots of energy.

Sometimes Mrs. Rawalt (nurse) puts a tiny drop of blood from Grant's fingertip into a meter. The meter tells her if Grant's blood sugar is low, high, or just right. This is called a blood sugar test. Grant's mom showed us how it works. Grant does this 5 times each day but only sometimes at school.

Sometimes, especially after PE or recess, Grant's blood sugar may be low. Grant may need to have an extra snack and milk to help him have more energy.

Grant can eat any kind of food, but sometimes he takes treats home so his mom can count it in with his lunch.

Once in a while, Grant brings a water bottle to school. He drinks lots of water when his blood sugar is too high.

Grant wears a special bracelet that tells people he has diabetes.

People with diabetes like to have fun!

To Kindergarten Parents,

We thought you'd like to know what your child learned today about diabetes. Here is some general information for your knowledge.

What is Diabetes Type I – A Short Summary

Diabetes is a disease in which a person's own immune system destroys the islet cells in the pancreas. Islet cells produce insulin. Insulin allows food and drink to enter our body's cells as glucose, giving us energy. A person with Type I Diabetes can no longer produce insulin or maintain a normal blood sugar level. Insulin must be given by multiple injections each day for the rest of his/her lifetime. Blood sugar levels will vary widely from low to high, and must be monitored closely by testing a drop of blood many times throughout each day.

Low blood sugar levels are an immediate concern. Exercise, lack of food, and insulin will cause blood sugar levels to drop. If left untreated, this will lead to seizures or coma. Food and drink with carbohydrates will cause blood sugar levels to rise.

The Truth about Type I Diabetes

- ?? A person cannot get diabetes by eating too much sugar.
- ?? Diabetes is NOT contagious under any circumstances.
- ?? People with diabetes can eat sweets & desserts as part of a nutritional meal plan.
- ?? Most children are diagnosed with diabetes at age 12.

Thank you for allowing us to share information that will make Grant and the other students feel more comfortable at school. After all, when it's not a mystery, it's not scary. We do ask that you not refer to Grant as a "diabetic," but say instead that Grant *has diabetes*. He is not his disease.

We would be more than happy to answer any questions you might have in regards to this subject. Grant was diagnosed with diabetes at just 21 months of age. Please feel free to send us email or call us on the phone. We also encourage you to visit Grant's web site for lots of great photos and information pertaining to diabetes.

Thank you.

Jeff & Tish Mocker, Grant's parents

Grant's Diabetes Town web site: www.DiabetesTown.com