

Adventures from Sugarland!



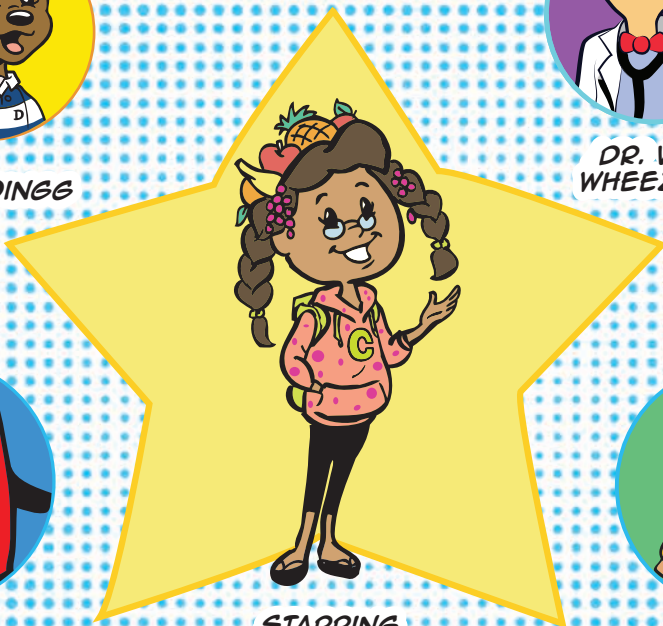
DARBY BOINGS



DR. VON
WHEEZLES



SKIP
DRIVE-THRU



STARRING
CONSTANCE
EATRITE



SPIKE
ARMSTRONG



CLAIRE SPRINGS



SNACK-KING

WRITTEN &
 CREATED BY
 MICHELLE
 BAIN





I'M DARBY BOINGG!

HERE'S A LITTLE QUIZ TO SEE WHAT YOU ALREADY KNOW ABOUT DIABETES!

(YOUR NAME!)

PRE-TEST

TAKE THE PRE-TEST WITH DARBY!
ANSWER THE QUESTIONS TRUE OR FALSE.

1. KIDS WITH DIABETES SHOULD NEVER EXERCISE.

☐ TRUE

☐ FALSE

2. TOO MANY SWEETS COULD MAKE YOUR BLOOD SUGAR GO TOO HIGH.

☐ TRUE

☐ FALSE

3. KIDS WITH TYPE 1 DIABETES NEED INSULIN BECAUSE THEIR PANCREASES CAN'T MAKE IT.

☐ TRUE

☐ FALSE

4. DIABETES IS LIKE A COLD THAT YOU CAN CATCH FROM OTHERS.

☐ TRUE

☐ FALSE

5. A SINGLE DROP OF BLOOD CAN TELL YOU YOUR BLOOD SUGAR LEVEL.

☐ TRUE

☐ FALSE

WE'LL FIND THE ANSWERS AT THE END OF OUR ADVENTURE!

DISCLAIMER. This book provides general information about diabetes and related issues. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical, nutritional or medical concerns. You should consult a qualified medical professional before beginning any exercise program.

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DARBY BOINGG AND HIS FRIEND, CONSTANCE EATRITE, WENT TO THE SUGARLAND CARNIVAL FOR SOME FUN, FOOD, GAMES AND RIDES.



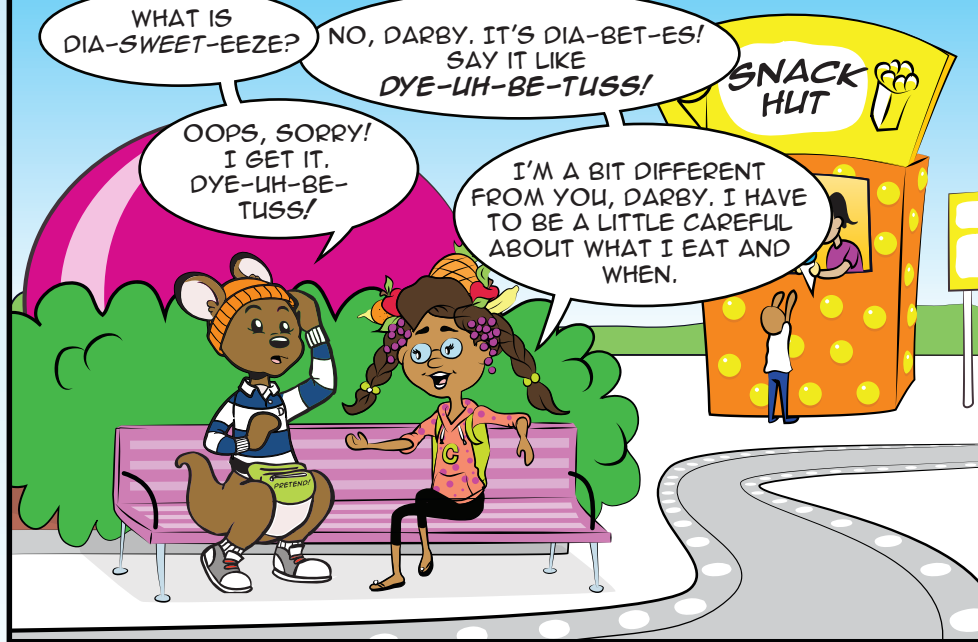
WITH SO MANY FUN THINGS AHEAD OF THEM IN THEIR DAY, DARBY AND CONSTANCE HAD TO DECIDE WHAT TO DO FIRST...

DARBY, CAN WE "EATRITE" FIRST? MY STOMACH IS RUMBLIN' LIKE THE CLAYTOWN TWISTER OVER THERE!

