Pediatric Diabetes

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You may have heard that diabetes has something to do with having too much or too little sugar in the blood. But what does that mean? Where does the sugar come from, and where does it go?

Everybody has some amount of sugar or glucose in their blood. We could not live without it. Glucose comes from the food we eat. Almost everything we eat gets broken down into glucose. It helps cells to grow and get the power they need to do their job. Most people's bodies do a good job of controlling the amount of glucose in their blood.

One of the body's organs, called the pancreas (**PAN**-cree-uhs), makes a very important substance called insulin. Insulin does most of the work in moving glucose out of the blood to where it's needed in the rest of the body's cells. In a person who doesn't have diabetes, the pancreas makes just the right amount of insulin that the body

It's a Fact:

The whole family is affected when a child gets diabetes. Most everyone can improve their health by exercising and eating a nutritious balanced diet.

Basic things to help control your diabetes

- ✓ Check your blood sugar often.
- ✓ Ask your healthcare provider for your blood sugar target range.
- ✓ Eat a balanced diet.
- ✓ Exercise or increase physical activity.
- ✓ Take insulin or oral diabetic medications as ordered by your healthcare provider.

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Types of Diabetes

Type 1

Type 1 diabetes occurs when the pancreas either produces very little insulin or none at all. It is sometimes called insulin-dependent diabetes or juvenile diabetes. It occurs between birth and adulthood and more often in whites. Symptoms can include being very thirsty or hungry over a long period of time, having to urinate more often than usual, losing a lot of weight without trying to, having blurred vision, and being very tired over a long period of time. Type 1 diabetes requires insulin every day.

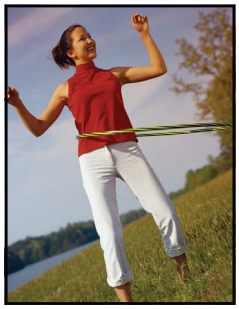
Type 2

Type 2 diabetes occurs when the pancreas still produces insulin but it doesn't produce enough or the body has trouble using the insulin. Type 2 diabetes usually occurs in adults over 35 years old and in people who are over-weight. **Children and teenagers are still at risk since more are becoming overweight and don't exercise enough.** It occurs more often in African Americans, Hispanics or Latino Americans, Native Americans, and members of some groups of Asian Americans and Pacific Islanders. Symptoms can include extreme tiredness, being unusually hungry or thirsty, losing weight suddenly, urinating more often than normal, blurry vision, and sores or infections that take a long time to heal. Type 2 diabetes can be controlled by losing weight, improving nutrition, increasing exercise, and some people may need to take medication by mouth or insulin shot (sometimes both).

Exercise

Not everyone is a natural athlete. Maybe you feel clumsy or uncoordinated. Maybe playing sports is not your style. Or maybe you'd just rather read, watch TV, or play a video game.

There is good news. You don't have to be an athlete to get the benefits of exercise. Just 20 minutes of exercise a day can improve your health, lower your blood glucose levels, and give you more energy. It's OK to start with only 5 minutes a day and build up from there. In fact, it's healthier to start slow and increase exercise gradually.

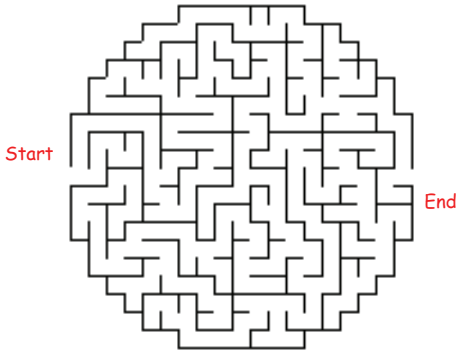


People with diabetes do need to be careful about when and how long they exercise. Exercise should be planned to make sure you have enough fuel to keep going. Your sugars could drop causing you to feel dizzy, sick to your stomach and tired.

Ways to Exercise

- ☺ Take a walk around the block before or after school.
- ☺ Take the stairs instead of the escalator or elevator.
- ☺ Dance around your room to your favorite music (singing is your choice).
- ☺ Walk your family dog, or borrow a friend's.
- ☺ Go skating, hiking or swimming.
- ☺ Walk around a museum or take a bike ride with some friends.

It takes commitment to change your habits to include exercise. Add activity slowly and don't get down on yourself if you get out of breath or you give up for a few days. Just begin again.



Witch's Brew

dry ice
2 32 ounces (9 g) sugar-free grape or black cherry drink mix
1 46 ounce can unsweetened pineapple juice, chilled
1 quart (1 liter) sugar-free lime flavored carbonated beverage or sugar free ginger ale, chilled

- Place a punch bowl into a larger bowl so that you have a gap of at least 3 inches between the two bowls. Fill the gap with small pieces of dry ice.
- Mix drink powder with cold water according to package directions, stirring until dissolved. Pour into a punch bowl and stir in cold pineapple juice.
- Slowly add carbonated beverage and serve.

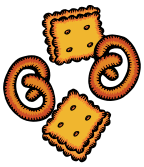
Makes 16 servings
Per 1 cup serving:

51	calories (0% calories from fat)
Trace	protein
0	total fat (0 saturated fat)
11 g	carbohydrate
0	dietary fiber
0	cholesterol
3 mg	sodium

Nutrition

Keeping an eye on the food you eat is very important because food has such a big effect on your blood sugar level. If you are having trouble picking the right foods or a good meal plan, talk to your healthcare provider, dietician, or diabetes instructor.

Snack foods to keep on hand include dried or fresh fruit, nuts, sunflower seeds, carrots, celery, yogurt, cheese or peanut butter crackers, granola bar, trail mix and bagels.



Always carry identification or wear a MediAlert bracelet or necklace with your medical information and doctor's phone number, and an emergency contact name and number.

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

ACTIVE	EXERCISE	GLUCOSE	PANCREAS
ATTITUDE	FAMILY	HEALTHY	SNACKS
CHOICES	FOOD	INSULIN	SPORTS
DIABETES	FRUIT	MEDICATION	VEGGIES
DIET	FUN	NUTRITION	WATER

Cabinet for Health and Family Services
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Medical Management and Quality Assurance
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Frankfort, Kentucky 40621

Did You Know?

Nationally

- More than 18 million Americans have diabetes.
- Almost 206,000 people under **20 years old** have diabetes.

In Kentucky

- Almost 267,000 adults have diabetes.
- 2,784 children and adolescents under 20 may have diabetes.

Other Important Information

- Diabetes is the 5th leading cause of death in Kentucky.
- Diabetes affects males and females and people of all ages, even babies.
- Type 2 diabetes is becoming more common among youth due to lack of exercise and being overweight.
- If not treated, diabetes can lead to serious health problems such as heart and blood vessel disease, kidney failure,
  blindness and diabetic neuropathy.
- **Diabetes is a controllable disease.**

This information is for educational purposes, it is not intended to replace medical advice from your healthcare provider.
Please consult your healthcare provider for advice about a specific medical condition.