Introduction To Diabetes

By: Carol Murray FAU BSN nursing student
Hi I’m Tiger, and I have diabetes!
Do you know anybody with diabetes?

Maybe your Mom or Dad
A brother or sister,
A cousin or classmate,
A friend or teacher,
Maybe You
Or maybe....no one at all!!!

Raise your hand if you know someone that has diabetes.
Do you know what is diabetes?

Let me help you.

DIA-BE-TES......

happens when the organ that helps change sugar to energy doesn’t work anymore

It is called the pan-cre-as!!
Anyone can have diabetes...

You can’t catch it from someone else like a cold or flu...

- Sometimes you can get diabetes when you are a child. This is called type 1 diabetes!
- Sometimes you get it when you are an adult. This is called type 2 diabetes.

- People with diabetes still love hugs and kisses...
- You can still play with people with diabetes
Type 2 diabetes can be reversed if you catch it early and you work hard at it!!!

You can begin by
Getting:
9 hours of sleep
Eating 5 fruit and vegetables everyday
Limit watching TV and video games to 2 hrs.
Exercise everyday for 1 hour
Have more drinks with 0 sugar like water
If you have Type 1 diabetes you may have to take medication...

**Insulin**

Insulin is made in the body in people without diabetes.

Sometimes the insulin that the body makes does not work to change the sugar into the energy that we need.

Sometimes the body stops making any insulin

This is Type I (one) diabetes

In that case, we must get insulin from a little bottle and use a syringe to give ourselves insulin
Everyone has to eat right. Even if you do not have diabetes. Eating right may help you never get diabetes.

- Eating **5** fruits and vegetables every day can keep you healthy...
- Eating right gives you the right energy to keep up with your play time and friends...
Fruits and Vegetables

Unscramble the food

PLEAP
Fruits and Vegetables
Unscrambled

APPLE
Breads and Starches

Unscramble the foods

A NORC
Breads and Starches

Unscrambled

CORN
Exercising safely will help you stay healthy and help your diabetes...

Kids and grown-ups with diabetes can still play like everyone else...

They can play baseball or... Soccer or...

Play football or.. Roller skate.

They can do anything...everyone else can!!!!
Your diabetes team at the FAU Diabetes Education and Research Center will let you know which diabetes you have...

561-803-88803
Learning about Diabetes

Checking your blood sugar before and after meals will help you take care of your diabetes.

It’s not easy ...but we are here to help!!

Taking care of diabetes you become a Private-eye!!!!

With help and time you will learn what foods, exercise, medications and even emotions affect your sugar!!!!

Don’t be afraid to investigate...you know.. look for clues to why your blood sugar is high or low !!!
There will be times when your blood sugar is very, very high or very, very low...

But if we know what to watch for we can prevent ourselves from feeling sick....

High blood sugar is called HYPERGLYCEMIA
- You may feel very thirsty or hungry
- You may feel very cranky or sad
- You may want to pee a lot
- You may have no energy to play.
- You need insulin right away!!!!!!

Low blood sugar is called HYPOGLYCEMIA
- You may feel very sleepy
- You may feel confused
- You may feel dizzy and shaky
- You may start to sweat a lot
This is an emergency!!! If you wait too long before eating a snack you may start to feel worse!!!!
REMEMBER....YOU ARE NOT ALONE!!!!!

We are all cheering for you!!!
Your Mom, your Dad
Your doctor and your friends....and ME!!!!

You have your team at FAU diabetes center to help
Diabetes doesn’t change who you are. It just changes how you eat!!
Carbohydrates counting

• If you have type 1 diabetes, you have to learn what you eat. One thing you have to learn is what is a carbohydrate.

• Carbohydrates are things you eat that can turn to sugar.

• The FAU diabetes center can help you learn much more about carbohydrates.
Watching your Carbohydrate intake helps control your sugar level.

- If 4 fresh cherries = 5 grams of carbs, then 12 cherries have 15 grams of carbs. Which group below has 12 cherries?
Watching your Carbohydrate intake helps control your sugar level.

THE ANSWER IS B...the group with 12 cherries
Watching your Carbohydrate intake helps control your sugar level.

How many **total** carbs are there in the following meal?

<table>
<thead>
<tr>
<th>Food</th>
<th>Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hotdog</td>
<td>2</td>
</tr>
<tr>
<td>French Fries</td>
<td>3</td>
</tr>
</tbody>
</table>

\[2 + 3 = ?\]
Watching your Carbohydrate intake helps control your sugar level.

How many total carbs are there in the following meal?

<table>
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</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td></td>
</tr>
<tr>
<td>+ 3</td>
<td></td>
</tr>
</tbody>
</table>

= 5 Grams of Carbohydrates
I’m Tiger. I have diabetes but I am still smart, strong and I love to play!!!!
We accept:

• Medicaid
• Medicare
• Private Insurance
• Cash paying clients