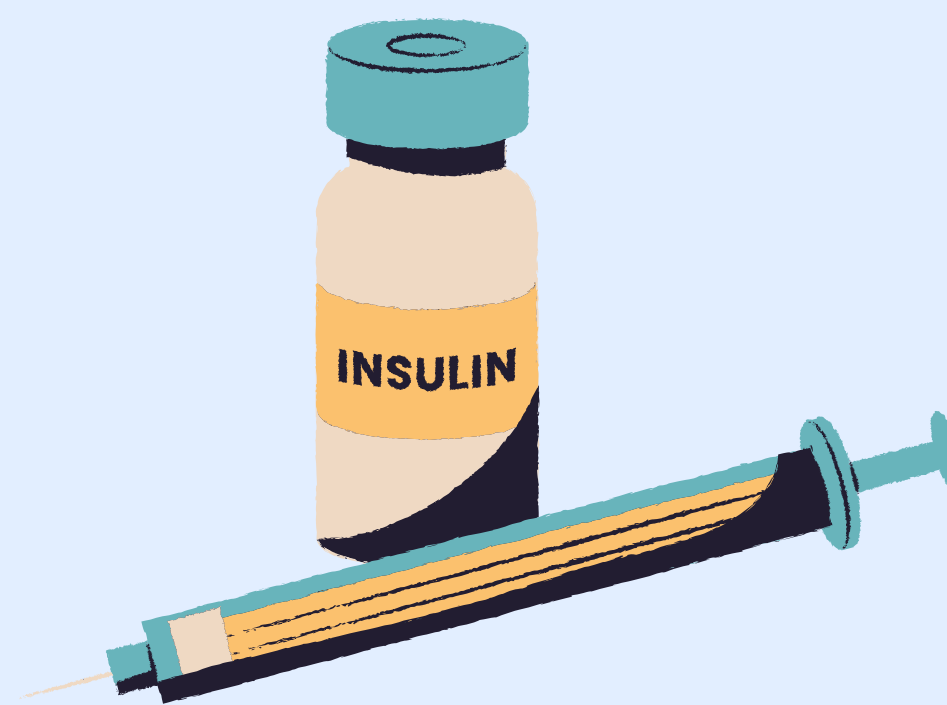
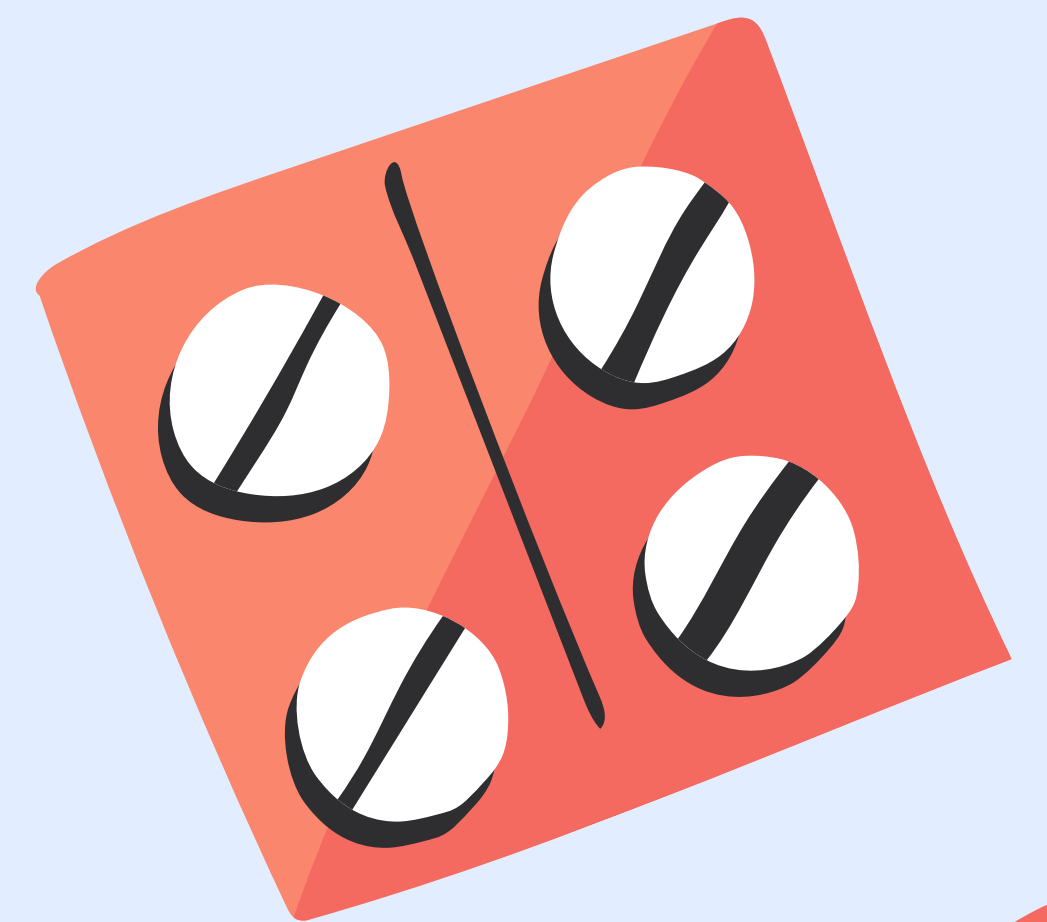