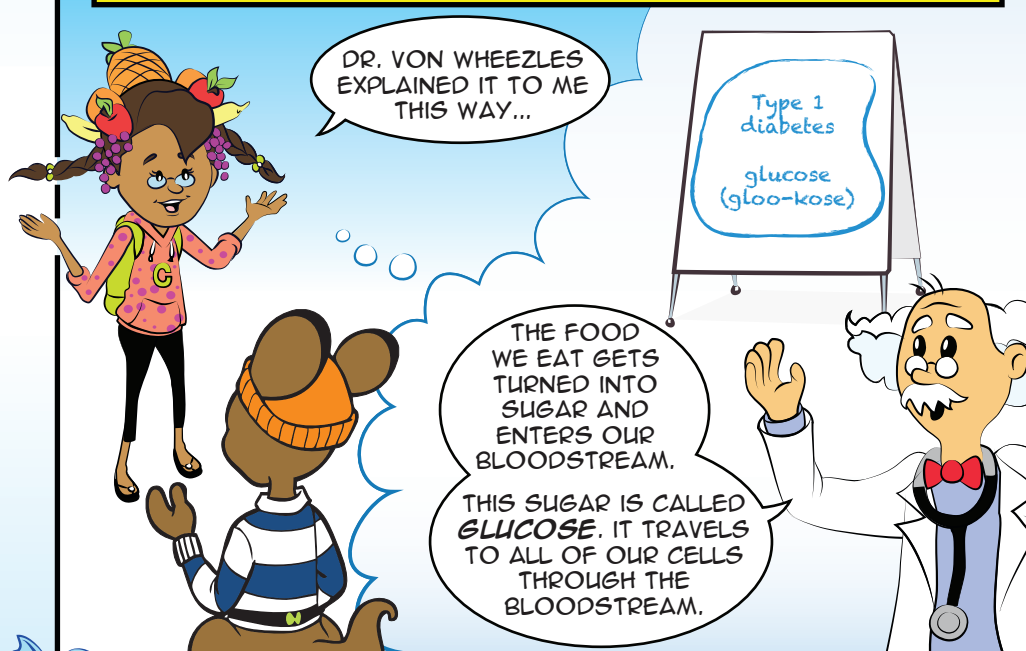
SURE THING. I'M HUNGRY, TOO!

WITH TYPE 1 DIABETES, I NEED TO WATCH WHAT I EAT!

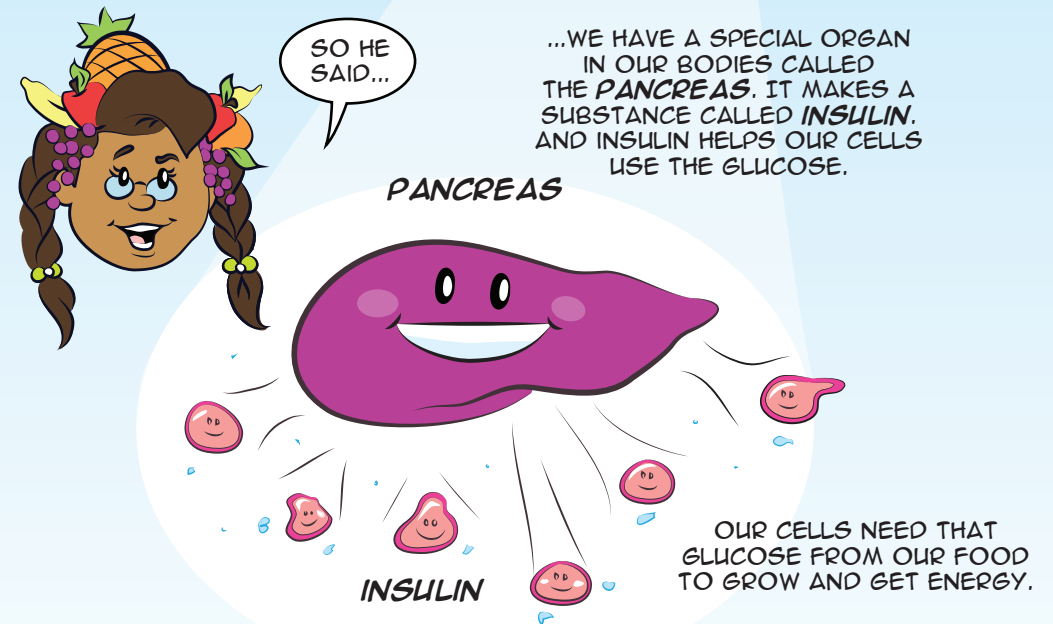
DARBY CARED ABOUT HIS FRIEND,
BUT HE WAS CONFUSED...



DARBY WANTED TO KNOW MORE ABOUT HIS
FRIEND'S TYPE 1 DIABETES, SO HE ASKED
CONSTANCE TO EXPLAIN.



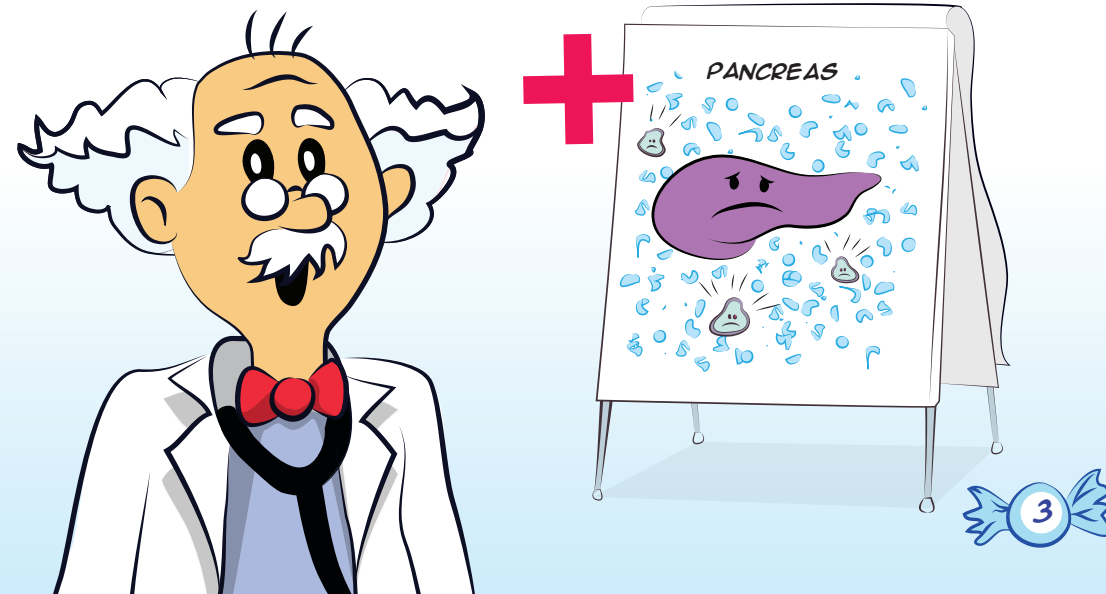
WITH SO MUCH TO TEACH DARBY ABOUT TYPE 1
DIABETES, CONSTANCE CONTINUED TO EXPLAIN
WHAT DR. VON WHEEZLES HAD TOLD HER.



