

TOM & FRIENDS' DIABETES JOURNEY



International
Diabetes
Federation

KIDS
Kids and Diabetes
in Schools

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KiDS is an International Diabetes Federation (IDF) programme undertaken in partnership with the International Society of Pediatric and Adolescent Diabetes (ISPAD) and supported by an educational grant from Sanofi.

If you are interested in translating this resource into your language, please check the conditions on:

kids.idf.org/resources

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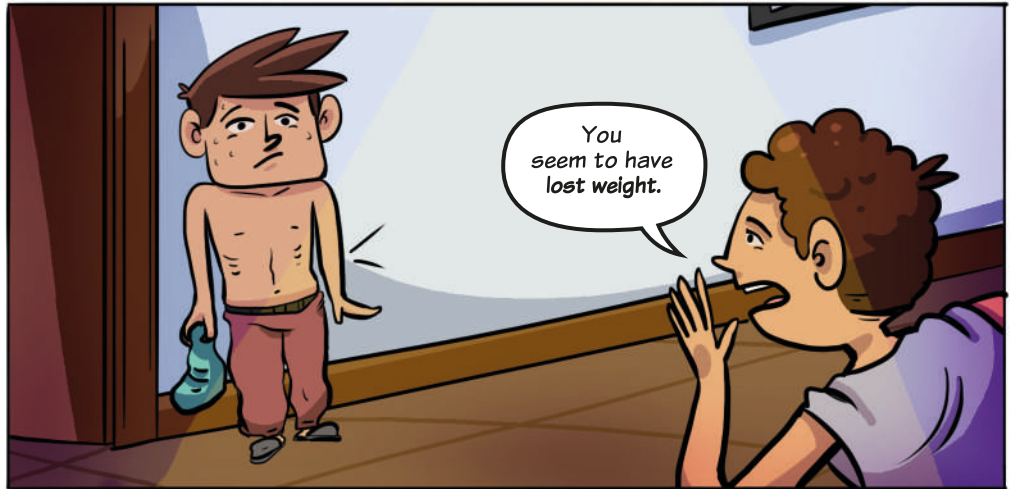
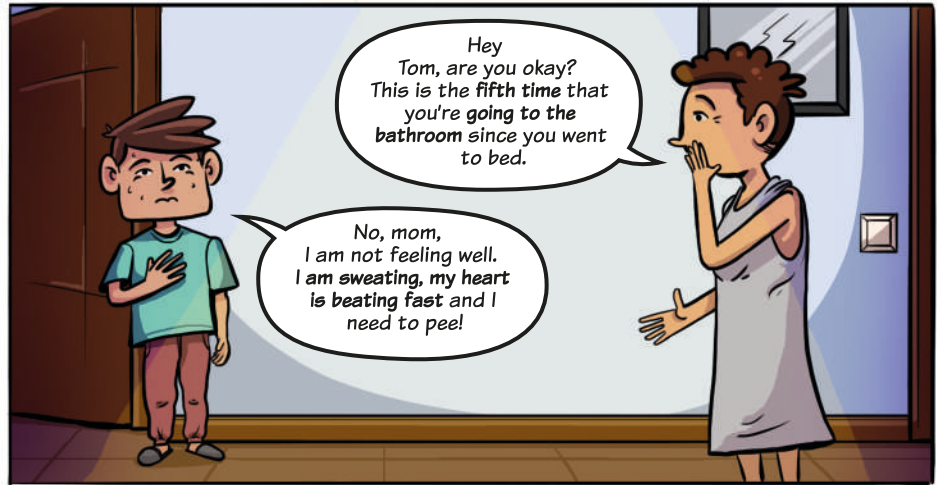
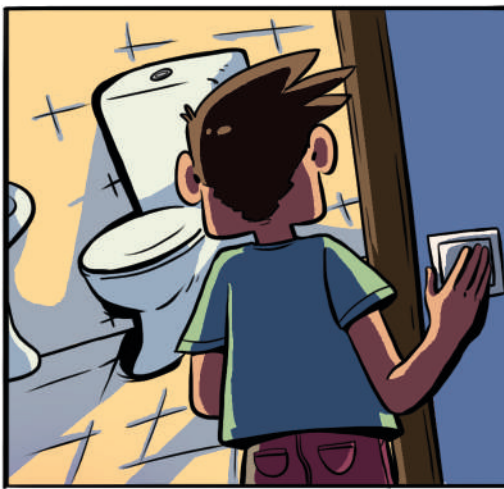
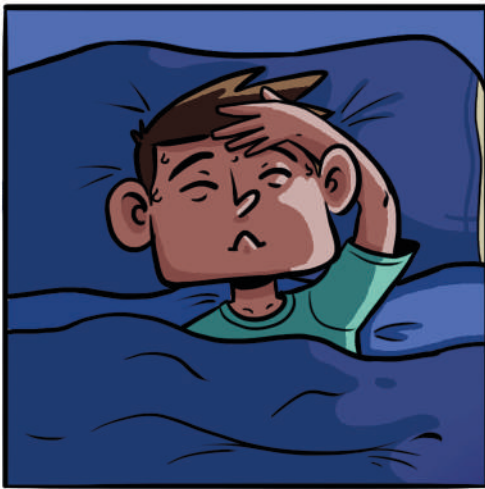
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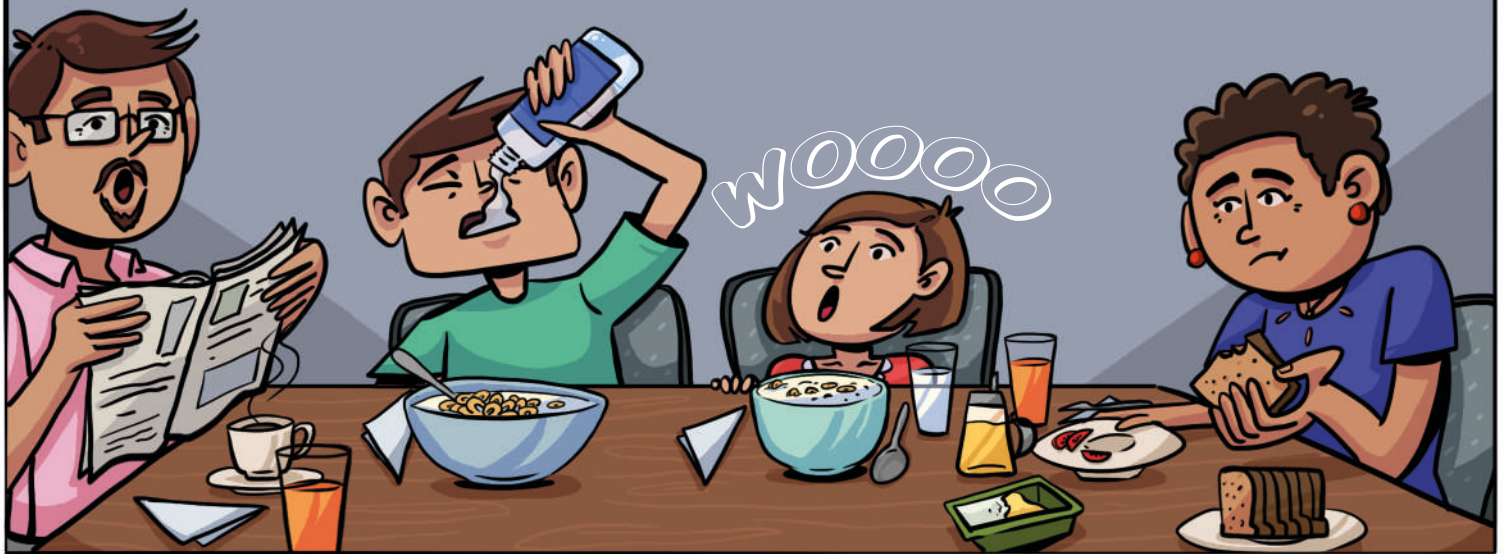
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TOM & FRIENDS'
DIABETES
JOURNEY