# Help Your Children with Diabetes

Was your child just diagnosed with  
**Type 1 Diabetes or Type 2 Diabetes?**  
Keep reading to be as prepared as  
you can!



# Content

- Basic info about Type 1 and Type 2 Diabetes
- Symptoms
- Normal Blood Sugar Level
- Diabetic Ketoacidosis (DKA)
- Times to Check Blood Sugar
- When to See Your Doctor

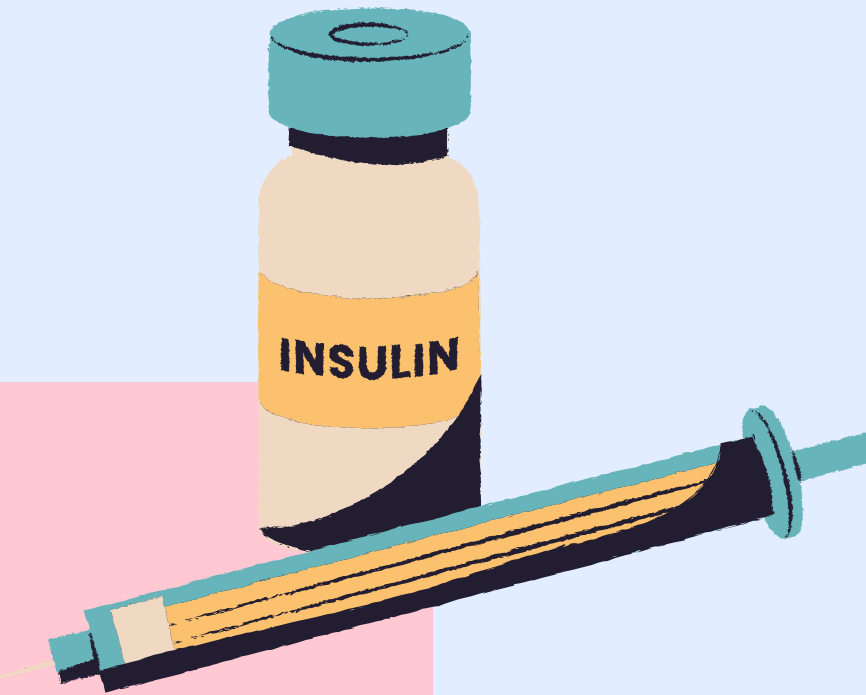
# What's the Difference between Type 1 and Type 2 Diabetes?