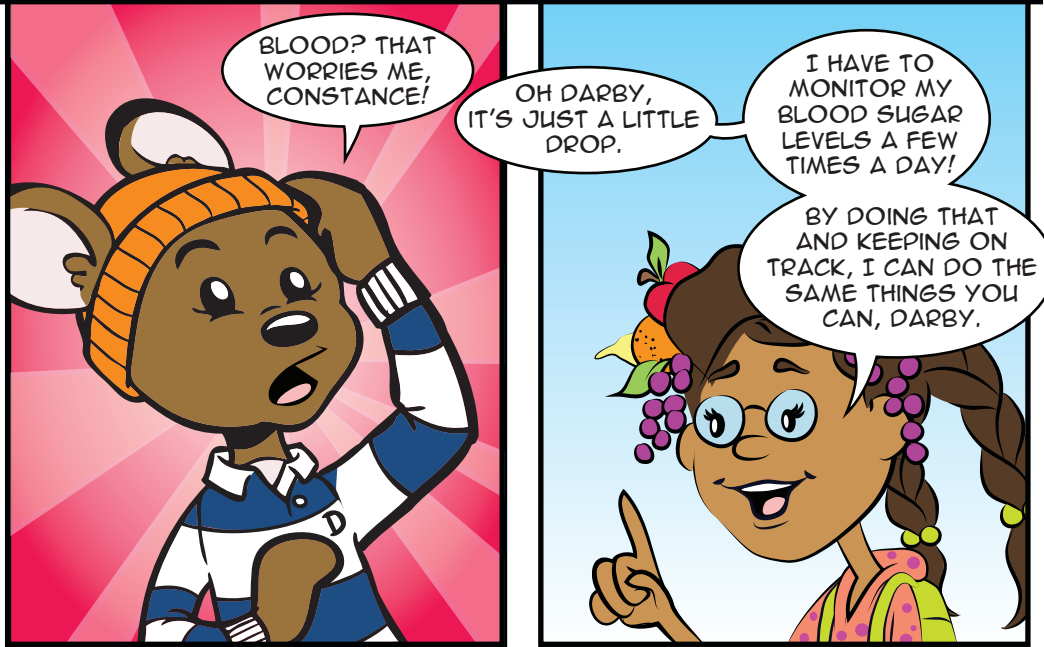
FOR PEOPLE WITH TYPE 1 DIABETES, THE PANCREAS CAN'T MAKE ENOUGH INSULIN. SO THERE'S TOO MUCH GLUCOSE RUNNING AROUND WILD IN THE BLOODSTREAM!

IT IS MOST IMPORTANT TO CONTROL THE LEVEL OF GLUCOSE IN THE BLOOD.

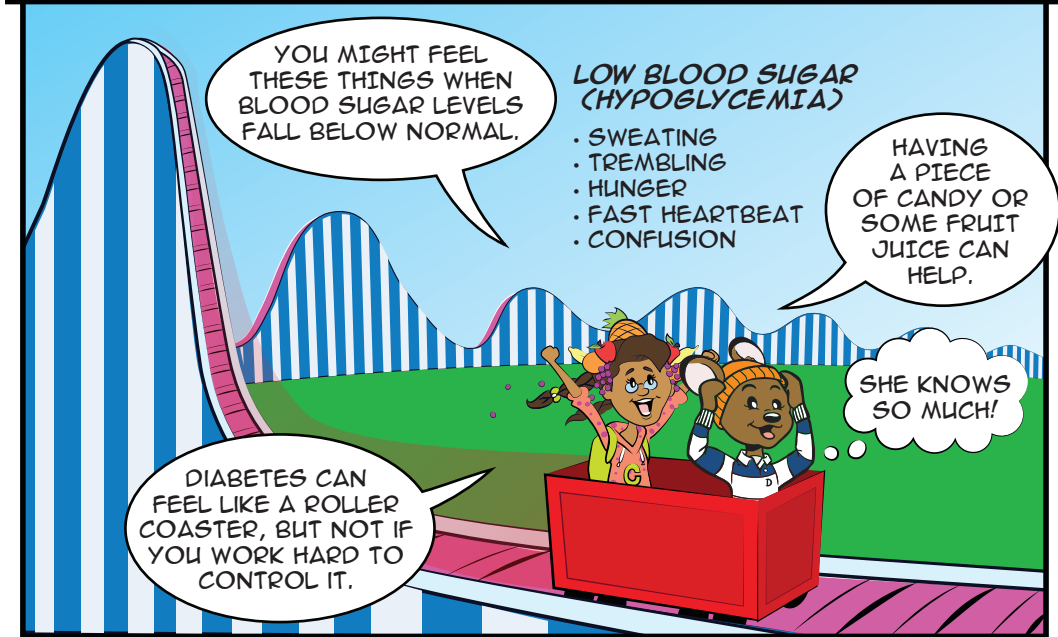
PEOPLE WITH DIABETES HAVE TROUBLE CONTROLLING THAT. YOU CAN TELL YOUR BLOOD GLUCOSE OR SUGAR LEVEL BY JUST A TINY DROP OF BLOOD.



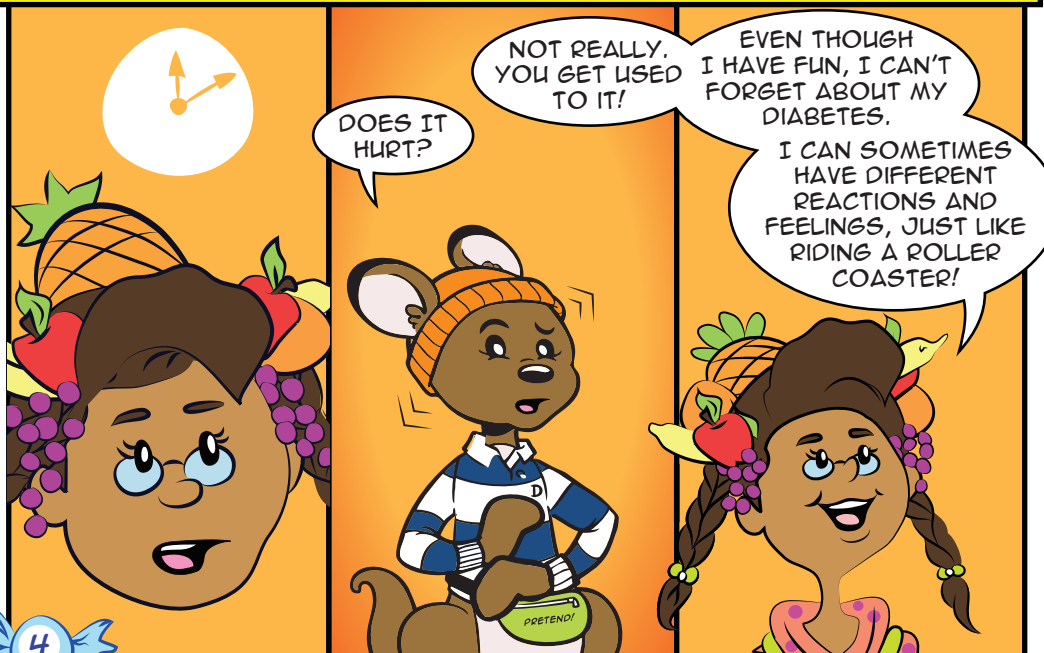
DARBY THOUGHT OF HIMSELF AS TOUGH,
BUT THE WORD "BLOOD" MADE HIM NERVOUS FOR
CONSTANCE.



