



Adventures from Sugarland!



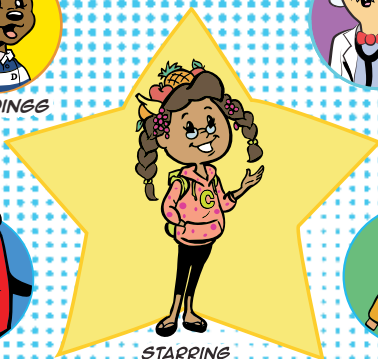
DARBY BOING



DR. VON
WHEEZLES



SKIP
DRIVE-THRU



STARRING
CONSTANCE
EATRITE



SPIKE
ARMSTRONG



CLAIRE SPRINGS



SNACK-KING

PROACTIVE PARENTS/GUARDIANS GUIDE

HI! I'M DARBY BOINGG AND I'M HERE WITH A SWEET LITTLE STORY ABOUT DIABETES.

IF YOU HAVE A CHILD WITH TYPE 1 DIABETES, YOU KNOW LIFE CAN BE A BIT TOUGH. CONTROLLING GLUCOSE, HIGH BLOOD SUGAR LEVELS, LOW BLOOD SUGAR LEVELS AND INSULIN INJECTIONS ARE PART OF DAILY LIFE FOR THOSE WITH THE DISEASE.

THIS LITTLE BOOK WILL HELP YOU UNDERSTAND DIABETES A LITTLE BETTER SO YOU CAN HELP YOUR KIDS UNDERSTAND OR TEACH OTHERS ABOUT IT. THANKS FOR ALL YOUR HELP!



- DARBY BOINGG

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.

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.



GOOD NEWS/BAD NEWS



THE GOOD NEWS ABOUT DIABETES IS THAT IT DOESN'T HAVE TO KEEP ANYONE FROM LIVING A FULL, ACTIVE LIFE! DID YOU KNOW THAT THERE ARE PRO ATHLETES, PEOPLE IN POLITICS, ACTORS AND ROCK STARS WHO HAVE DIABETES?

BUT THE BAD NEWS IS THAT DOCTORS DON'T KNOW WHY THE NUMBER OF CHILDREN WITH TYPE 1 DIABETES KEEPS RISING. EXPERTS THINK THAT THE NUMBER OF NEW TYPE 1 DIABETES CASES IN CHILDREN UNDER FIVE YEARS OLD WILL DOUBLE BY 2020.

RIGHT NOW ABOUT THREE MILLION AMERICANS HAVE TYPE 1 DIABETES. ABOUT HALF OF THE 30,000 CASES DIAGNOSED EACH YEAR ARE CHILDREN.

GOOD TO KNOW

TYPE 1 DIABETES IS A DISEASE IN WHICH BETA CELLS THAT MAKE INSULIN IN THE PANCREAS ARE DESTROYED BY THE BODY'S OWN IMMUNE SYSTEM, SO IT DOESN'T HAVE ENOUGH OF THE HORMONE THAT HELPS THE BODY'S CELLS TAKE IN GLUCOSE FROM FOOD.

WHAT CAUSES TYPE 1 DIABETES IS STILL NOT KNOWN. IT USUALLY SHOWS UP IN YOUTH OR EARLY ADULTHOOD.

CHANGES IN SURROUNDINGS AND LIFESTYLES MAY ALSO FIGURE IN.





TESTING 1...2...3



THE ADVENTURES OF BOINGG & SPROCKETTE:
ADVENTURES FROM SUGARLAND BEGINS AND ENDS WITH
A TEST ABOUT TYPE 1 DIABETES. HELP YOUR CHILD
ANSWER THE QUESTIONS BEFORE READING THE BOOK
(PRE-TEST), AND THEN AGAIN AT THE END.

IT WILL BE GOOD FOR YOU TO KNOW THE FACTS SO YOU
CAN DISCUSS THEM WITH YOUR CHILD.

KIDS WITH DIABETES SHOULD NEVER EXERCISE.

