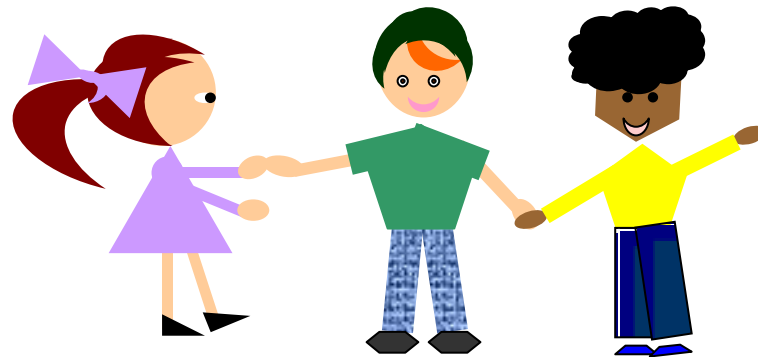


MY OWN TYPE 1 DIABETES BOOK



Written and illustrated
by Sandra J. Hollenberg
(Malcolm's Grandma Sandy)

2008 Edition © Sandra J. Hollenberg
Additional copies available for free downloading at www.grandmasandy.com

To the adult reader

Has a child you love been diagnosed with diabetes? This book will help! It's the kind of book our family could have used when my grandson Malcolm was diagnosed with diabetes at the age of 2 in 1996.

I wrote this book for Malcolm when he was 5, his mom, my daughter Barbi Lazarow asked me to write it so that Malcolm would have his own resource and not need to go to an adult every time he had a question. Although written specifically for children the book's simple structure makes it an excellent starting point for adults too.

I want the book to be the child's; in most cases it will have to be read aloud, though not necessarily in a one-sitting read. Members of the diabetes team may want to go over the book with your child. There is room to make notes specific to the treatment regimen.

Children will refer to the book when they have questions; they will ask you to read it when they forget what the pictures are saying. They'll show the book to their friends. This is meant to be their own special book, written just for them.

Malcolm is now 14 and technological advances in care have made it much easier and less painful to track blood glucose levels and insulin pumps make life almost normal.

I would like to thank the dieticians, educators, nurses, and physicians in the United States and Canada who checked my work for accuracy. Special thanks to Mary Ann Crowdson, RN and Diane O'Grady, RN, BSN, CDE. Others whose advice was gratefully accepted include, of course, my daughter Barbi, Malcolm's brother my grandson Paul, Barbara Corwin, Karla Marks and Dyane Lynch, my editor.

And, of course, special thanks and love to Malcolm Lazarow, the child who made me an author.

Sandra J. Hollenberg

Summer, 2008

www.grandmasandy.com

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This book is dedicated to my daughter
Barbi Hollenberg Lazarow,
the best Mom a child with diabetes can have!

MY OWN TYPE 1 DIABETES BOOK, 2008 edition ©by Sandra J. Hollenberg
This book is available for free downloading at grandmasandy.com

Do you know someone with diabetes?

Maybe it's you -

maybe a classmate?

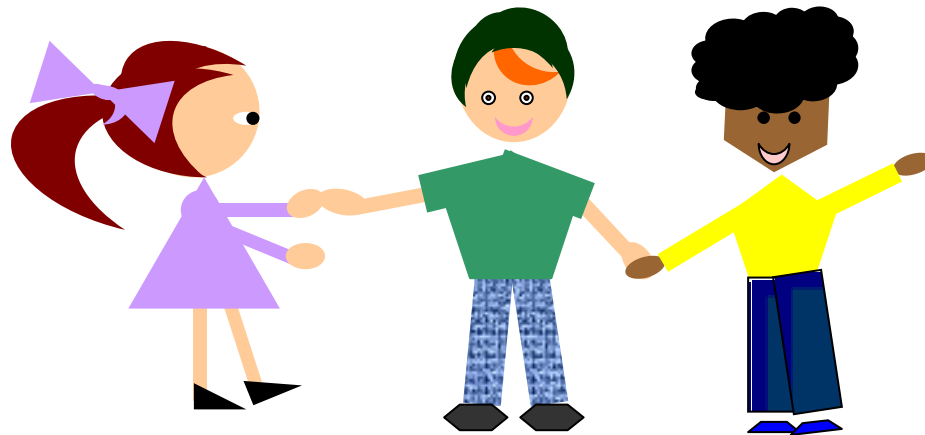
Is it your brother or sister?