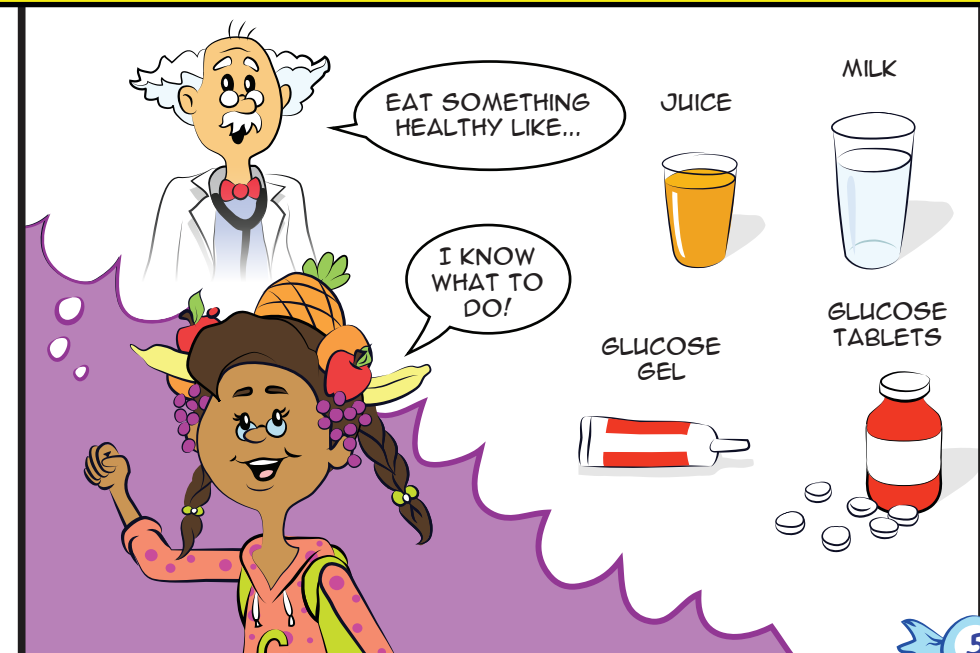
DARBY WAS PROUD THAT CONSTANCE KNEW
SO MUCH ABOUT HER HEALTH AND
HAD LISTENED TO DR. VON WHEEZLES.



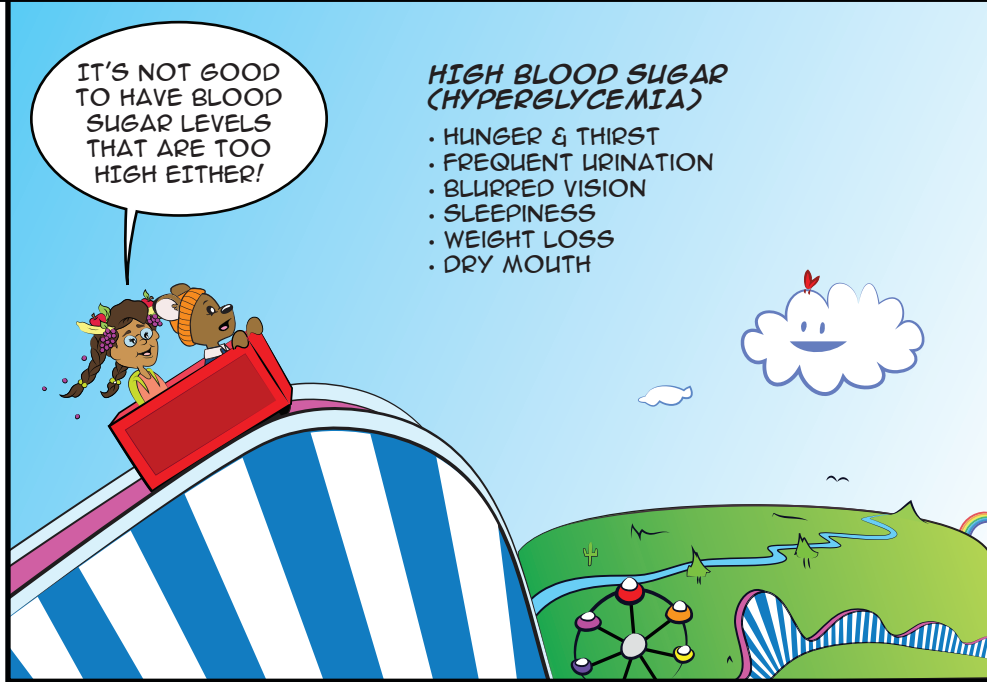
SO CONSTANCE EXPLAINED THAT ONE TINY DROP OF
BLOOD CAN TELL YOU IF YOUR BLOOD SUGAR LEVEL IS
TOO LOW, TOO HIGH, OR JUST RIGHT.



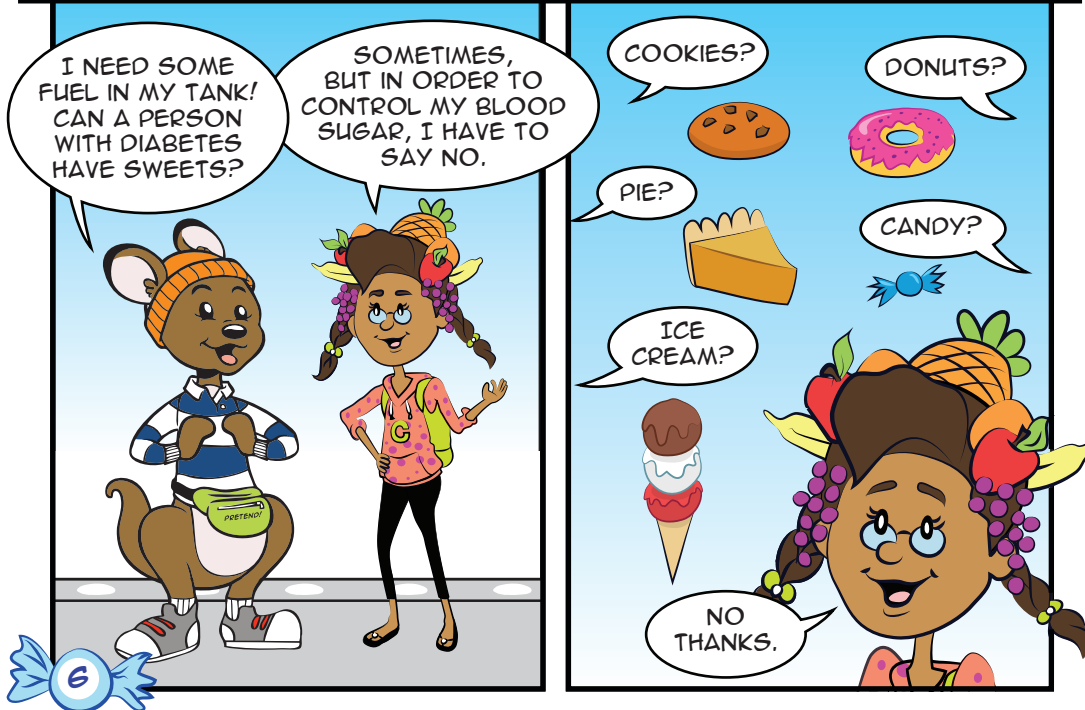
CONSTANCE WAS KEEPING HER DIABETIC RIDE UNDER
CONTROL BY REMEMBERING WHAT TO DO WHEN HER
BLOOD SUGAR GOT TOO LOW.