THIS IS FALSE. FOR ANYONE WITH DIABETES, EXERCISE
CAN HELP CONTROL WEIGHT AND LOWER BLOOD SUGAR
LEVELS. IT ALSO LOWERS HEART DISEASE RISK AND CAN
HELP YOU FEEL BETTER ABOUT YOURSELF AND IMPROVE
YOUR OVERALL HEALTH.

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

TRUE. FOR KIDS WITH TYPE 1 DIABETES, THE RISK OF
HYPERGLYCEMIA IS A CONCERN. TOO MUCH SUGAR CAN
CAUSE THIS.

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

THIS IS TRUE. A LACK OF INSULIN IN THE BLOOD CALLS
FOR INJECTIONS SO THAT IT CAN CONTROL THE GLUCOSE
IN THE SYSTEM.

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

FALSE. DIABETES IS NOT CONTAGIOUS. WHILE IT ISN'T
QUITE KNOWN WHAT TRIGGERS THIS IMMUNE SYSTEM
REACTION, DIABETES ISN'T PASSED ON
LIKE A COLD OR FLU.

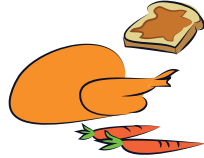
A SINGLE DROP OF BLOOD CAN TELL YOU YOUR BLOOD SUGAR LEVEL.

TRUE. CHECKING YOUR BLOOD SUGAR LEVEL BY
STUDYING A TINY DROP OF BLOOD IS VERY IMPORTANT
FOR CHILDREN WITH DIABETES.



DIABETES: WHAT'S IT ALL ABOUT?

THE FOOD WE EAT GETS TURNED INTO
SUGAR (GLUCOSE) AND ENTERS OUR
BLOODSTREAM.



THE GLUCOSE TRAVELS TO ALL OF OUR
CELLS THROUGH THE BLOODSTREAM.



THE PANCREAS IS AN ORGAN THAT
MAKES INSULIN. INSULIN HELPS OUR
CELLS USE THE GLUCOSE.



OUR CELLS NEED THAT GLUCOSE FROM
THE FOOD TO GROW AND GET ENERGY.
BUT PEOPLE WITH DIABETES HAVE A
HARD TIME CONTROLLING THE LEVEL
OF GLUCOSE IN THE BLOOD.



THEY MUST CHECK THEIR BLOOD SUGAR
LEVELS A FEW TIMES EACH DAY.



ONE TINY DROP OF BLOOD CAN TELL
YOU IF YOUR BLOOD SUGAR LEVEL IS
TOO LOW, TOO HIGH OR OKAY.



***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!***



KIDS WITH DIABETES NEED TO BE CAREFUL ABOUT WHAT THEY EAT AND WHEN. TOO MUCH OF THE WRONG TYPES OF FOODS CAN LEAD TO **HIGH BLOOD SUGAR (HYPERGLYCEMIA)**.

TEACH YOUR KIDS THAT EVEN THOUGH THESE FOODS MAY TASTE GOOD, THEY NEED TO BE WATCHED CAREFULLY AND LIMITED.

- SODA
- COTTON CANDY
- FUNNEL CAKES
- CANDY
- ICE CREAM
- COOKIES
- SNOW CONES
- CAKES & PIES
- DONUTS
- BREADS



NO THANKS TO TOO MANY SWEETS.



IF NOT TREATED, TYPE 1 DIABETES CAN BECOME VERY SERIOUS! WATCH FOR THESE SYMPTOMS...



SYMPTOMS OF HIGH BLOOD SUGAR

- ★ EXTREME THIRST
- ★ HAVING TO URINATE OFTEN
- ★ BLURRED VISION
- ★ SUGAR IN URINE
- ★ FRUITY, SWEET OR WINE-LIKE ODOR ON BREATH
- ★ HUNGRY MORE OFTEN
- ★ SUDDEN WEIGHT LOSS
- ★ DROWSINESS, LACK OF ENERGY
- ★ HEAVY, LABORED BREATHING
- ★ UNCONSCIOUSNESS

KIDS WITH DIABETES CAN HAVE SOME SWEETS, BUT THEY NEED TO CAREFULLY WATCH WHAT THEY EAT AND TRY TO EAT HEALTHY SNACKS.