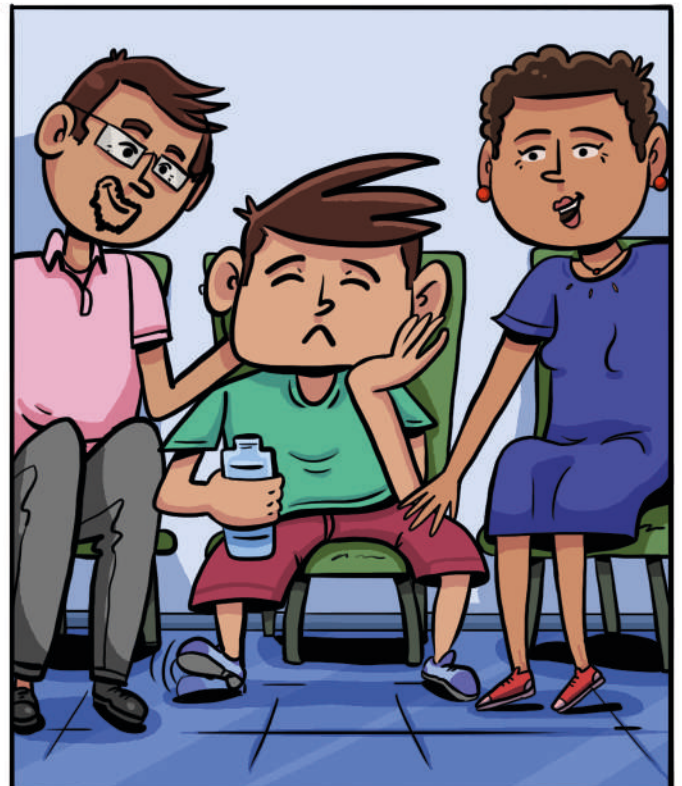
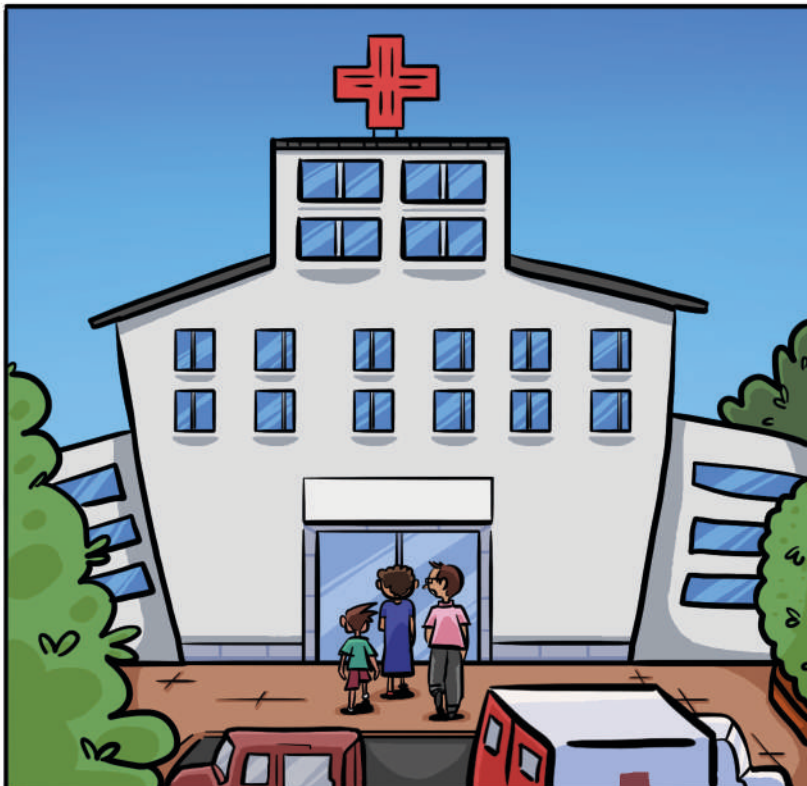
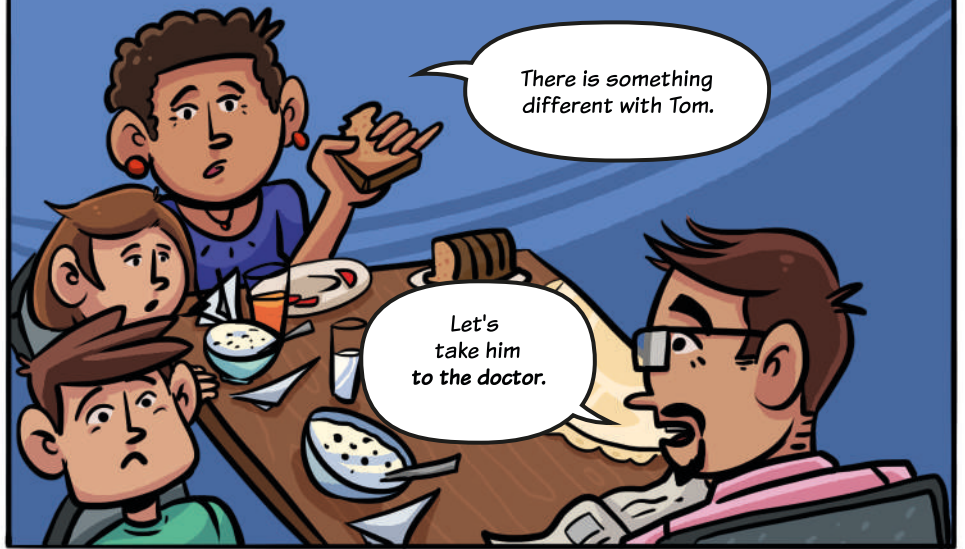
NEXT DAY.