In any case this book is just for you.

It will tell you about type 1 diabetes.

Knowing about diabetes will help you help yourself.

It will help you help your friend.



HOW DO YOU GET DIABETES?

YOU CAN'T CATCH IT!

It isn't like a cold or chickenpox.

You can play with people that have diabetes.

You can whisper to them.

You can kiss and hug them.



YOU CAN'T GIVE DIABETES TO ANYONE!

Do you sometimes have bad thoughts about someone?

Or wish a bad thing would happen to them?

Those thoughts can't give anyone diabetes.

YOU CAN'T GET DIABETES FROM WHAT YOU EAT!



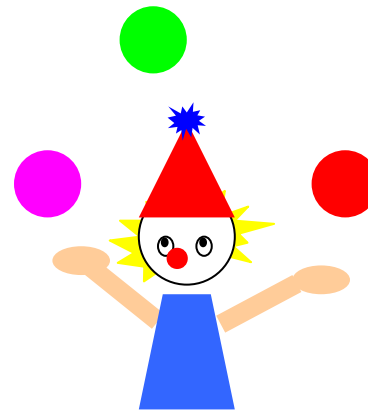
What you eat can help if you have diabetes.
But what you eat can't stop you getting it.

We don't know yet why some people get it.
But we do know how to take care of it!

IF YOU HAVE DIABETES

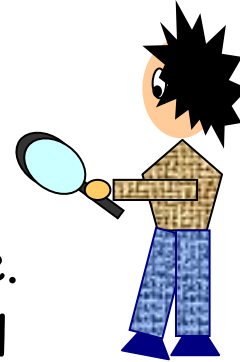


You will become like a doctor.
You will learn to take care of yourself.



You will become like a juggler.
You will learn to balance diet, exercise and insulin.

You will become like a detective.
You will learn the clues that tell
if your blood sugar is high or low.



You become even more special than you already are!
You can do it and your friends can help.

Friends help just by knowing what you have to do.

WHAT IS DIABETES?

Diabetes changes the way your body uses energy.

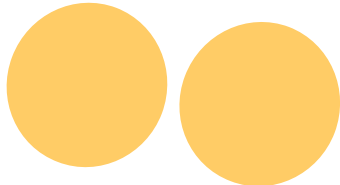
We get our energy from food.

Some food we eat makes us grow.

Some food we eat gives us energy.

The foods that give us energy are carbohydrates.

ENERGY FOOD
Hamburger bun



Bread is a carbohydrate



Can you think of other carbohydrates?

cereal corn potatoes milk
apples dried beans pasta

GROWING FOODS



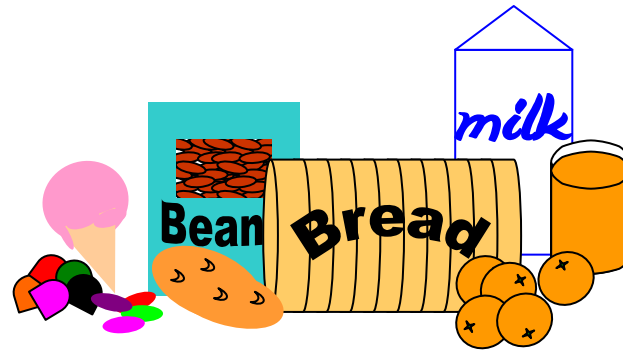
Hamburger patty
Lettuce
Tomato

Can you think of other growing foods?

cauliflower spinach string beans
fish chicken cheese milk

Some energy foods also help us grow.
Some growing foods also give us energy.
It is important to eat both!

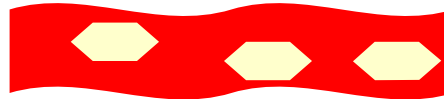
When you eat CARBOHYDRATES



They become a kind of sugar called

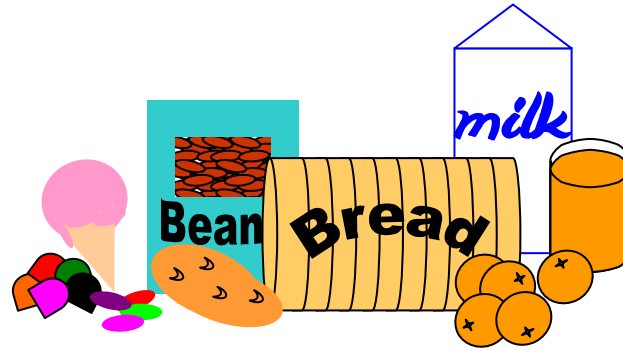
GLUCOSE

The glucose goes into the bloodstream. 