JUST LIKE DARBY BOINGS, YOUR CHILD'S FRIENDS MAY HAVE MANY QUESTIONS ABOUT WHAT IT'S LIKE TO HAVE TYPE 1 DIABETES. HELP YOUR CHILD BETTER UNDERSTAND THE DISEASE SO HE CAN HELP TEACH OTHERS.

DOES THAT MEAN YOU CAN'T EVER HAVE SWEETS?

CAN YOU RUN AND EXERCISE?

DOES IT SLOW YOU DOWN?

WHAT DO YOU WANT TO EAT FOR LUNCH?

NO, I CAN HAVE SWEETS, BUT I JUST HAVE TO WATCH MY BLOOD SUGAR LEVELS AND MAKE GOOD CHOICES.

SURE THING...I'M RACING YOU TO THE ROLLER COASTER NEXT!

NO WAY, I JUST HAVE TO TAKE TIME TO CHECK MY BLOOD SUGAR LEVELS A FEW TIMES A DAY.

LET'S SEE WHAT THEY HAVE THAT WILL KEEP MY DIABETES ON "TRACK."



SERIOUS STUFF



IF NOT TAKEN CARE OF, DIABETES CAN GET VERY SERIOUS. THAT'S WHY IT'S IMPORTANT FOR YOUR CHILD TO FOLLOW ALL THE GUIDELINES AND TAKE A CONSTANT ACTIVE ROLE IN WATCHING HIS OR HER CONDITION.

PEOPLE WITH TYPE 1 DIABETES MUST CHECK THEIR BLOOD SUGAR LEVELS SEVERAL TIMES EACH DAY BY PRICKING A FINGER AND TESTING THEIR BLOOD.



BASED ON THE RESULTS OF THE TEST, THEY MAY NEED A SHOT OF INSULIN. NEEDLESS TO SAY, THAT CAN BE A BIG CHALLENGE FOR KIDS AS WELL AS THEIR PARENTS, BUT DIABETES EDUCATION PROGRAMS HAVE GREATLY IMPROVED IN GIVING CHILDREN INFORMATION THAT LETS THEM TAKE CHARGE.



KIDS WITH TYPE 1 DIABETES MAY FEEL THESE THINGS WHEN BLOOD SUGAR LEVELS FALL BELOW NORMAL:

LOW BLOOD SUGAR (HYPOGLYCEMIA)

- SWEATING
- TREMBLING
- HUNGER
- FAST HEARTBEAT
- CONFUSION

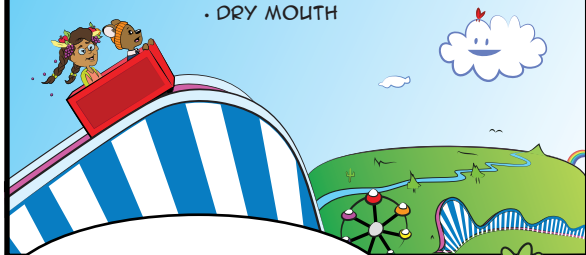
EATING A PIECE OF CANDY, SOME JUICE, GLUCOSE TABLETS OR SOME MILK CAN HELP BRING THE BLOOD SUGAR LEVEL BACK UP.



WHEN BLOOD SUGAR LEVELS CLIMB TOO HIGH, KIDS MIGHT FEEL THESE SYMPTOMS:

HIGH BLOOD SUGAR (HYPERGLYCEMIA)

- HUNGER & THIRST
- FREQUENT URINATION
- BLURRED VISION
- SLEEPINESS
- WEIGHT LOSS
- DRY MOUTH



TOO MANY SWEETS CAN LEAD TO HIGH BLOOD SUGAR LEVELS, AND THAT'S NOT GOOD EITHER!



TIPS

DIABETES IS NOT CONTAGIOUS. YOU CAN'T CATCH IT FROM SOMEBODY. MANY KIDS WITH TYPE 1 DIABETES ARE DIAGNOSED AT A YOUNG AGE, AS EARLY AS ONE TO TWO YEARS. IT'S NOT THEIR FAULT.