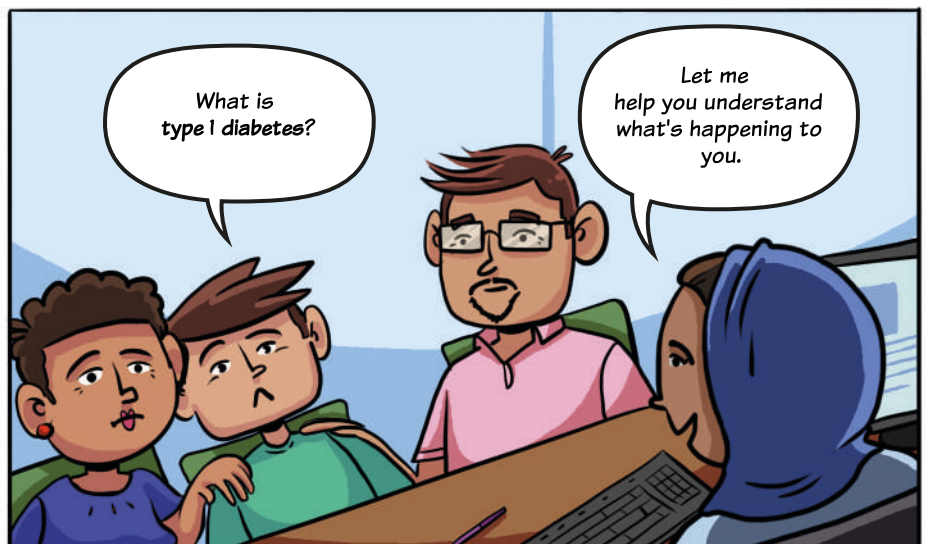
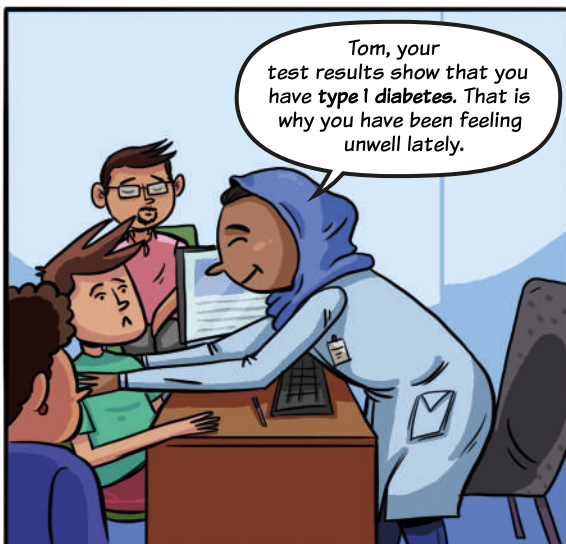
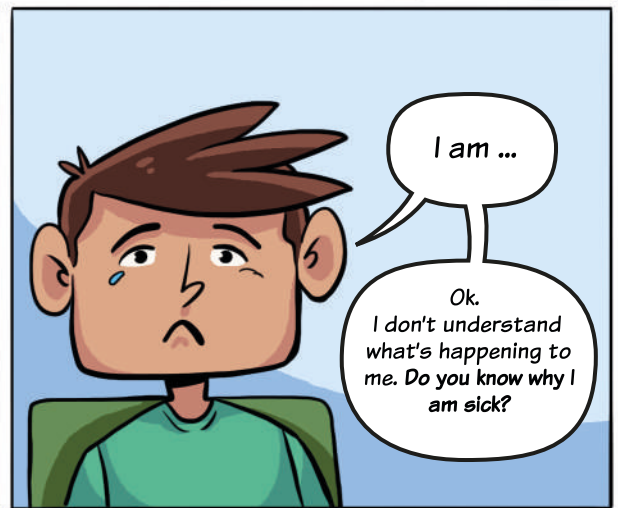
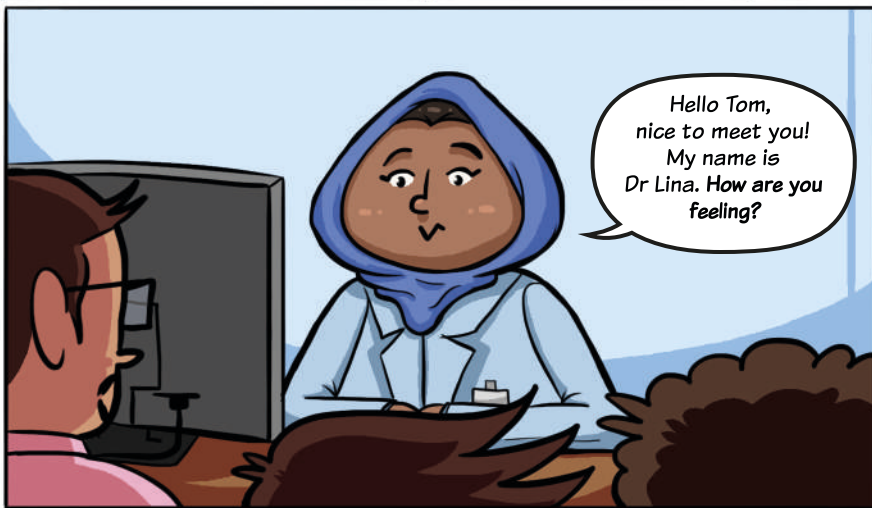
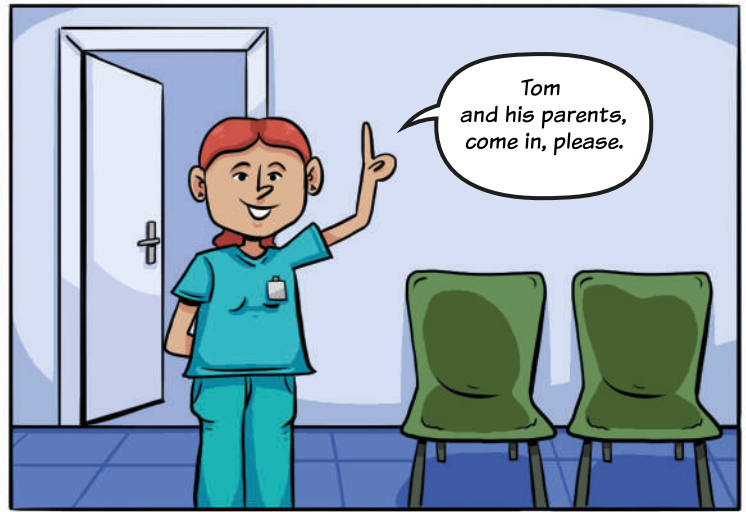
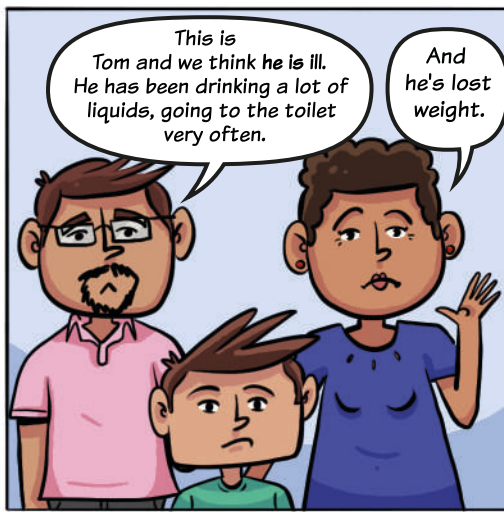


Tom,
how can you
drink so much
water and still be
thirsty?