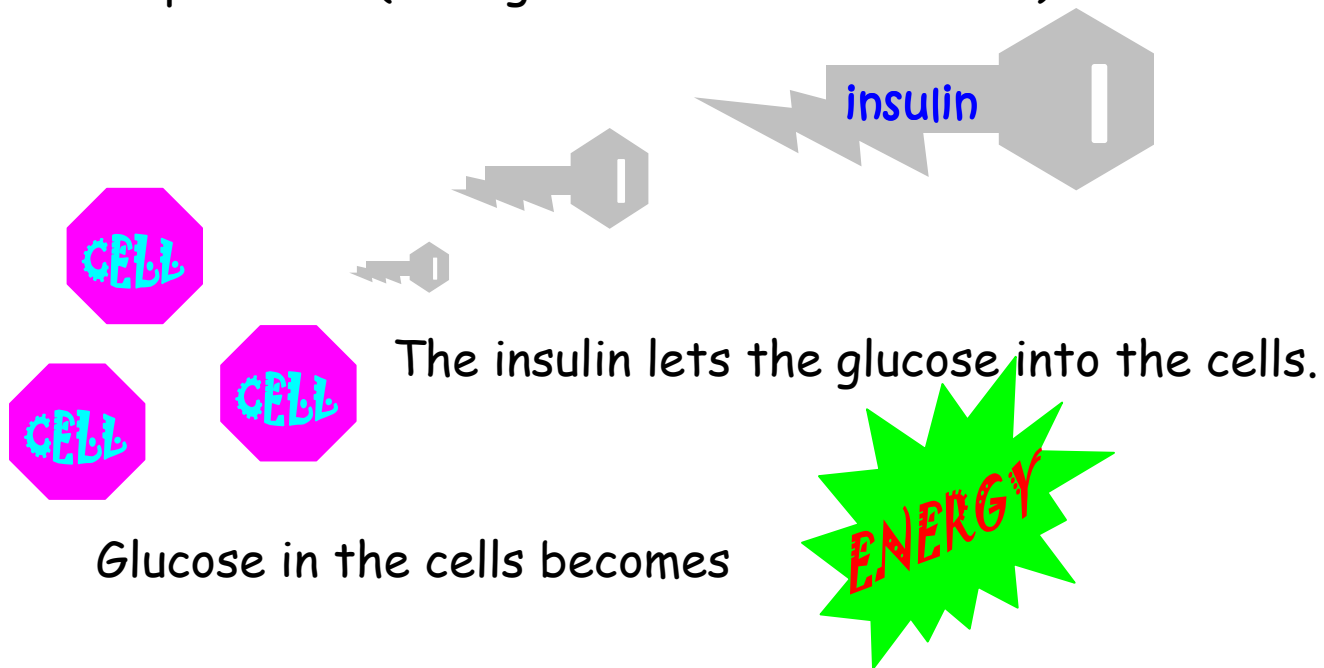


 It travels to the Cells.

When you eat CARBOHYDRATES



The pancreas (an organ behind the stomach) makes



Diabetes means your pancreas isn't working properly.

It means the pancreas doesn't make insulin anymore.

The glucose (blood sugar) can't go into the cells.

You can't get energy that you can use.

But you need energy to live.

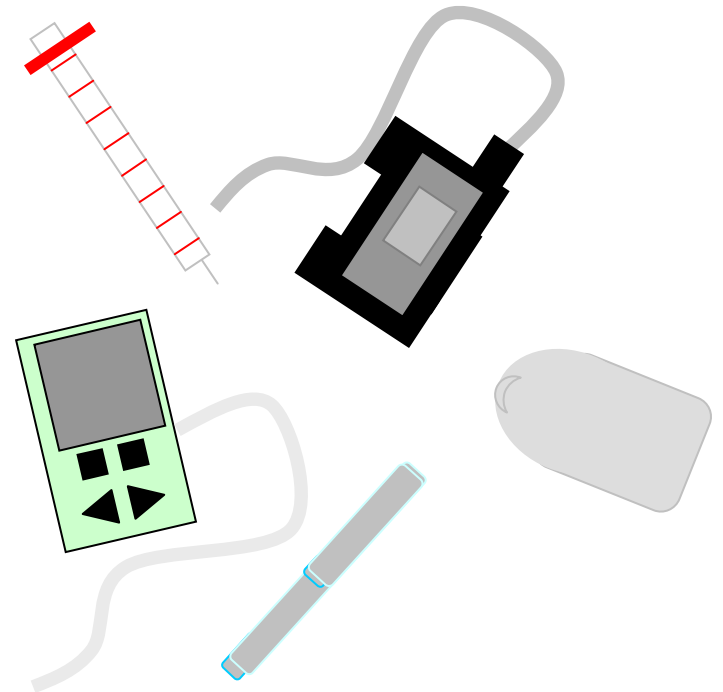
The pancreas doesn't make insulin.