DARBY WAS CURIOUS WHAT HAPPENS TO CONSTANCE WHEN HER SUGAR LEVELS ARE TOO HIGH!



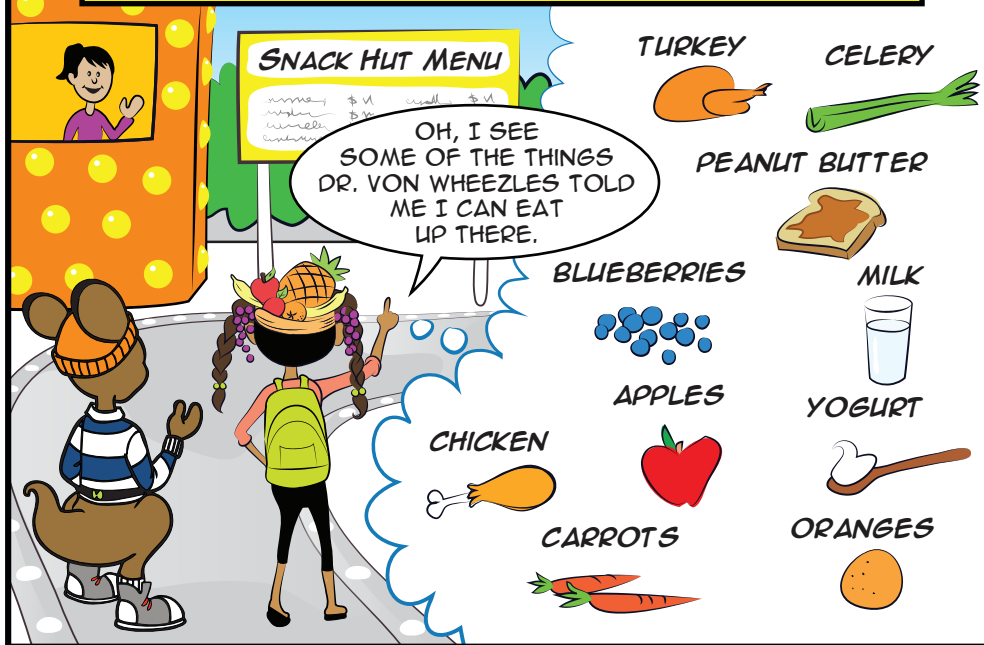
DARBY WAS STARTING TO CATCH ON, BUT HE WAS ALSO GETTING MIGHTY HUNGRY.



DARBY ADMIRED CONSTANCE FOR EATING RIGHT TO HELP CONTROL HER DIABETES, BUT HE STILL HAD QUESTIONS...



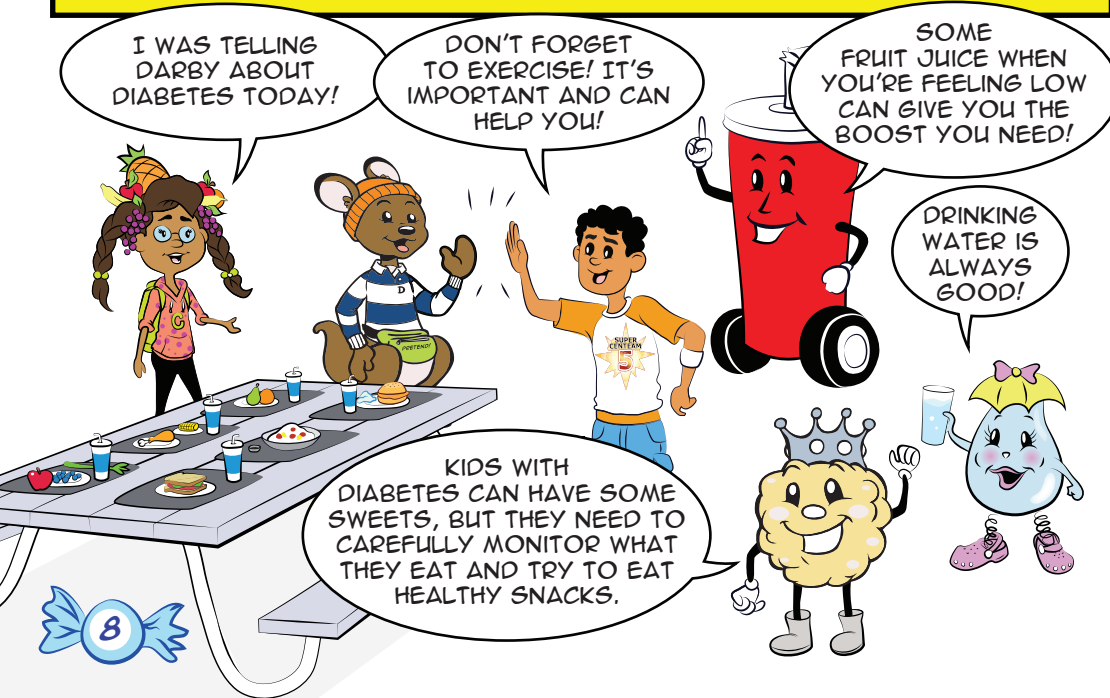
CONSTANCE KNEW THE THINGS SHE SHOULD EAT TO FEEL WELL ALL DAY AND GIVE HER THE ENERGY THAT SHE NEEDED.



