



What I Want My Teachers to Know About Type 1 Diabetes

1. I didn't do anything to cause type 1 diabetes (T1D) and there is nothing I could have done to avoid being diagnosed. T1D is an autoimmune disease and there currently is no cure.
2. My pancreas doesn't have the ability to produce the insulin my body needs to turn the carbohydrates from the food I eat into energy, so I have to take insulin injections or wear an insulin pump.
3. With a little advance planning, I can eat anything my classmates eat. I just have to check my blood sugar and adjust my insulin dose accordingly.
4. I have to check my blood sugar levels multiple times a day, either with a finger stick or by wearing a continuous glucose monitor. I need access to my diabetes technology at ALL times.
5. T1D is with me 24/7. I never get a break. Some of the things that affect my blood sugar levels that are out of my control include: stress, hormones, growth and illness.
6. When my blood sugar is too high or too low, I don't feel well and I may need extra time to complete a test or assignment after I feel better.
7. A high blood sugar may cause me to have a difficult time concentrating and I will probably need to use the restroom or drink water more often.
8. Low blood sugar can be dangerous and I will need to eat fast-acting sugar or snacks immediately to prevent or treat low blood sugar levels.
9. I don't want to be recognized as being "different" because of my diabetes.
10. You're an important part of my diabetes management team. **Thank you for your support and understanding.**

Every gift takes us one step closer to a cure for T1D. Find out how you can support JDRF and make a difference in the lives of people with T1D by visiting jdrf.org/donate.

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