You must take insulin another way.

Pills won't work for type 1 diabetes.

By the spoonful like cough syrup
won't work either.

The only way to get the insulin you
need is by injection.



When the pancreas works properly
it lets out just the right amount of insulin.

Now, *you* have to do the job of the pancreas.

How do you know how much insulin to inject?

THERE ARE TWO WAYS OF KNOWING:

- 1) You count the carbohydrates you eat;
- 2) You check your blood.

A pancreas that makes insulin
balances the insulin to the carbohydrates you eat.
When you take insulin by injection you do the balancing.

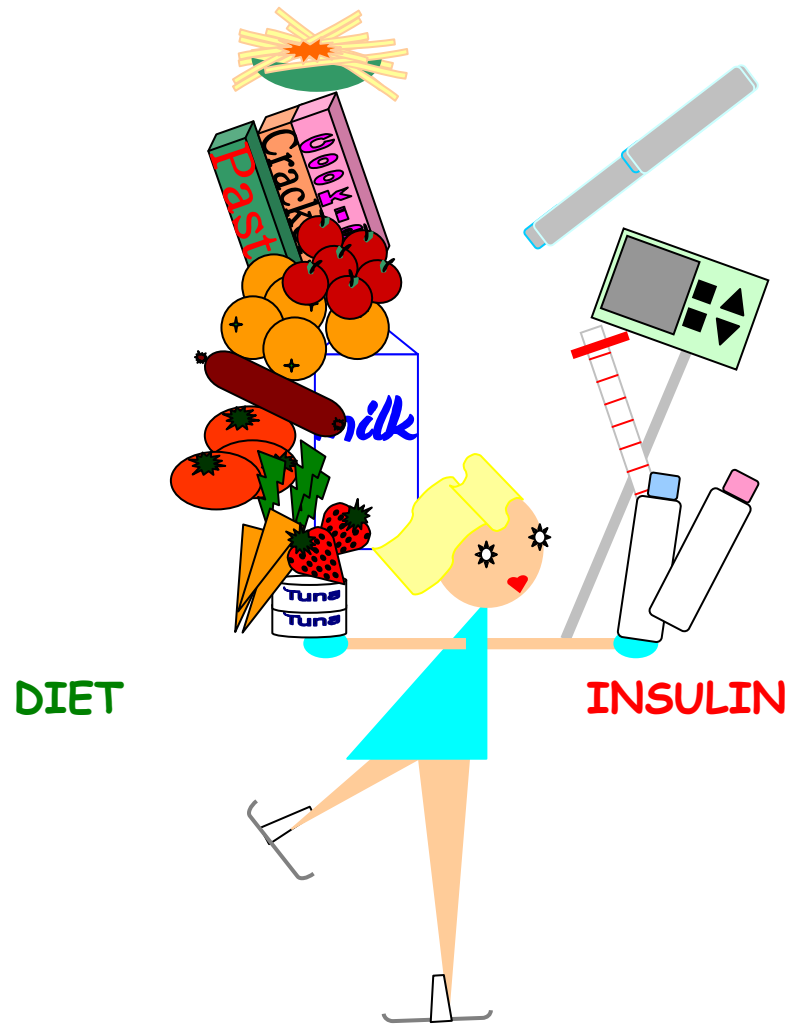
THE BALANCING ACT

People with diabetes have to balance three things.

1) Diet -
diet is the food you eat.

2) Exercise -
activities that use energy are called exercise.