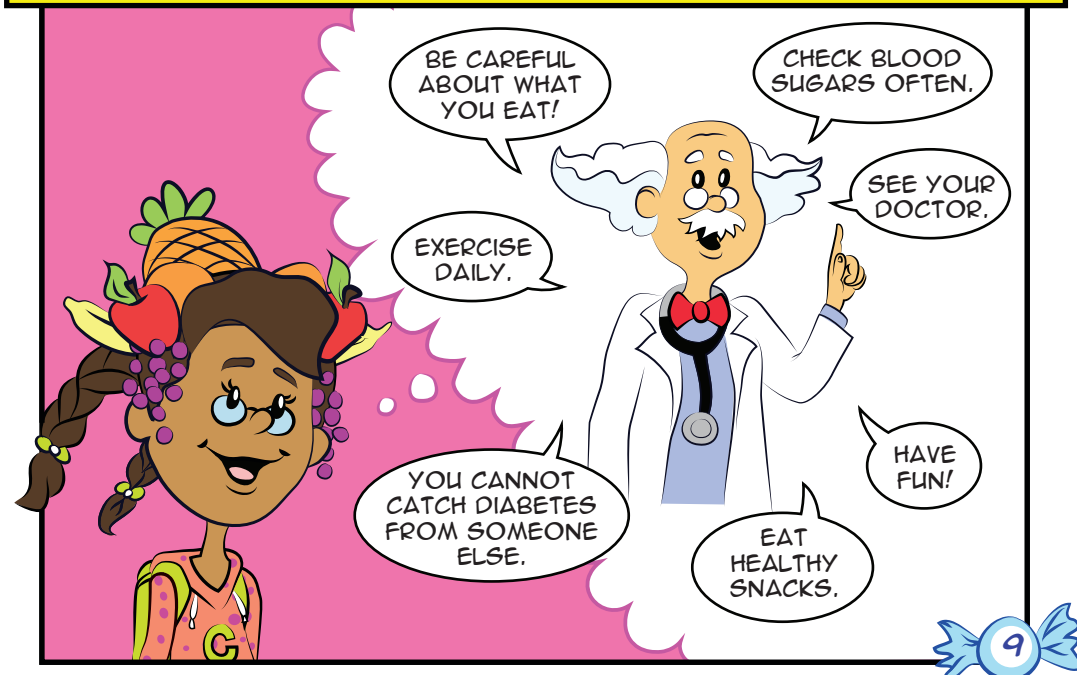
AFTER A HEALTHY LUNCH, THE GROUP PLAYED FRISBEE AND THEN RACED TO THE ROLLER COASTER.



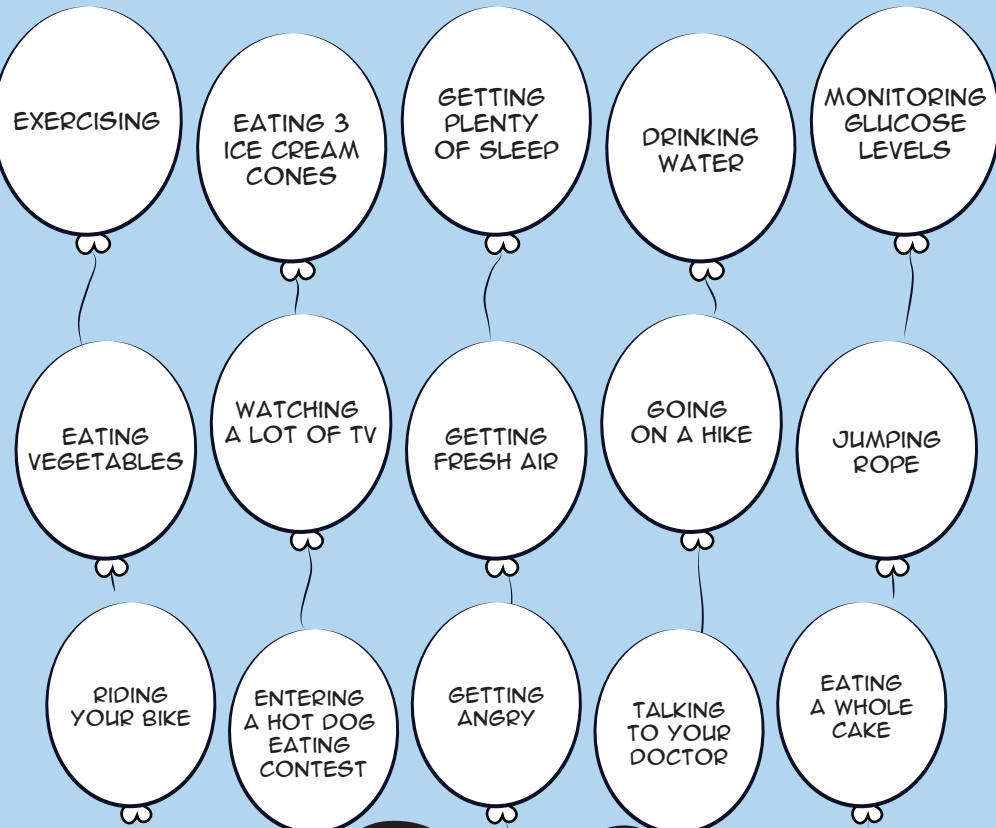
AT LUNCH, DARBY AND CONSTANCE SAW THEIR FRIENDS SPIKE ARMSTRONG, SNACK-KING, SKIP DRIVE-THRU AND CLAIRE SPRINGS! THEY TOLD DARBY OTHER TIPS ABOUT DIABETES.



CONSTANCE KNEW SHE WAS GOING TO HAVE A GREAT DAY WITH HER FRIENDS AT SUGARLAND, BUT SHE REMEMBERED THE WORDS OF DR. VON WHEELZES...



PUT AN "X" ON THE BALLOONS THAT ARE NOT A GOOD CHOICE FOR YOU.



SAY THE NAME OF EACH PICTURE. WRITE EACH WORD ON THE LINE. THEN CIRCLE THE WORDS HIDDEN IN THE PUZZLE.