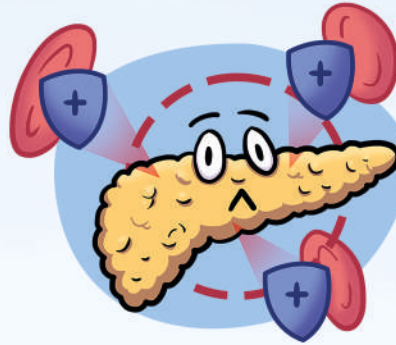
There is something
different with Tom.



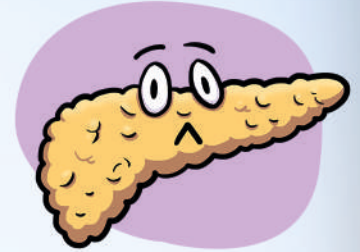




WHAT IS TYPE 1 DIABETES



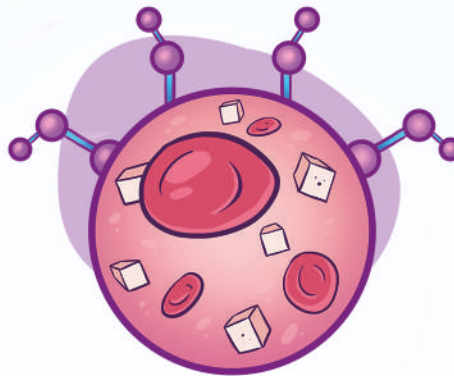
Type 1 diabetes is an **autoimmune** disease, which means the body's defense (immune) system attacks a healthy organ. In **type 1 diabetes**, an organ called the pancreas is attacked, destroying the cells that make insulin.



Type 1 diabetes happens when the pancreas **completely stops making insulin**.



Insulin is a **hormone** that acts like a key to let glucose from the bloodstream into the cells in the body, where it transforms into energy.



When you eat or drink, food and liquids are broken down into nutrients, including glucose (sugar), which enters your bloodstream, ready to be transported to other cells in your body.



If the **pancreas does not make insulin**, glucose accumulates in the bloodstream and **cannot be transformed into energy**.



Type 1 diabetes can develop at any age, including in children, adolescents and adults.



The reasons for developing **type 1 diabetes** are **unknown**. However, if someone in your family has type 1 diabetes, you have a higher chance of developing it.

The most common symptoms of type 1 diabetes are commonly known as the "4 Ts"



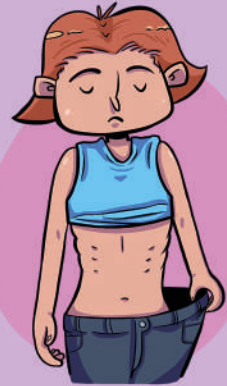
Toilet:
needing to pee more often,
especially at night



Thirsty:
Drinking a lot and not being
able to satisfy thirst



Tired:
Having no energy



Thinner:
Losing weight
unexpectedly

There is no cure for type 1 diabetes, but it is possible to live a healthy and happy life with it. For that, people with type 1 diabetes need to:



Use insulin



Monitor their glucose
(sugar) levels

For people with type 1 diabetes, like anyone else, it is also important to:



Exercise regularly

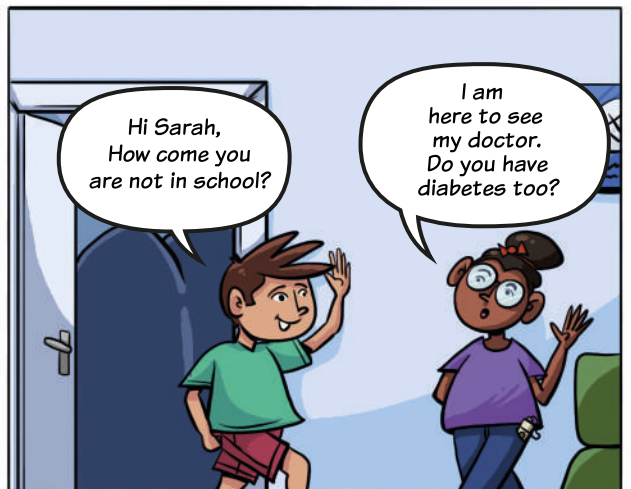
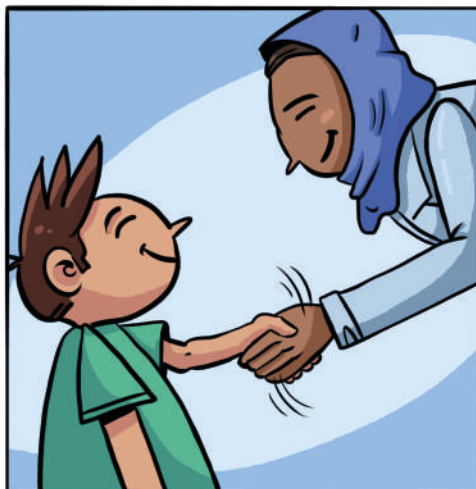
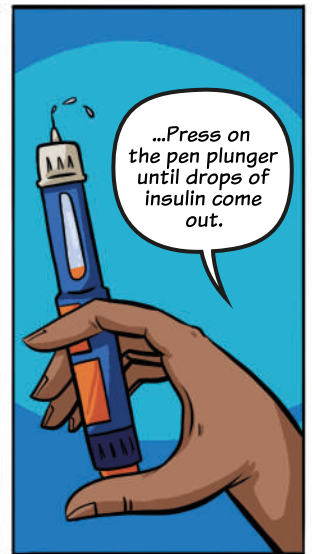
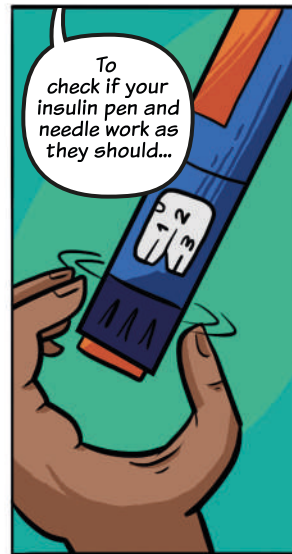
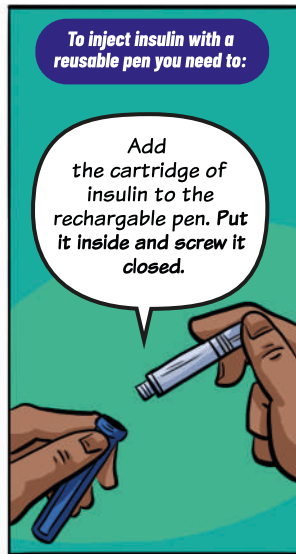
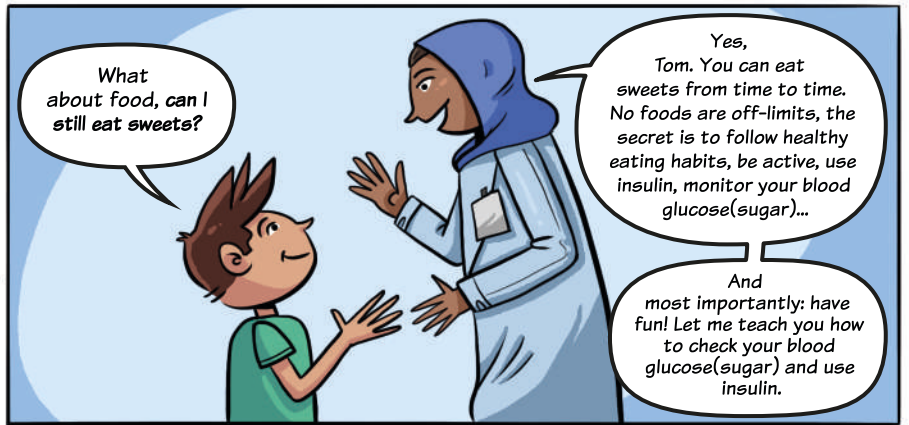
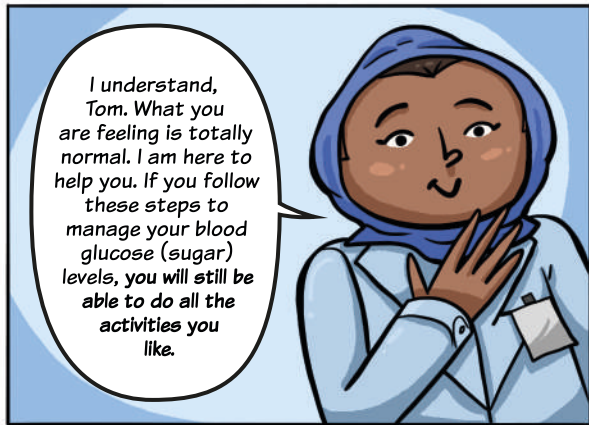
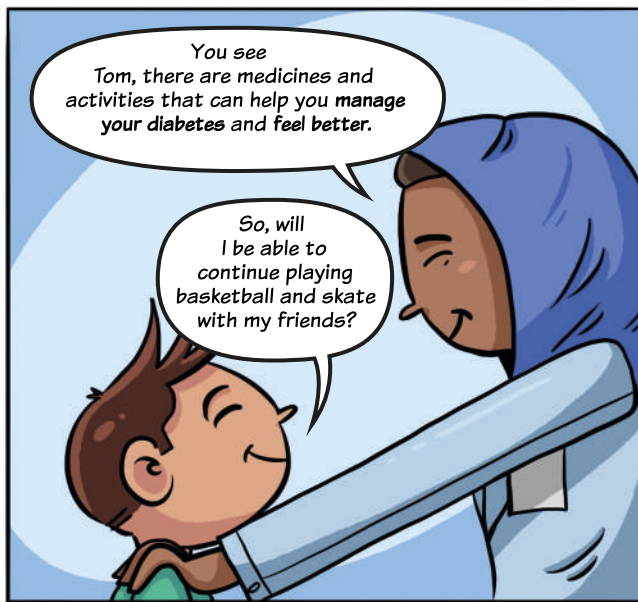


