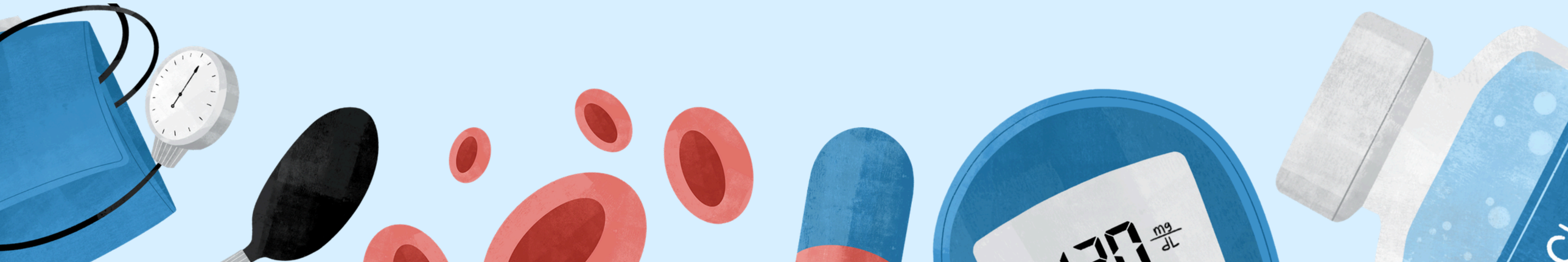
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UNDERSTANDING TYPE 1 DIABETES

What Every Classmate & Teacher Should Know

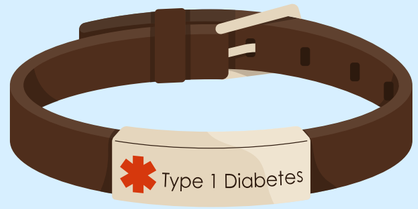
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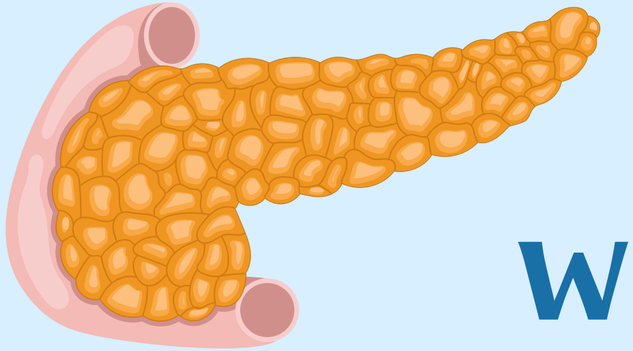
What is Type 1 Diabetes?

- Type 1 Diabetes (T1D) is an **autoimmune disease.**
- The body's immune system mistakenly destroys the cells that make insulin.
- Without insulin, sugar stays in the bloodstream instead of entering cells for energy, causing **high blood sugar**.
- People with T1D need to take insulin every day to stay healthy.
- T1D is **not** caused by eating too much sugar or by lifestyle choices.





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What Does Insulin Do?

- A healthy **pancreas** makes insulin.
- Insulin acts like a **key**, allowing glucose (sugar) to move from the bloodstream into the body's cells for energy.
- In Type 1 Diabetes, the pancreas no longer makes insulin.
- Without insulin, glucose stays in the bloodstream, causing **high blood sugar**.
- People with T1D replace the missing insulin with injections or an insulin pump.



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Myth vs. Fact





Myth:

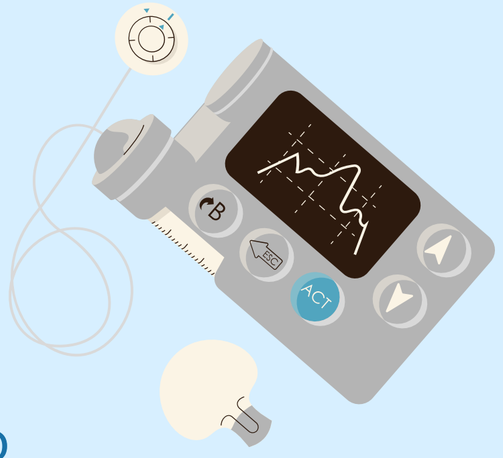
- Eating sugar causes Type 1 Diabetes.
- People with T1D can't eat sugar.
- Type 1 Diabetes is the same as Type 2 Diabetes.
- Insulin is a cure.