diabetes

d



insulin

i



sweets

s



pancreas

p



glucose

g



sugar

s

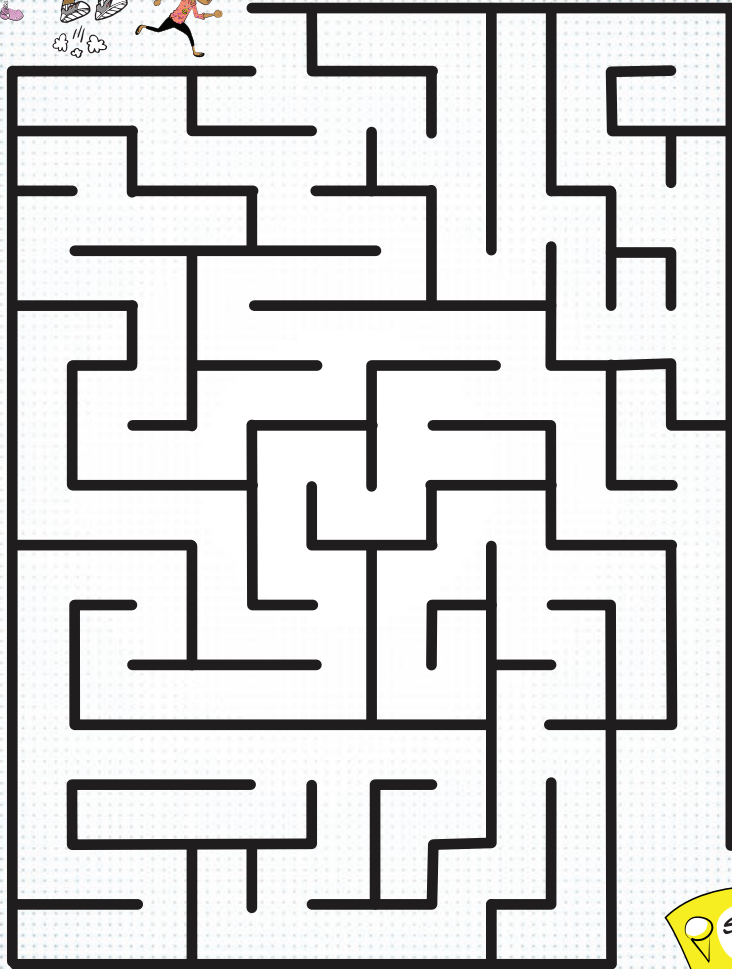
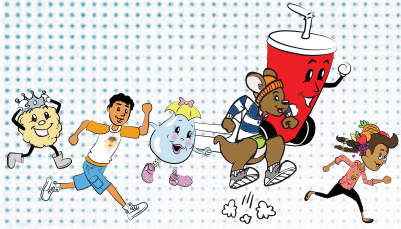


exercise

e

O	I	N	S	U	L	I	N	V	S
S	G	D	U	Y	G	R	A	J	W
A	D	S	G	E	F	W	X	L	E
E	I	G	A	H	E	A	Y	M	E
R	A	T	R	B	S	N	Q	V	T
C	B	S	N	L	O	U	I	O	S
N	E	X	E	R	C	I	S	E	C
A	T	N	A	S	U	Q	X	K	O
P	E	K	W	R	L	P	M	I	H
Z	S	R	E	L	G	T	O	D	G

HELP DARBY, CONSTANCE AND FRIENDS
GET TO THE SNACK HUT.



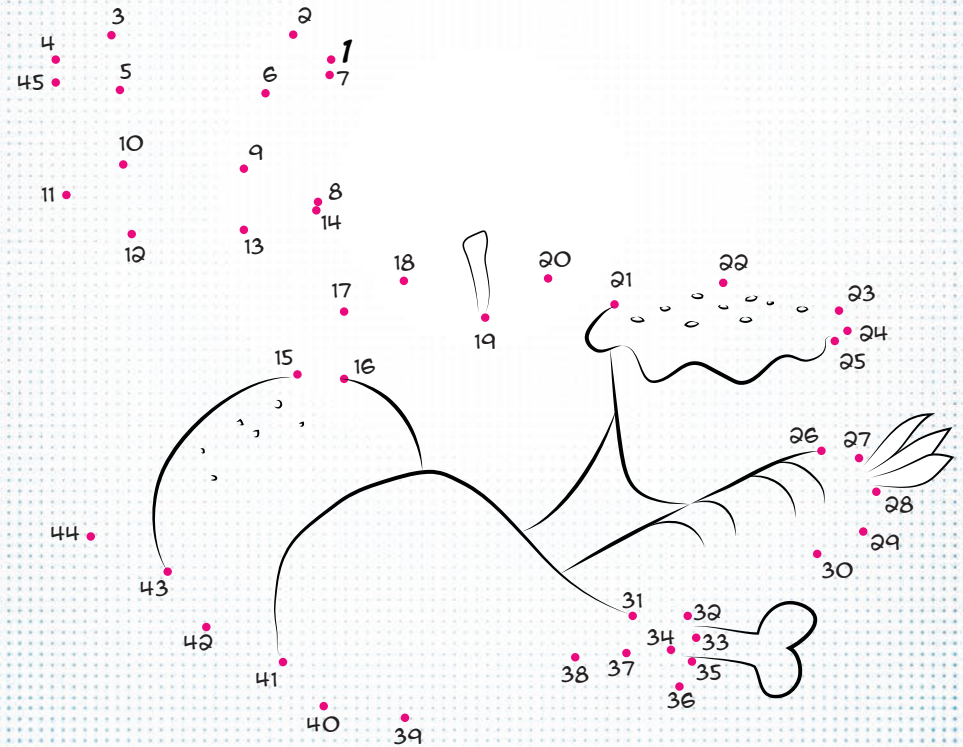
CONNECT THE DOTS TO
MAKE A PICTURE.

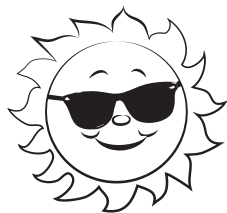


HOW FUN!