1

- Autoimmune Disorder
- The body does not produce insulin
- NON-preventable disease
- Typically diagnosed from 0-40 years of age
- Lifelong dependence on insulin injections

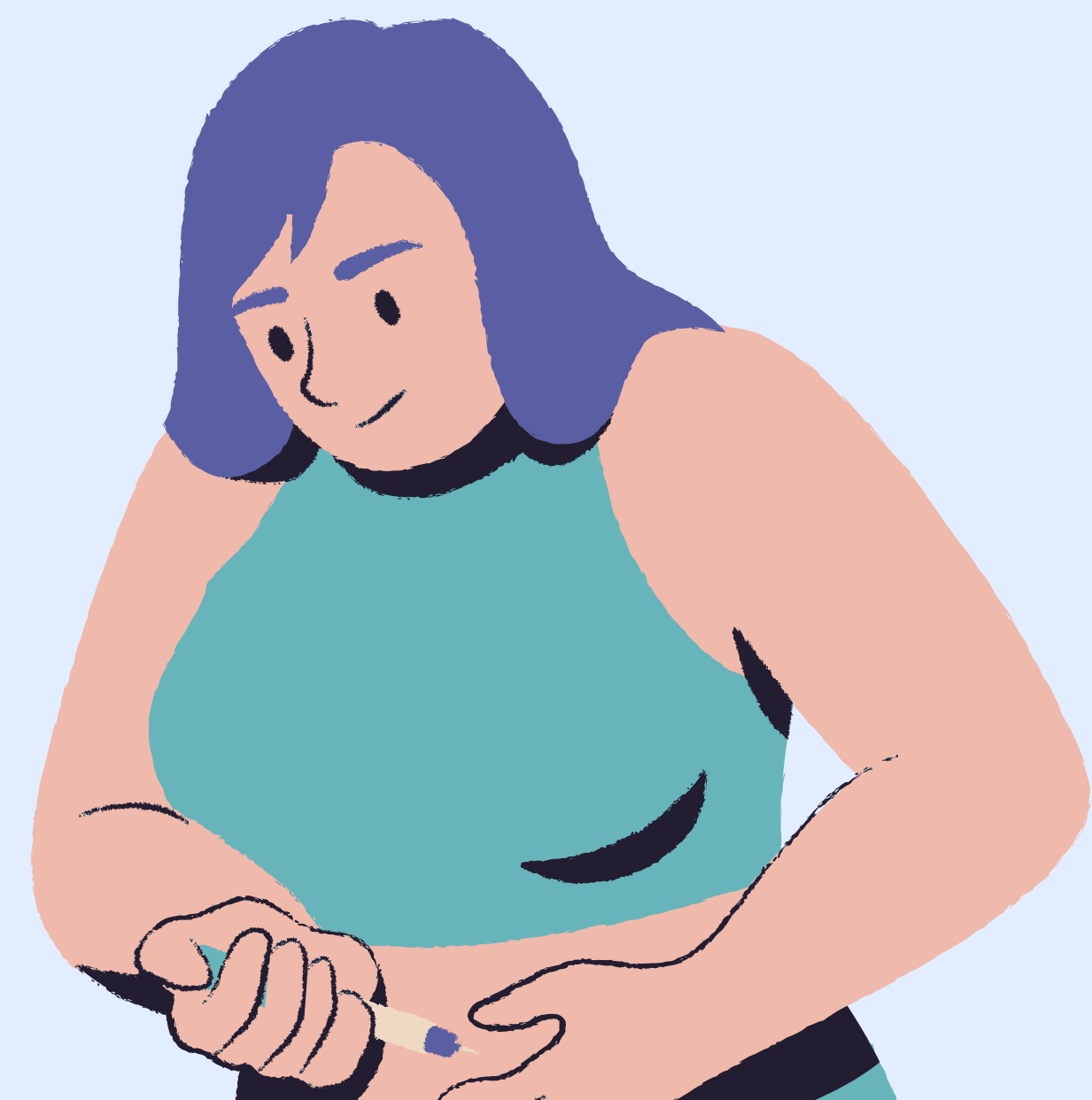
2

- Lifestyle related
- The body cannot use insulin properly
- PREVENTABLE disease
- Typically diagnosed after 40 years of age
- Exercise, diet, & medication can help insulin acceptance



# So.... Your Child Has Type 1 Diabetes. What Does that Mean for You?

In type 1 diabetes, special cells in the pancreas that make insulin are destroyed. The body needs insulin to help glucose (sugar) get from the blood into the cells for energy. Without insulin, a person's blood sugar rises and they get sick, meaning: **TYPE 1 DIABETICS NEED INSULIN INJECTIONS**



