

For My Teacher



Yorkhill Diabetes Service

I have been diagnosed with diabetes.

No one can really know why I have it, but many people are trying to find out. It is not infectious, and I can't pass it on to someone in class. The cells in my pancreas gland that usually make insulin have been damaged by my body's immune system. I now need to take insulin injections several times a day for the rest of my life.

When I eat, sugar (or "glucose") is absorbed from my food into the blood stream and carried around my body. This provides the cells in my body, such as those in my muscles, with energy. Insulin is the "key" that allows the glucose to pass from the blood into the cells.

Without insulin, even though I eat well, the energy stored in my food cannot reach the parts of my body that need it. By taking insulin injections, the energy in food can now pass throughout the body, where it is used to keep me active and healthy.

I must eat regularly—3 meals and 3 snacks a day. My eating plan consists of counted portions of carbohydrates (like bread, fruit, potatoes, and biscuits), some protein, and a little fat. Sugar is a type of carbohydrate, as is starch, and much of the body requires insulin to use foods containing sugar and starch for energy.

Exercise is very good for me. However, I need to remember to have an extra snack beforehand. Sometimes I may have to eat some extra during sport or gym. The amounts of insulin, food and activity I have each day will need to be balanced, and taking extra exercise may use up my glucose stores, causing them to fall if not balanced with extra food.

I need to check my blood glucose frequently, and may need to do so at school. My blood glucose readings should be between 4 and 8 (mmol/l). **If my blood glucose is below 4** I may be pale, shaky, moody, tired or not able to concentrate. This is called a "hypo" (from "hypoglycaemia" - "low blood sugar").

To treat a hypo give me 3 glucose tablets or half a cup of lucozade, followed by a biscuit, a snack, or my lunch, depending on the time it occurs. If in any doubt, treat me as though I'm "hypo".

Basic First Aid

1. If I become very drowsy, give me Glucogel or jam (something with sugar in it). Although it rarely happens, if I faint, have a fit or appear unable to swallow
 - don't put anything in my mouth
 - put me into the recovery position, and
 - telephone 999.
2. At times my blood glucose results may be a little high. This will make me thirsty and go to the toilet more often. If I am unwell, in the first place contact my parents, but if they are unavailable then call the Diabetes Team.

I am still the same person. I am not sick, and with a little preparation can still take part in the same activities as my classmates.

My Nurse is:

Gavin Allison	<input type="checkbox"/>
Dawn Cameron	<input type="checkbox"/>
Margaret Johnston	<input type="checkbox"/>
Fiona Lamb	<input type="checkbox"/>

My Dietitians are:

- Alison Johnston
- Anne Morrice
- Lyndsay Sinclair

They may be contacted at the following address:

Yorkhill Diabetes Service
 Royal Hospital for Sick Children
 Yorkhill
 Glasgow G3 8SJ
 0141 201 0331
www.diabetes-scotland.org/yorkhill

If the call is urgent, please phone the hospital switchboard on:

0141 201 0000



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