KIDS WITH TYPE 1 DIABETES HAVE TO BE MORE CAREFUL ABOUT WHAT THEY EAT AND DO. THEY NEED TO:

- CHECK THEIR BLOOD SUGAR LEVELS OFTEN.
- GET INSULIN SHOTS OR USE AN INSULIN PUMP:
MANY CHILDREN AT ABOUT 11 YEARS OLD CAN INJECT THEMSELVES SEVERAL TIMES A DAY. THIS ISN'T PAINFUL BECAUSE THE NEEDLES ARE THIN, SHARP AND SHORT.
- FOLLOW A HEALTHY EATING PLAN TO KEEP BLOOD SUGAR LEVELS UNDER CONTROL.
- EXERCISE REGULARLY.
- GET REGULAR CHECKUPS WITH DOCTORS AND THEIR DIABETES CARE TEAM TO STAY HEALTHY AND TREAT ANY PROBLEMS.

SNACKS FOR SCHOOL

AFTER A CHILD IS DIAGNOSED WITH THE DISEASE, IT IS IMPORTANT FOR HIM TO EAT A HEALTHY DIET AND KNOW HOW MANY CARBOHYDRATES HE'S HAVING AT EACH MEAL OR SNACK. SNACK TIME CAN BE ESPECIALLY HARD FOR CHILDREN WITH TYPE 1 DIABETES WHO DON'T WANT TO APPEAR WEIRD OR DIFFERENT FROM OTHER KIDS. HERE ARE SOME TIPS TO HELP PARENTS OF CHILDREN WITH DIABETES PLAN SNACKS FOR THEIR CHILDREN.

PRETZELS

SUGAR-FREE PUDDING

GRAHAM CRACKERS

LOW-FAT YOGURT

STRING CHEESE

CARROTS

BANANA SLICES

APPLE SLICES AND SUGAR-FREE CARAMEL

ORANGE SECTIONS

UNSWEETENED JUICE

ANIMAL CRACKERS

CHERRY TOMATOES

CUCUMBER SLICES



TOOLS

BLOOD GLUCOSE MONITOR

AN ELECTRONIC TOOL FOR MEASURING THE BLOOD GLUCOSE LEVELS.



TEST STRIPS

A STRIP HOLDING A DROP OF BLOOD TO BE READ BY THE MONITOR.



INSULIN SYRINGE OR PEN

A SMALL NEEDLE FOR INJECTING INSULIN.



INSULIN PUMP

AN ELECTRONIC PUMP THAT PUTS INSULIN INTO THE BLOODSTREAM.



A 3-DAY FOOD DIARY CAN HELP YOU TRACK YOUR CHILD'S MEALS TO MAKE SURE HE OR SHE IS STAYING ON PLAN.

		BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	COMMENTS
DATE _____	TIME							
	FOOD & DRINK							
DATE _____	TIME							
	FOOD & DRINK							
DATE _____	TIME							
	FOOD & DRINK							



TREATMENT



CHILDREN WITH DIABETES MAY NEED TO EAT A SNACK WHEN OTHER KIDS DON'T, LIKE ON LONG BUS TRIPS OR DURING SCHOOL LESSONS. THEY MAY HAVE TO TAKE THEIR INSULIN DURING THE SCHOOL DAY. BE UNDERSTANDING AS TO WHAT THESE KIDS HAVE TO DEAL WITH.

KIDS WITH DIABETES CAN STILL DO ALL THE THINGS THEY LOVE DOING: PLAY SPORTS, GO ON TRIPS, AND HANG OUT WITH FRIENDS. LET YOUR CHILD KNOW YOU'RE THERE TO HELP.