# TYPE 1 DIABETES

## SIGNS AND SYMPTOMS



**Frequent  
urination**



**Blurry  
vision**



**Unintentional  
weight loss**



**Extreme thirst**



**Lack of  
energy**



**Constant  
hunger**

# TYPE 2 DIABETES

## SIGNS AND SYMPTOMS



**Frequent  
urination**



**Blurry  
vision**



**Slow healing  
wounds**



**Skin fungal  
infections**



**Tingling/numb  
ness in hands  
and feet**



**Lack of  
energy**

# Normal Range of Blood Sugar

0 to 5 years old:  
100 to 180 mg/dl

6 to 9 years old:  
80 to 140 mg/dl

10 years old or  
more :  
70 to 120 mg/dl



# Diabetic Ketoacidosis (DKA)



DKA means that there was too much acid in a diabetics patient's blood.

DKA can happen when a diabetic patient has high blood sugar for a long time & does not have enough insulin.



# Diabetic Ketoacidosis (DKA) Symptoms



**Very excessive and extreme thirst**



**Extreme feeling of dehydration**



**Frequent urination (more than usual)**



**Extreme fatigue**



# DKA IS AN EMERGENCY

## DKA CAN RESULT IN:

- swelling of the brain
- fluid inside the lungs
- confusion
- diabetic coma
- permanent memory and learning problems
- hypoglycemia (low blood sugar) that can lead to seizures, arrhythmias, and cardiovascular events