Fact:

- T1D is an **autoimmune disease** which is not caused by diet or lifestyle
- Type 1 Diabetics **can eat most foods** with insulin.
- T1D and T2D are **different** conditions with different causes and treatments. T1D requires insulin every day.
- **Insulin** keeps people with T1D healthy by replacing what their pancreas can no longer make, but it **does not** cure the disease.

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Diabetes Technology



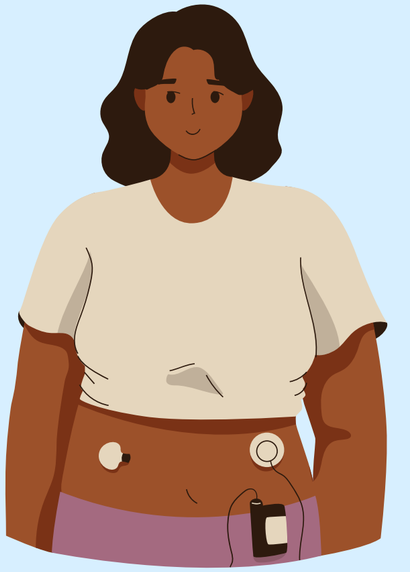
Many people with T1D rely on medical devices to manage their blood sugar, including:

- **Continuous Glucose Monitors (CGMs):** tracks blood sugar throughout the day
- **Insulin Pumps:** deliver insulin automatically
- **Smartphones:** often display CGM readings and control insulin pump settings

These devices are essential medical tools, not distractions.

Students with T1D should always have access to their phone or diabetes devices, even during class, to safely monitor and manage their blood sugar.





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Low Blood Sugar (Hypoglycemia)

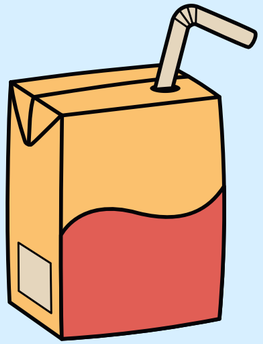
Low blood sugar is below 70 mg/dL (3.9 mmol/L).

It can happen when there is **too much insulin** for the amount of glucose in the body, after exercise, or if a meal or snack is delayed.



Signs include:

- Shaking
- Sweating
- Hunger
- Confusion
- Dizziness



What to do:

- Tell an adult immediately.
- If the person is awake and able to swallow, give **15 grams of fast-acting sugar** (such as juice or glucose tablets).
- **If the person is unconscious, having a seizure, or unable to swallow, administer glucagon and call 911. Do not give food or drinks by mouth.**



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High Blood Sugar (Hyperglycemia)

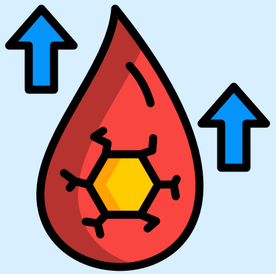
High blood sugar is above 180 mg/dL (10.0 mmol/L).

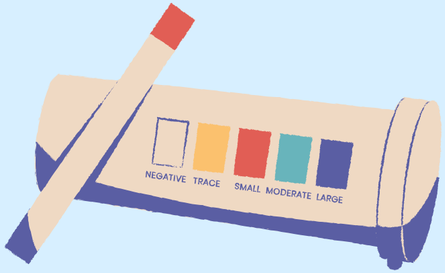
It can happen when there is **not enough insulin** for the amount of glucose in the body, during illness or stress, or after eating more carbohydrates than expected.