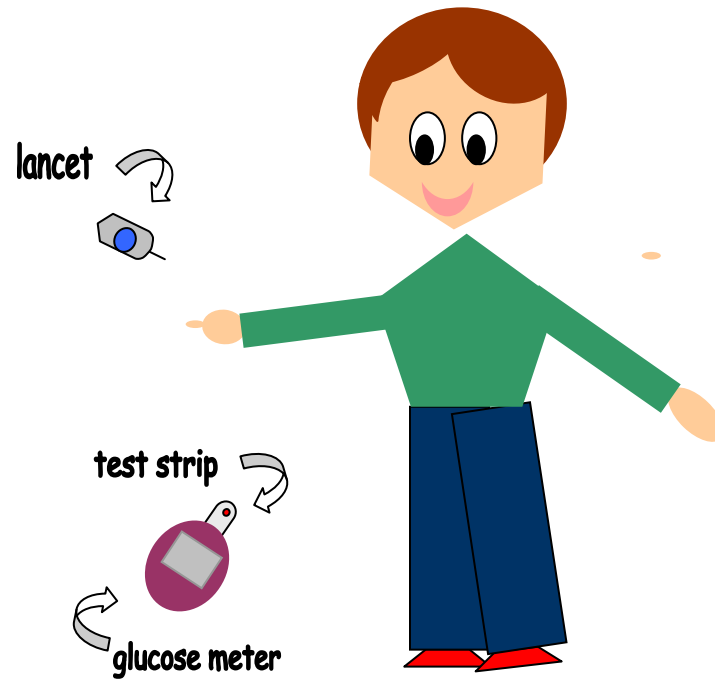
3) Insulin -
insulin is a hormone
that changes glucose into energy you can use.



ICE-SKATING IS EXERCISE

What exercise do you like best?

BLOOD CHECKS HELP YOU STAY BALANCED



In your diabetes kit there are special papers called test strips.

- 1) Put a strip into a machine called a glucose meter or glucose monitor.
- 2) Clean your finger – don't use alcohol – alcohol will dry your skin and make it crack.
- 3) Prick your finger tip with a lancet.
- 4) Put a drop of blood on the test strip.

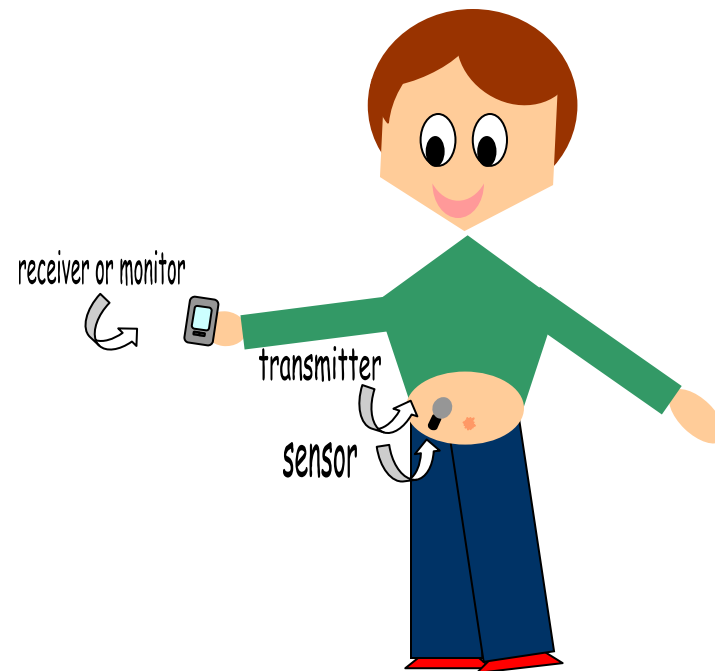
The meter will show how much glucose is in the blood.
Some meters use blood from your arm.

If the check shows low blood sugar you need carbohydrates.
If the check shows high blood sugar you need insulin.

The time and results of your check should be
recorded in your Diabetes Log.

CONSTANT GLUCOSE MONITORING (CGM)

Constant Glucose Monitoring or CGM is another way to check



CGM means that your glucose is tracked all the time.

This lets you and your caregivers see what is happening.

Is the glucose starting to go high?

Is it starting to go low?

Does it peak or drop at certain times?

HOW DOES IT WORK?

A tiny *sensor* is inserted under your skin.

The sensor has to be changed every few days.

A small *transmitter* attaches to the sensor.