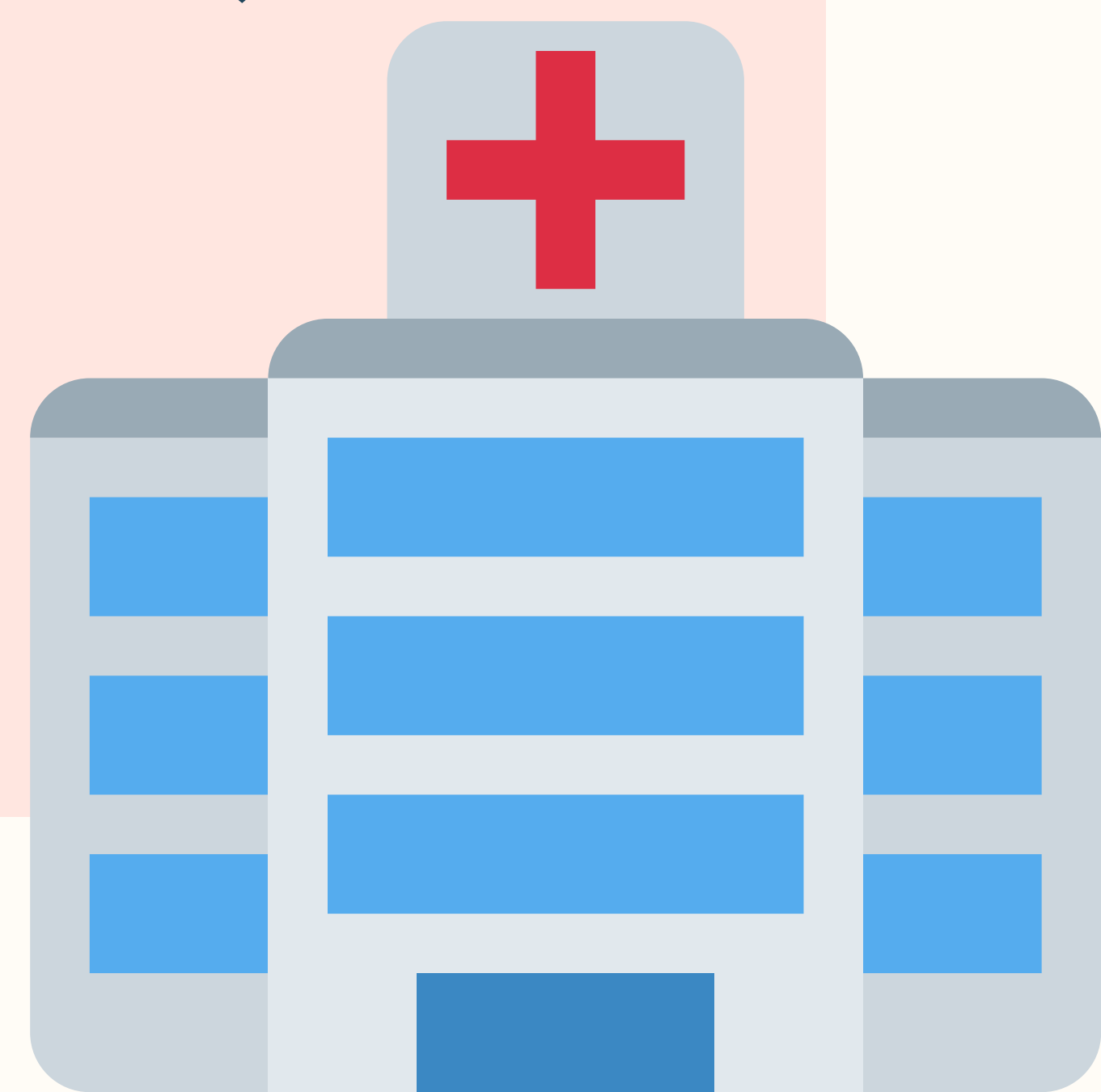
# DKA Prevention

- **Know how to manage your children's blood sugar levels during normal days, sick days, and physical exercise**
- **Keep the blood sugar levels in target range**
- **Ensure medications are taken daily**
- **Talk with your doctor if you notice anything unusual**
- **Make sure you are aware of how your child is feeling at all times**



# DKA Treatment

- **DO NOT** try and treat suspected **DKA at home**
- Take your child to the nearest emergency or urgent care unit
- In the ER, doctors will provide **fluids** that were lost through frequent urination, replace **electrolytes** that were lost, administer **insulin** and any other **medication** they see fit



# When to check

your kids' blood sugar

before meals

if they feel unwell

before bed

before + after exercise

at night, if levels were low during the day



**check AT LEAST  
4X a day**

# How to check your kids' blood sugar

1

thoroughly wash +  
DRY hands

4

obtain a drop  
of blood

2

prick the side of  
the fingertip

5

apply the drop  
onto a test strip

3

insert strip into  
meter

6

enter the result  
into a log

# When to see your doctor



If your children are having difficulties following a provided treatment plan, you should visit your doctor every **3 months.**

If your children could follow the treatment plan, and manage their blood sugar well, you should visit your doctor every **6 months.**



**! If there is an emergency, feel free to reach out for help at any time! !**

# References

1. Grunwald T, ed. Treating type 1 diabetes (for parents) - nemours kidshealth. KidsHealth. <https://kidshealth.org/en/parents/treating-type1.html>. Published January 2022. Accessed April 28, 2022.
2. Ikomi, C. (Ed.). (2022, March). Treating type 2 diabetes (for parents) - nemours kidshealth. KidsHealth. Retrieved April 28, 2022, from <https://kidshealth.org/en/parents/treating-type2.html?ref=search>
3. Childrens Mercy Hospital. (2019, January 9). How to prevent and reverse type 2 diabetes in children. Retrieved April 28, 2022, from <https://news.childrensmercy.org/how-to-prevent-and-reverse-type-2-diabetes-in-children/>
4. Monitoring blood glucose. Nationwide Children's Hospital. (n.d.). Retrieved April 28, 2022, from <https://www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/resources-for-parents-and-kids/managing-your-diabetes/chapter-three-monitoring-blood-glucose>
5. Diabetes UK. (n.d.). Testing and your child. Diabetes UK. Retrieved April 28, 2022, from <https://www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes/testing-blood-glucose>
6. Centers for Disease Control and Prevention. (2021, May 25). Your diabetes care schedule. Centers for Disease Control and Prevention. Retrieved April 28, 2022, from <https://www.cdc.gov/diabetes/managing/care-schedule.html>
7. Ikomi, C. (Ed.). (2022, February). Diabetic ketoacidosis (for parents) - nemours kidshealth. KidsHealth. Retrieved April 28, 2022, from <https://kidshealth.org/en/parents/diabetic-ketoacidosis.html>