Signs include:

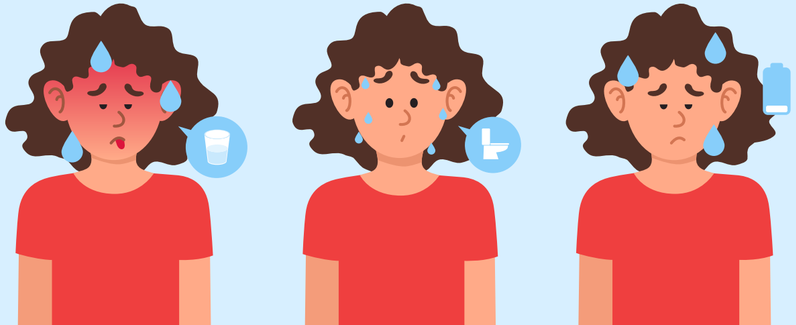
- Increased thirst
- Frequent urination
- Tiredness or weakness
- Blurry vision
- Headache
- Nausea or stomach pain





What to do:

- Have the person check their blood sugar or CGM reading.
- Follow their **diabetes management plan** to **correct the high blood sugar** (such as taking a correction dose of insulin if prescribed).
- Encourage the person to drink water and monitor their blood sugar levels.
- **If the person continues to have high blood sugars above 250mg/dL or has vomiting, stomach pain, difficulty breathing, confusion, or cannot keep fluids down, check for ketones — these may be signs of diabetic ketoacidosis (DKA) which requires immediate medical attention.**



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How Can Classmates Help?



Be Supportive and Understanding

- Type 1 diabetes requires constant attention. Be patient and supportive if a classmate needs to check their blood sugar, take insulin, eat a snack, or take a break during class.

Don’t Judge or Make Assumptions

- Avoid joking or commenting about what someone with diabetes can or cannot do. Students with Type 1 diabetes can participate in sports, activities, and everyday life but they may just need to manage their blood sugar along the way.

Know When to Get Help

- Learn the signs of low and high blood sugar. If a classmate seems confused, shaky, dizzy, or unwell, tell a teacher or adult right away and help them get the support they need.

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How Can Teachers Help?

Allow Students to Manage Their Diabetes

- Students may need to check their CGM, use their phone to monitor diabetes technology, take insulin, visit the nurse or eat a snack during class. These tools and actions are necessary for safely managing blood sugar.

Provide Flexibility and Support

- Diabetes can be unpredictable. Allow students extra time for assignments, tests, or activities if blood sugar issues affect their ability to focus or participate.

Be Prepared for Diabetes Emergencies

- Know the signs of low and high blood sugar and understand the student's diabetes care plan. Know where emergency supplies are kept and what to do if the student needs help, including when to give glucagon or call 911.