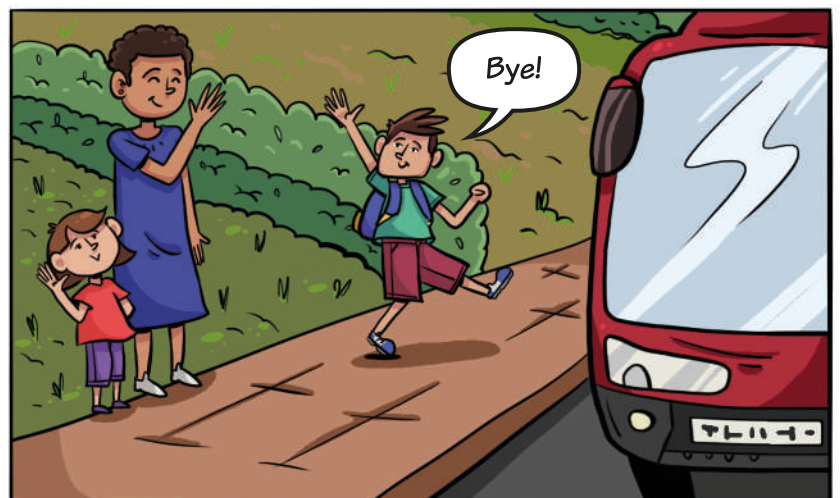
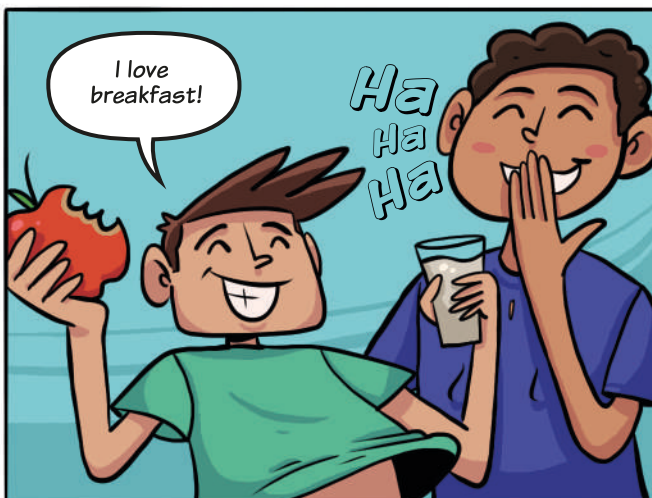
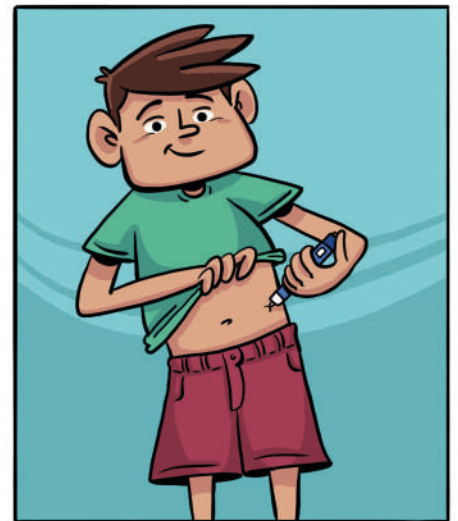
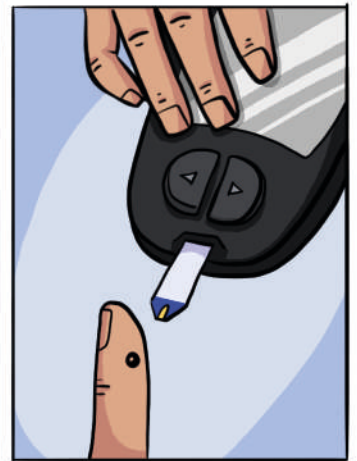
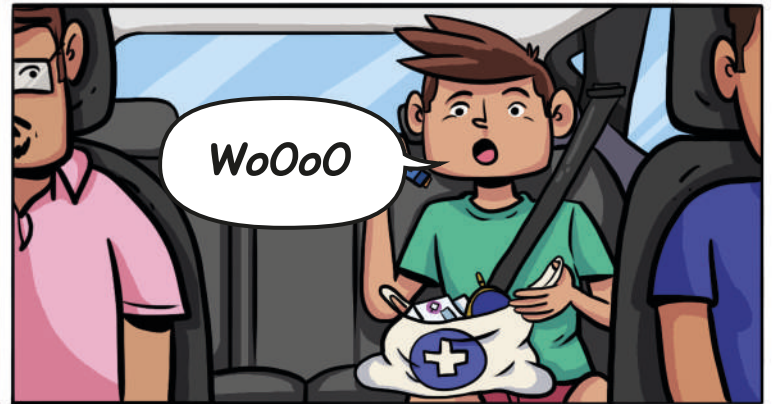
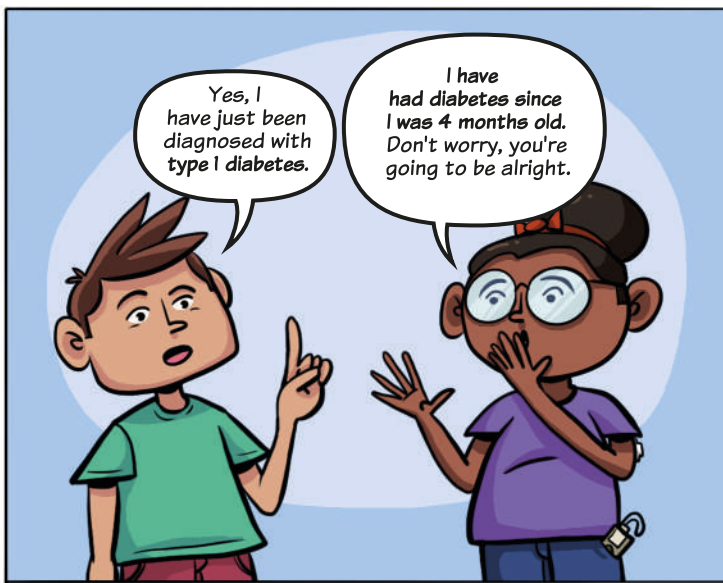
Eat healthily