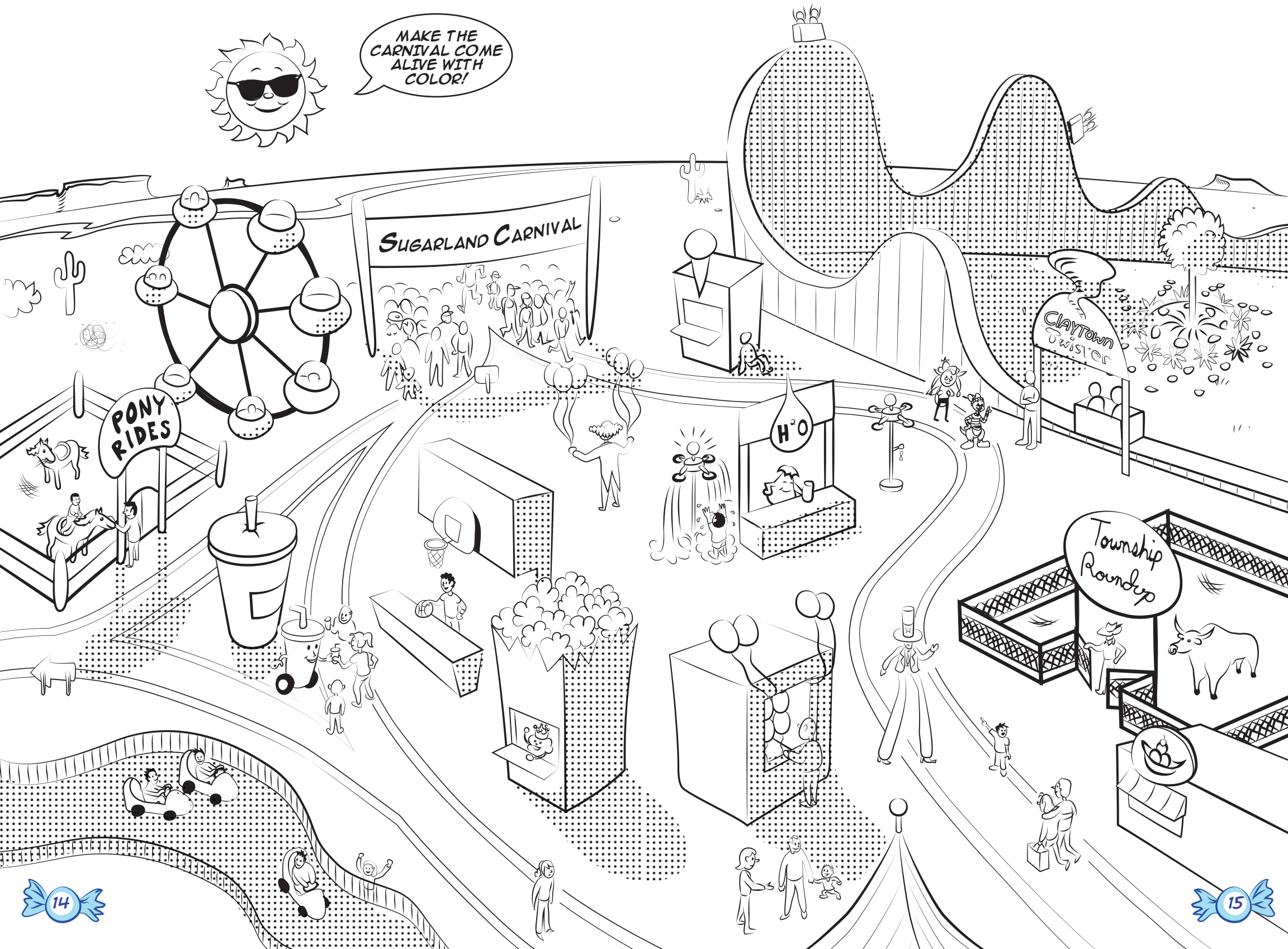


COOL!





MAKE THE
CARNIVAL COME
ALIVE WITH
COLOR!



CIRCLE TEN DIFFERENCES
BETWEEN THE TWO PICTURES!



NOW LET'S TAKE
THE TEST AGAIN AND
SEE WHAT WE'VE
LEARNED!

POST-TEST

TAKE THE POST-TEST AND COMPARE YOUR
PRE-TEST ANSWERS!

1. KIDS WITH DIABETES SHOULD NEVER EXERCISE.

☐ TRUE

☐ FALSE

2. TOO MANY SWEETS COULD MAKE YOUR BLOOD SUGAR
GO TOO HIGH.

☐ TRUE

☐ FALSE

3. KIDS WITH TYPE 1 DIABETES NEED INSULIN BECAUSE
THEIR PANCREASES CAN'T MAKE IT.

☐ TRUE

☐ FALSE

4. DIABETES IS LIKE A COLD THAT YOU CAN CATCH FROM OTHERS.

☐ TRUE

☐ FALSE

5. A SINGLE DROP OF BLOOD CAN TELL YOU YOUR BLOOD
SUGAR LEVEL.

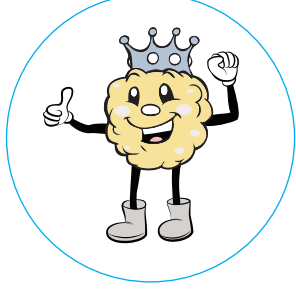
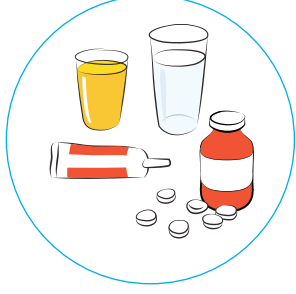
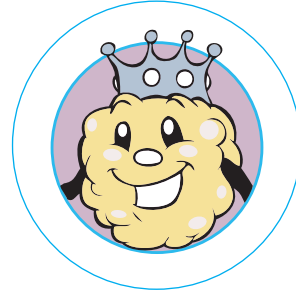
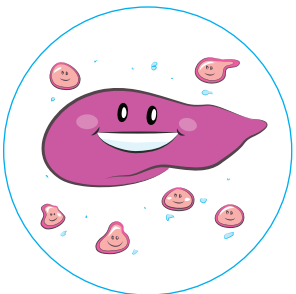
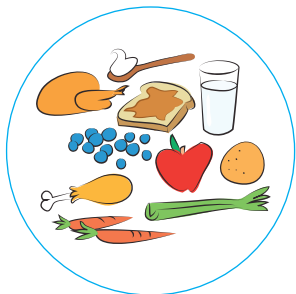
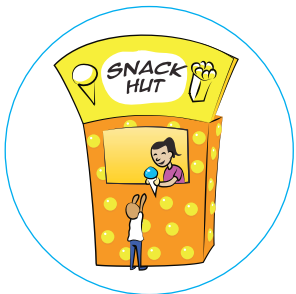
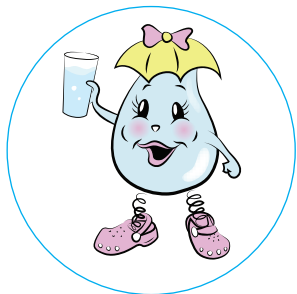
☐ TRUE

☐ FALSE

FLIP OVER TO SEE THE ANSWERS!

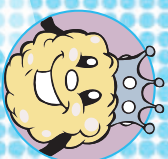
1.) FALSE 2.) TRUE 3.) TRUE 4.) FALSE 5.) TRUE

Special thanks for their research and contributions to Myrto Frangos, a board certified pediatric endocrinologist at Children's Endocrine Care, St Louis, Missouri, and to Patty Vickers, MS, RD, LD, CDE, BC-ADM, who is a Registered Dietitian with a Master's degree in Food & Nutrition, is a Certified Diabetes Educator and is board-certified in Advanced Diabetes Management.





TAKE THE SUGARLAND
PLEDGE AND BE PART OF THE
SUPER CENTEAM 5 CREW!



Sugarland Pledge

I HAVE DIABETES, WHICH IS SPECIAL, YOU SEE.
I WATCH MY DIET CLOSELY AND THE THINGS THAT I EAT.

I CAN DO ALL THE STUFF THAT OTHER KIDS DO,
I JUST CHECK MY BLOOD SUGARS TO MAKE SURE THEY'RE COOL!

I PLEDGE TO TAKE CARE OF MY BODY AND SELF,
TO FOCUS ON ME AND MY DAILY HEALTH!



X

WRITE YOUR NAME HERE

DATE



MADE IN THE USA

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KEEP THE PLANET
HEALTHY! THIS BOOK
WAS PRINTED ON
RECYCLED PAPER.