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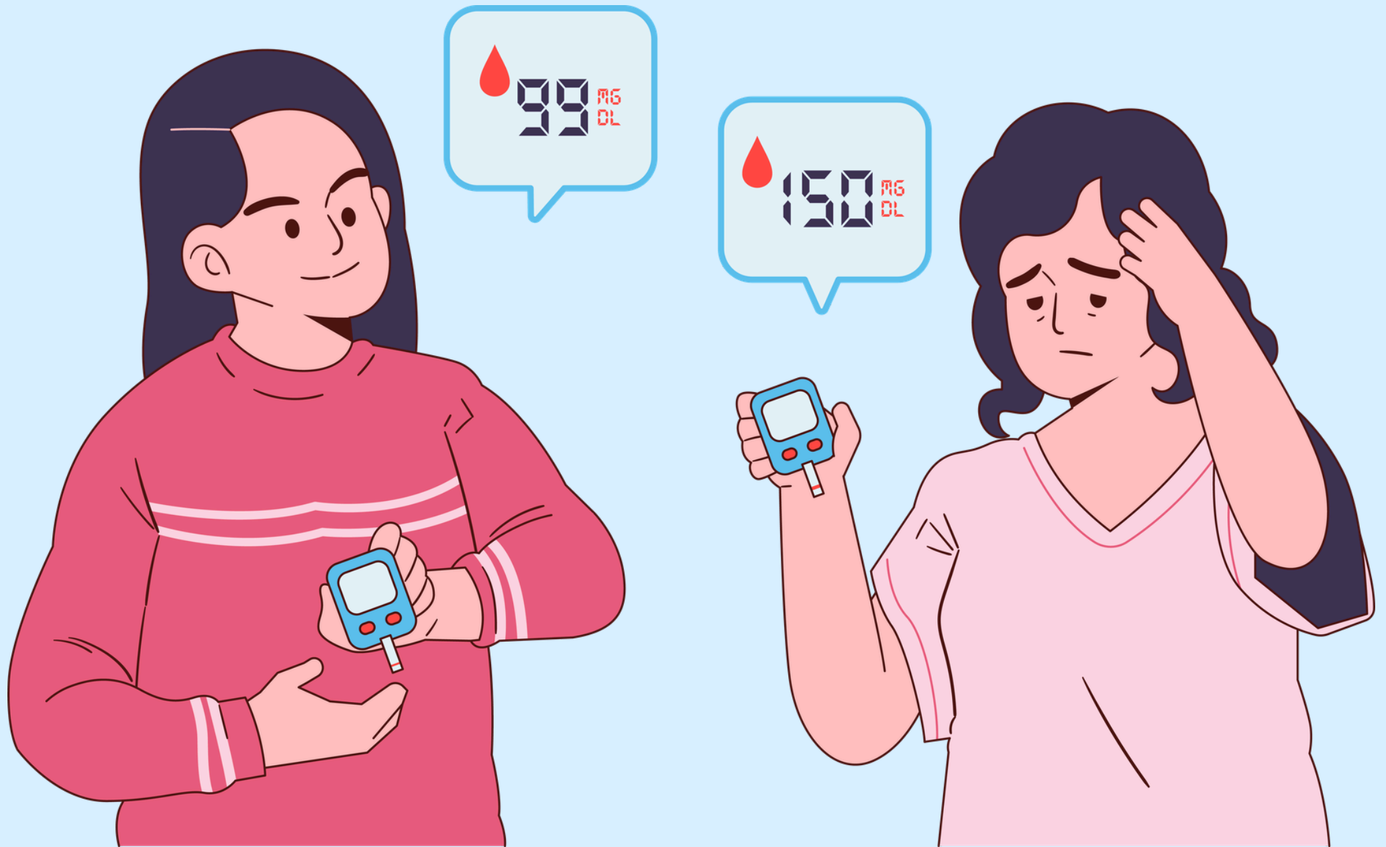
Every Person's T1D is Different

No two people manage T1D exactly the same way.

Blood sugars change because of:

- Food
- Exercise
- Stress
- Illness
- Hormones
- Sleep

Managing T1D is a **24/7 job.**



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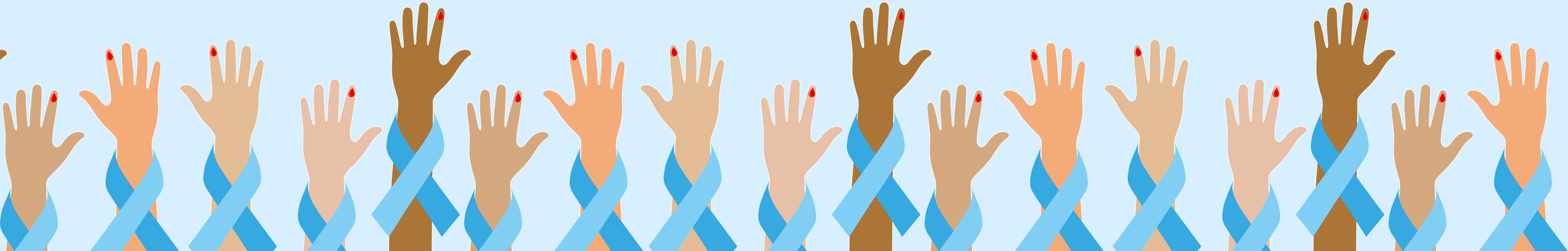
How to Be an Ally



Small actions make a big difference.

- Include them.
- Respect their privacy.
- Stay calm in an emergency.
- Learn about T1D.
- Support instead of judging.





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Thank You

Any Questions?

Remember: Type 1 Diabetes is only one part of who someone is.