

Diabetes & Kids



What is Diabetes?



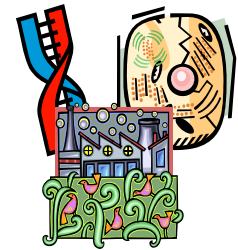
Insulin works like a key to a door

Diabetes means too much sugar (glucose) in the blood. Sugar comes from the foods we eat, like bread, cereals, pasta, rice, fruit, starchy vegetables and dairy items. Sugar is used by the body for energy— to run, skip, play and swim. Insulin is a hormone that is made in the pancreas and works like a key to a door – insulin opens the door of the cells of our body allowing the sugar to go from the bloodstream into the cells where it is then used for energy. If there is not enough insulin or if the insulin can't open the door to the cell, the sugar levels rise in the blood and diabetes occurs. And guess what? Even animals can get diabetes!

Type 1 Diabetes

Children diagnosed with diabetes usually have Type 1 diabetes. You do not get diabetes from eating too much sugar and you do not 'catch' it from sitting next to someone with diabetes. In Type 1 diabetes, the pancreas is unable to make enough insulin. The cause of type 1 diabetes is believed to be:

- **Genetics**– The genes that come from mom and dad
- **Self-allergy**-When the body attacks a part of itself
- **The environment in which we live**– Coming into contact with a virus or chemical



Type 1 diabetes may be caused by: Genetics, self-allergy, or the environment

Type 2 Diabetes

Type 2 diabetes usually occurs in adults, however recently, more children are being diagnosed with Type 2 diabetes. In Type 2 diabetes, the pancreas still makes insulin but the insulin doesn't work very well – like having the wrong key for the door. While our genes and our culture can play an important role, it is also linked with being overweight and not getting enough exercise.



Being sleepy, thirsty, hungry and having blurry vision are just some of the symptoms of diabetes

Symptoms

In both Type 1 and Type 2 diabetes, the end result is too much sugar in the blood, with little or none getting into the body's cells. As a result of the high blood sugar, the child might feel thirsty, tired, hungry, pass urine frequently and have blurry vision.

Treatment

The good news about diabetes is that it can be treated. Appropriate treatment is important in order to avoid problems to the eyes, brain, heart, kidneys, feet and nerves. Having a healthy eating plan and doing regular exercise are keys to staying well with diabetes. In Type 1 diabetes, insulin injections are needed to control the blood sugar levels. In Type 2 diabetes, it may be tablets and / or insulin injections that may be required. In both types of diabetes, daily blood sugar checks using a meter helps children to know whether the treatment plan is working or needs adjusting. Diabetes requires a team approach to keep healthy – the child and his / her family working together with their doctor, diabetes educator and dietitian. Education is vital. Diabetes needs close attention but it is manageable.

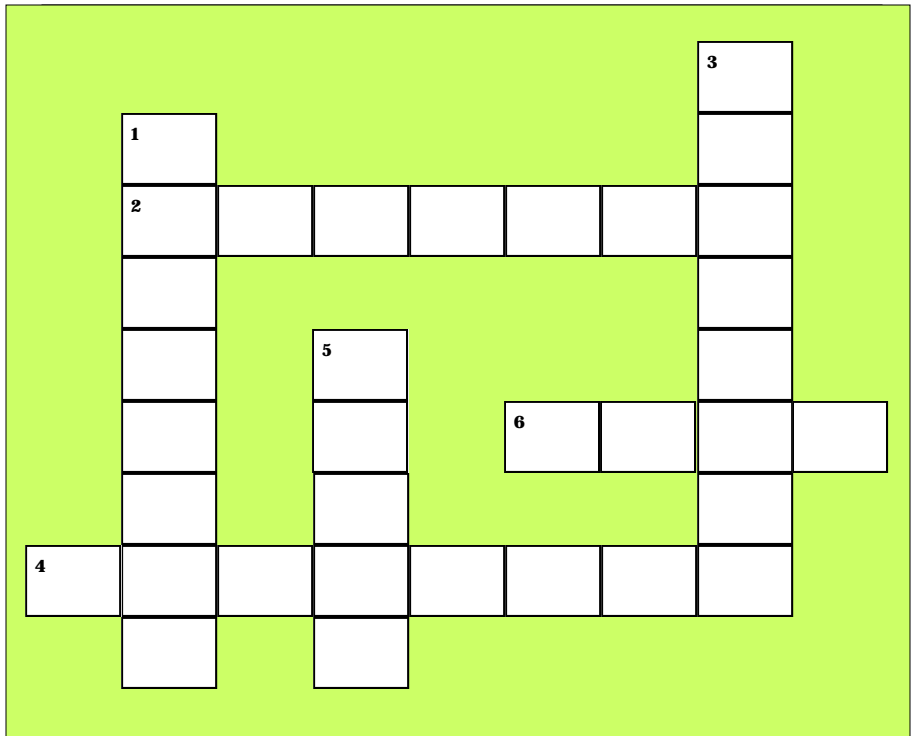


Exercise and diet play important roles in diabetes management and in prevention of Type 2 diabetes.



Crossword Puzzle

- 1- _____ means too much sugar in the blood
- 2- _____ does not work very well in Type 2 diabetes
- 3- The _____ produces insulin.
- 4- _____ may be a cause of Type 1 diabetes.
- 5- High blood sugars can make you feel very _____.
- 6- High blood sugar levels can affect your _____



Word Find

D	E	T	A	B	L	E	T	S	J	G	R	I
M	D	O	C	T	O	R	H	N	H	G	I	S
E	X	I	N	S	U	L	I	N	E	Y	N	Z
T	Z	C	A	V	B	T	R	E	A	W	J	E
E	G	U	H	B	K	R	S	Y	R	Q	E	D
R	T	F	S	B	E	U	T	W	T	A	C	U
B	L	O	O	D	S	T	R	E	A	M	T	C
S	E	L	F	A	L	L	E	R	G	Y	I	A
P	L	V	Y	U	K	I	D	S	I	J	O	T
U	P	I	A	N	I	M	A	L	S	G	N	O
O	I	R	E	W	K	I	D	N	E	Y	S	R
G	L	U	C	O	S	E	Y	U	B	E	T	G
I	E	S	W	T	R	E	A	T	M	E	N	T

Can you find the following diabetes words?

- | | |
|--------------------|--------------------|
| DIABETES | KIDS |
| HEART | THIRST |
| GLUCOSE | ANIMALS |
| KIDNEYS | TABLETS |
| INSULIN | INJECTION |
| TREATMENT | DOCTOR |
| EDUCATOR | METER |
| TREATMENT | VIRUS |
| SELFALLERGY | BLOODSTREAM |