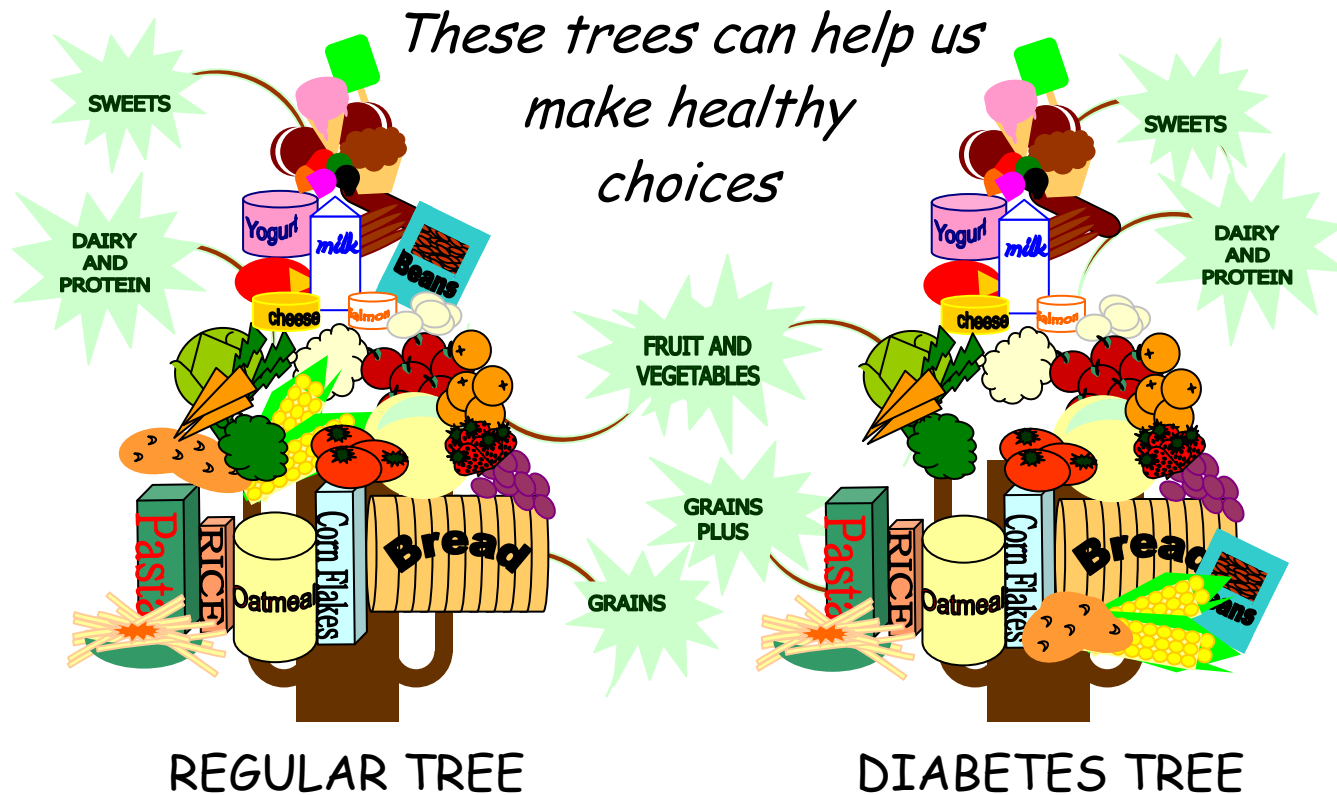
The transmitter sends the information to a *receiver*.

The receiver can be with you or somewhere nearby.

This information, like the information in your log,
helps keep you in balance.

DIET

The foods we eat



Can you see a difference in the trees?

(A hint: grains have a lot of carbohydrates, so do dried beans and starchy vegetables.)

People should pick more foods
from the bottom of the food tree.

People should pick fewer foods
from the top of the food tree.

What foods are at the top of both trees?

Something that everyone loves -

SWEETS!

Do you know why we should eat fewer sweets?

Too many sweets take away your appetite.

You won't be hungry for other foods -
foods your body needs to grow and stay healthy.

People with diabetes shouldn't have too many sweets,
just like anyone else.

Nowadays some sweets are made with artificial sweeteners.
Artificial sweeteners don't have any carbohydrates.
So the sweets with artificial sweeteners have fewer
carbohydrates than other sweets.
Still, they must be counted for your diet plan.



*You can eat them,
but save room for growing foods!*

Many things are the same for everyone.
Everyone should eat a variety of healthy foods.
No one should eat too many sweets.