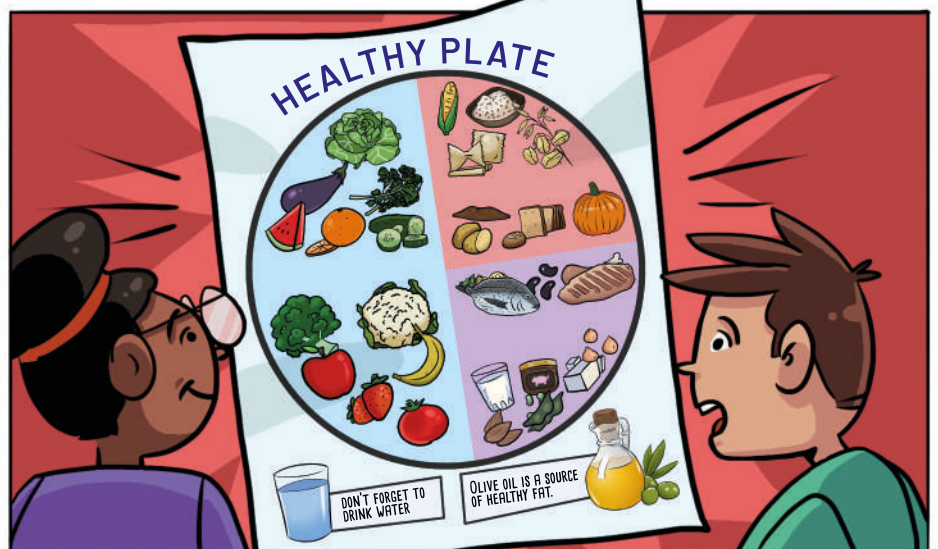
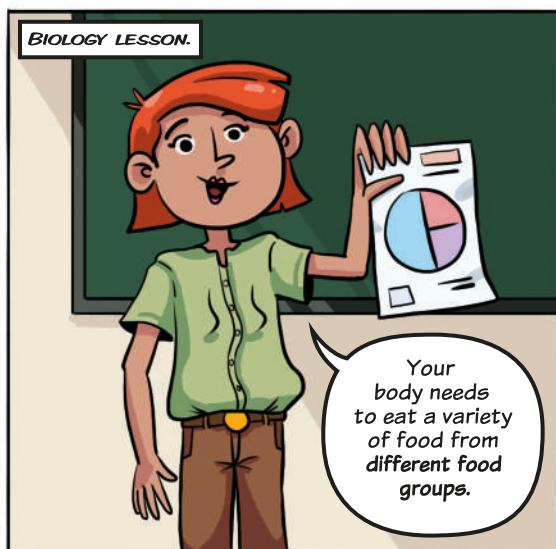
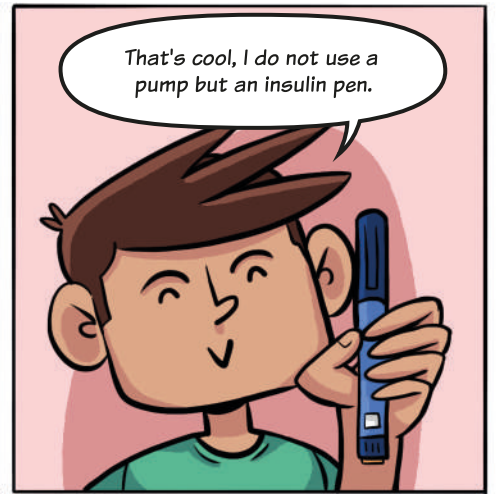
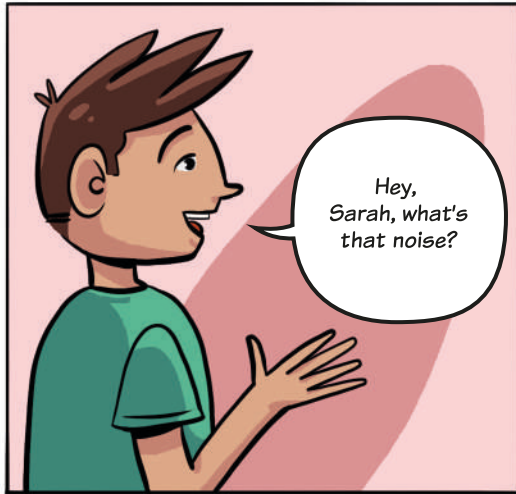


Share
their feelings





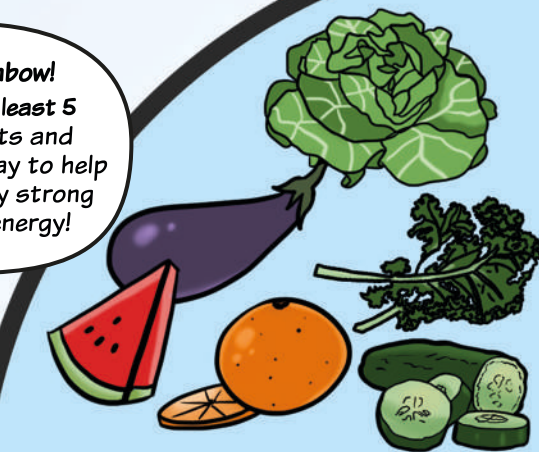




Now,
let's have a
close look at the
healthy plate!