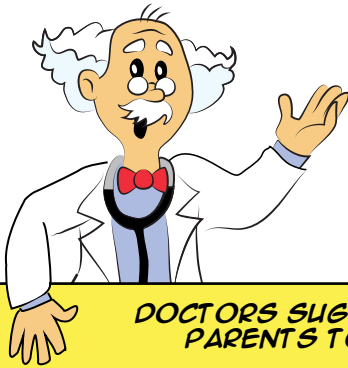
BECAUSE 100% OF TYPE 1 CHILDREN NEED INSULIN MANY TIMES A DAY, THEIR PARENTS NEED TO MAKE SURE THEY EAT A HEALTHY DIET WHILE BALANCING THE CARBOHYDRATES THEY EAT WITH THE INSULIN THEY TAKE. A CHILD SHOULD EAT FIVE TIMES A DAY:

1. A FIRST BREAKFAST
2. A SECOND BREAKFAST
3. LUNCH
4. AFTERNOON SNACK
5. DINNER

SOME YOUNGER CHILDREN MAY NEED TO EAT SIX TIMES A DAY, WITH A BEDTIME SNACK, TOO.

SAVE SWEETS FOR SPECIAL TIMES. KNOW THE PORTION SIZES FOR STARCHY FOODS SUCH AS BREAD, POTATOES, PASTA, CORN AND RICE. ASK YOUR CHILD'S DIABETES TEACHER HOW TO WORK THESE IN TO YOUR CHILD'S MEALS.

MAKE YOUR CHILD'S MEALS FROM LEAN PROTEIN, WHOLE GRAINS, FRUITS, VEGETABLES AND NON-FAT DAIRY.



DOCTORS SUGGEST PARENTS TO:

1. ASK YOUR CHILD'S DOCTOR WHAT YOUR CHILD'S A1C* IS.
2. KEEP A LOG OF YOUR CHILD'S BLOOD SUGAR READINGS AND THE AMOUNT OF INSULIN GIVEN EACH TIME.
3. ALWAYS KEEP GLUCOSE TABLETS OR JUICE THAT CONTAINS SUGAR IN YOUR PURSE, IN ORDER TO BRING UP YOUR CHILD'S BLOOD SUGAR LEVEL IN CASE IT DROPS TOO LOW.
4. REMEMBER THAT THE INSULIN DOSES ARE NOT ALWAYS THE SAME. THEY VARY DEPENDING ON THE GLUCOSE LEVEL AND THE AMOUNT OF CARBOHYDRATES IN FOOD.
5. ASK YOUR CHILD'S DOCTOR OR DIABETES TEACHER ABOUT WHICH TIMES OF DAY YOU SHOULD CHECK YOUR CHILD'S BLOOD SUGAR.

* THE A1C TELLS YOU THE 3-MONTH AVERAGE OF THE BLOOD SUGAR.

RESOURCES

NO NEED TO SUGAR-COAT THIS: IF YOUR CHILD HAS BEEN DIAGNOSED WITH TYPE 1 DIABETES, IT CAN BE SCARY, CONFUSING, AND FRUSTRATING.

BUT THERE ARE MANY FINE RESOURCES TO HELP YOU GET THE INFORMATION YOU NEED IN ORDER TO COPE WITH THE CHALLENGES.



JUVENILE DIABETES RESEARCH FOUNDATION
WWW.JDRF.ORG

JUVENILE DIABETES RESOURCE FOR PARENTS AND CHILDREN
WWW.MYCHILDHASDIABETES.COM

KIDS HEALTH DIABETES CENTER
WWW.KIDSHEALTH.ORG/PARENT/CENTERS/DIABETES_CENTER.HTML

BLOOD GLUCOSE LEVEL TRACKING CHART
WWW.KIDSHEALTH.ORG/PARENT/DIABETES_CENTER/TOOLS/GLUCOSE_RECORD.HTML#CAT20725

3-DAY FOOD DIARY
WWW.KIDSHEALTH.ORG/PARENT/DIABETES_CENTER/TOOLS/DIABETES_FOOD_DIARY.HTML#CAT20725

THE AMERICAN DIABETES ASSOCIATION
WWW.DIABETES.ORG

NATIONAL DIABETES INFORMATION CLEARINGHOUSE (NDIC)
DIABETES.NIDDK.NIH.GOV

CHILDREN WITH DIABETES
WWW.CHILDRENWITHDIABETES.COM

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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!



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KEEP THE PLANET HEALTHY!
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