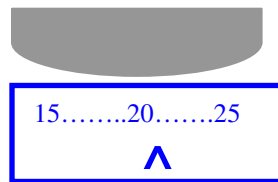
Some things are different for people with diabetes . . .

People with diabetes have to count their food.
They have to count the grams (gm) of carbohydrate (carbs) they eat.

THIS IS VERY IMPORTANT

It is important because insulin is injected to balance the carbohydrates.

The carbohydrate grams are counted by weighing or measuring the food.



The numbers of grams are also on some food packages.

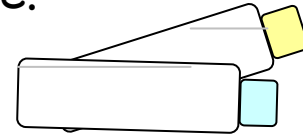
The time and the amount of carbohydrates you eat should be recorded in your Diabetes Log.

INSULIN

There are different kinds of insulin.
Some kinds will work well for you.
Other kinds will work well for another person.

When insulin works well
and is in balance with your diet and exercise,
you will feel good.

If the insulin isn't right you won't be in balance.
You won't feel good.



Insulin can be injected with a pump or with a shot.

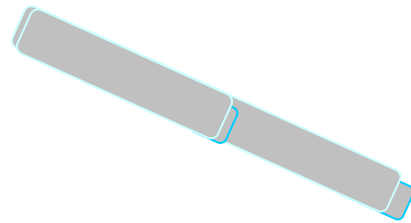
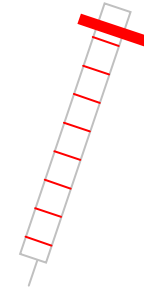
Keep a Diabetes Log

The information in the Log helps find the *type* of insulin that is best for you.
The information in the Log helps find the *amount* of insulin that is best for you.

Insulin shots are given with a syringe or an insulin pen.
The shots are given before or after meals.

Before meal shots mean
you eat to balance the insulin.

After meal shots mean
the insulin is balanced to what you eat.



You give the shots under the fatty parts of your body.
You can have the shots in your upper arm or thigh.
You can have shots in your tummy or tushy.

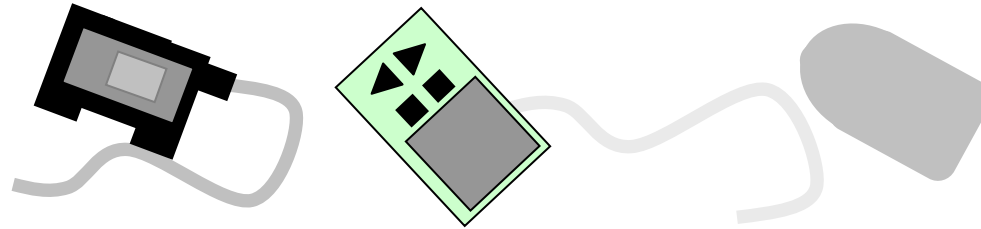
“Injection aids” can make the shots easier to take.

A pump gives a steady amount of insulin.
You wear it all the time, even when you are sleeping.

The pump can be programmed to give extra insulin.

With some pumps the insulin goes from the pump,
through a tube and into an "infusion site".

Some pumps do not have a tube - the pump is the infusion site.



The infusion site can be on the tummy or high on the tushy.

It can even be on your arm.

The infusion site must be changed every two or three days.

Special cream can be used to numb your skin.

That way you can't feel the site being changed.

You won't feel it, but you still might not like it.

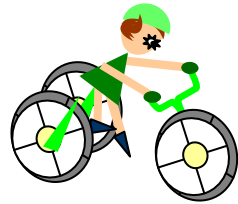
Try taking a deep breath and holding it.

Try thinking of your favorite thing.

EXERCISE

People with diabetes can do anything anyone else does.

They can play ball or hide and seek.



They can ride their tricycles.

They can swim and dive.