HEALTHY PLATE

Eat the rainbow!
Try to eat at least 5 different fruits and veggies every day to help your body stay strong and full of energy!



VEGETABLES & FRUIT



Stay hydrated!

Drink 6 to 8 glasses of water a day to keep your brain and body happy.



DON'T FORGET TO
DRINK WATER

Limit
deep-fried foods and
processed snacks.
Skip sugar-sweetened drinks.
Remember, "peel more and
unwrap less"!

**Juices
& smoothies?**
Just a little! Aim for
less than a small
glass a day.



STARCHY FOOD (CARBOHYDRATES)



PROTEINS

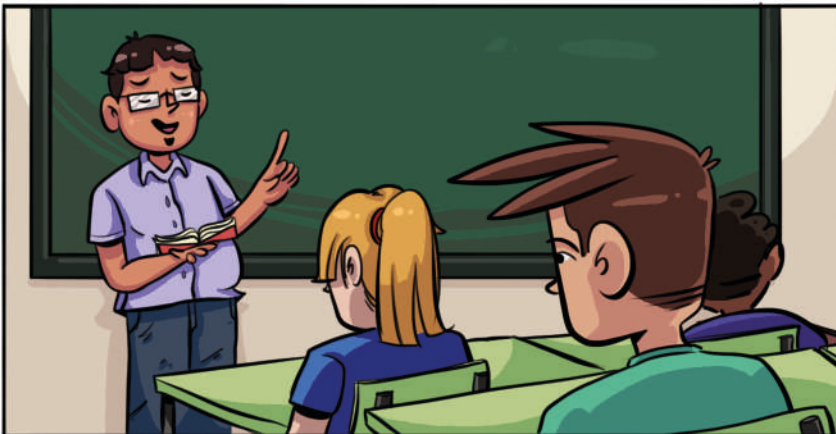
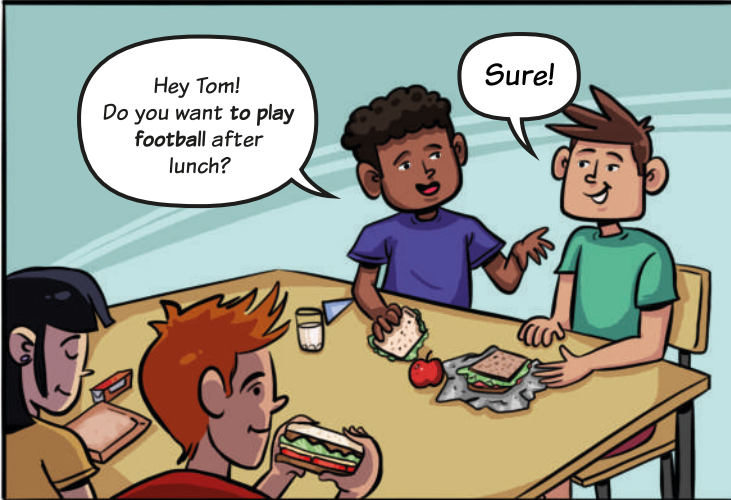
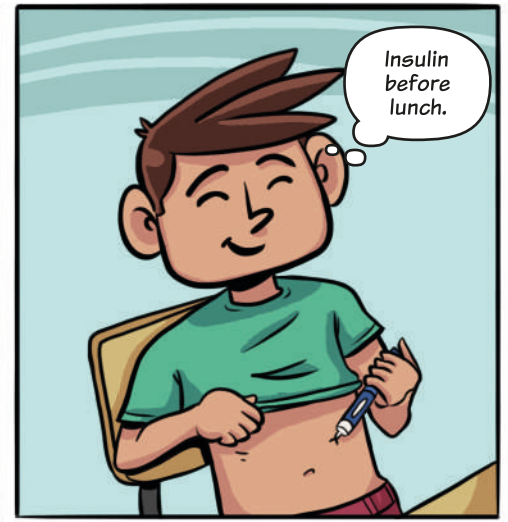
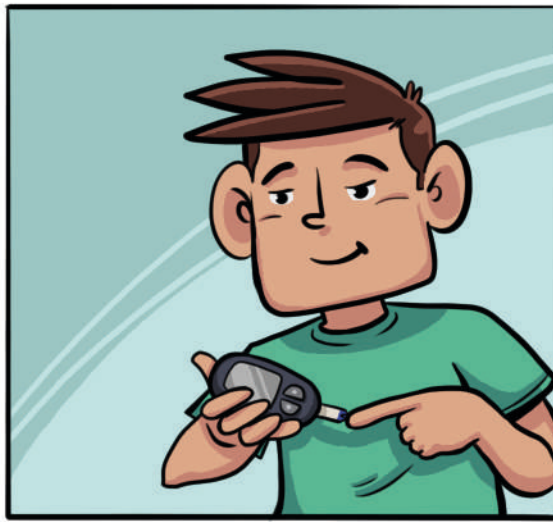


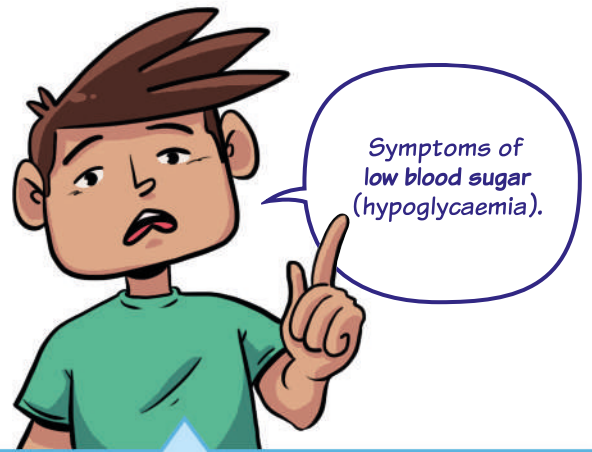
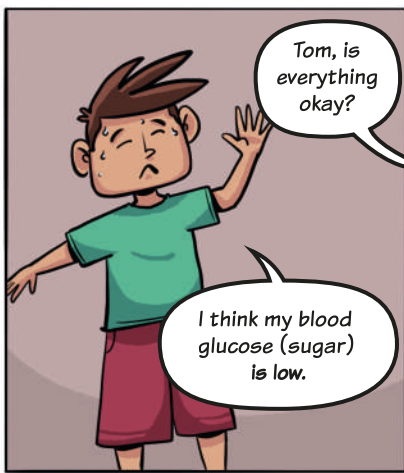
Healthy fats make you strong!

Choose healthy fats
from olive oil, avocado,
nuts, seeds and fatty fish
like salmon, sardines and
anchovies.
It's okay to have butter in
small amounts but limit
"fake fats" like margarine
or hydrogenated oils.

OLIVE OIL IS A SOURCE
OF HEALTHY FAT.







DIZZINESS & BLURRY VISION



FAST HEARTBEAT



WEAKNESS & FATIGUE



HEADACHE

QUICK RECOVERY FROM HYPOGLYCAEMIA



Intake of food with **15 grams** of simple carbohydrates (carbs) like glucose tablets, juice or candy. Wait **15 Minutes** and Retest: Check blood glucose (sugar) again. If still low, consume another **15 grams** of carbs.



HUNGER



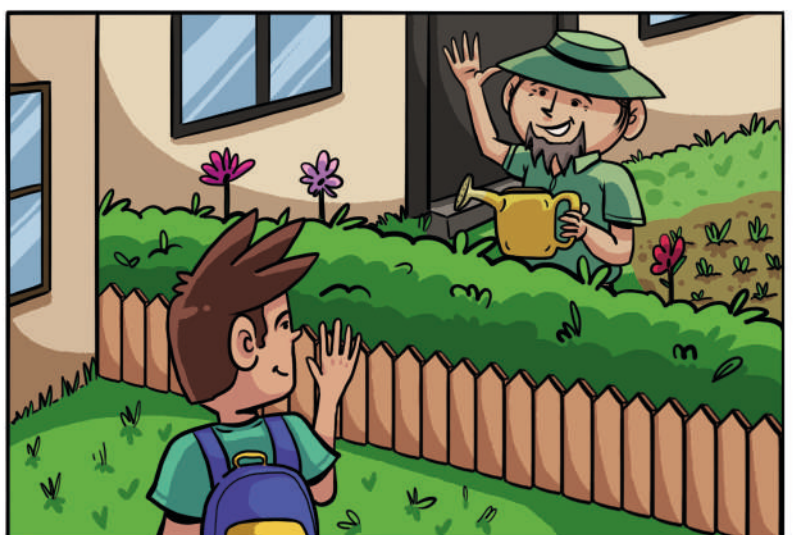
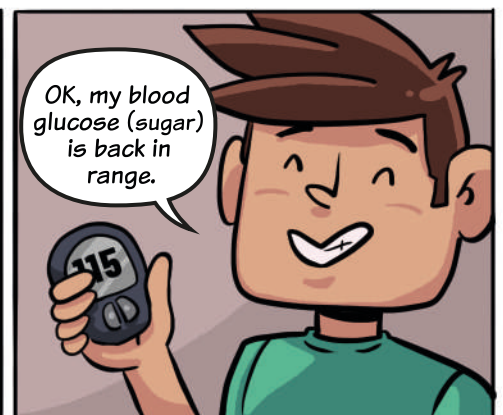
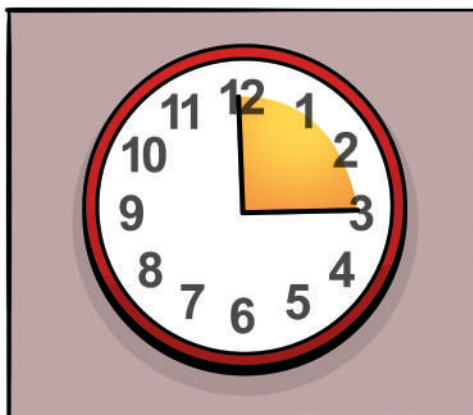
SWEATING & SHAKINESS

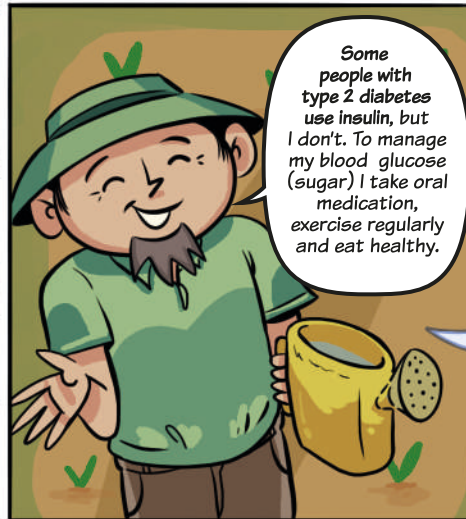


IRRITABILITY



ANXIETY





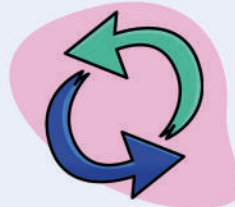
DIFFERENCES BETWEEN **TYPE 1** AND **TYPE 2** **DIABETES**



In **type 1** diabetes, the immune system attacks the insulin producing cells (Beta cells), so the **pancreas can no longer make insulin.**



In **type 2** diabetes, the body does **not produce enough insulin** or **insulin produced is not used by the cells effectively.**



Type 2 diabetes is **reversible** sometimes.

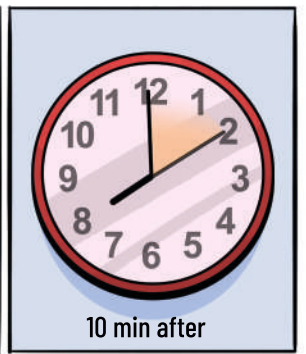
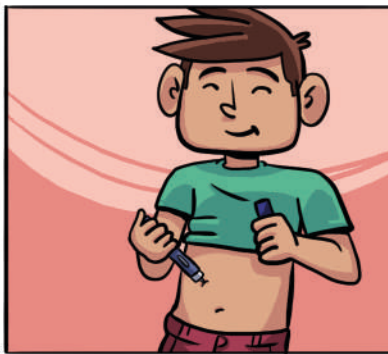
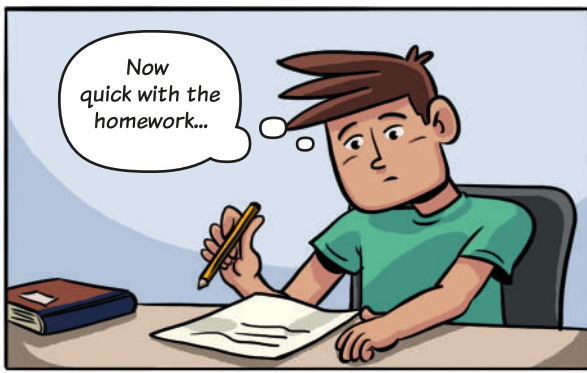


Type 2 diabetes can sometimes be **prevented** by adopting **healthy habits.**



Type 2 diabetes is commonly treated with **oral medication (pills).** In some cases, insulin treatment is also required.







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