THERE ARE TWO THINGS TO REMEMBER

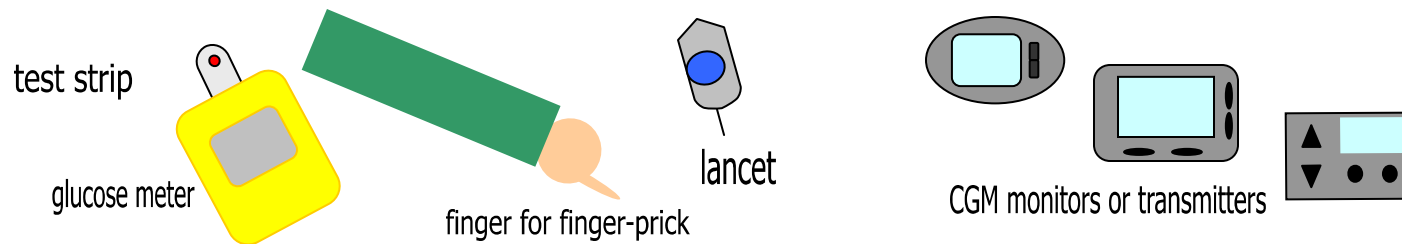
1) Check blood sugar *before* you exercise!

It is OK if blood sugar is a little high before exercising.

It is NOT OK if it is a little low.

When the blood sugar is low eat some quick-energy food.

Check again in 15 or 20 minutes.



2) Check blood sugar *after* you exercise!

When you exercise you use lots of energy.

The blood sugar could be low.

When the blood sugar is low eat some quick-energy food.

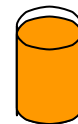
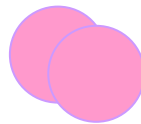
Check again in 15 or 20 minutes.

When you exercise

ALWAYS

HAVE YOUR DIABETES KIT NEARBY
HAVE QUICK-ENERGY FOODS ON HAND

Some good quick-energy foods are
glucose tablets and orange juice.

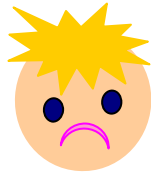


The time and what you did should be recorded
in your Diabetes Log

WATCH OUT!

Sometimes you can lose your balance.
Sometimes there is a reason.

Do you have a cold or the flu?
Is there a new baby at your house?
Did your best friend move away?



Your blood sugar/insulin balance
can change when you are sick.

It can change when you are very sad or very glad.

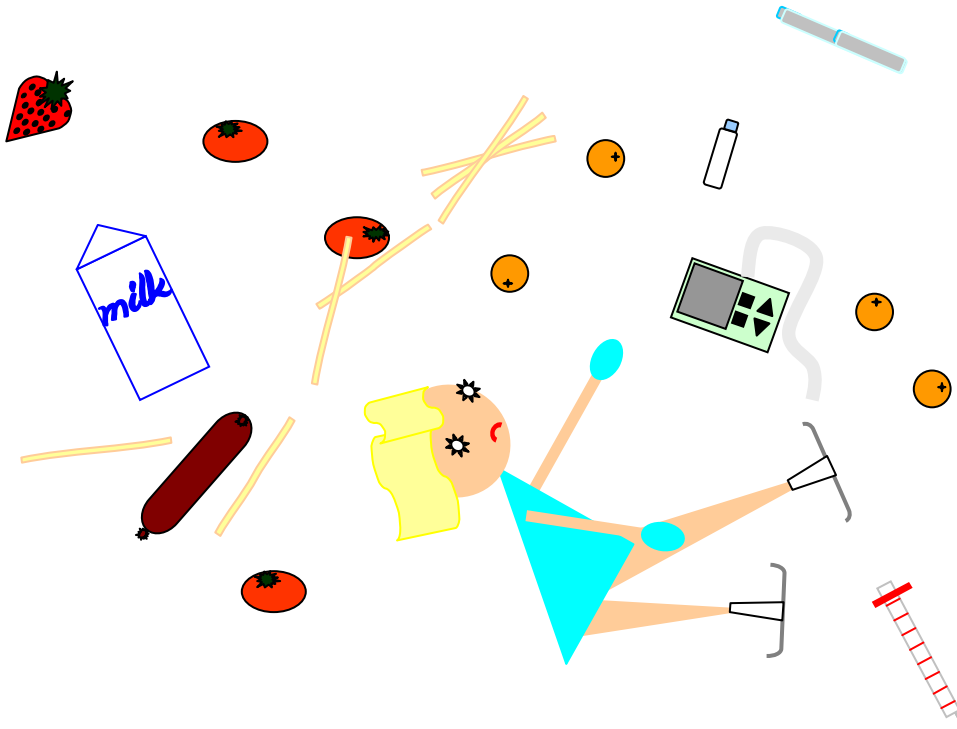
It can sometimes change
when you are scared or mad!

It changes when you have growing spurts.
Sometimes it changes when you get hurt.

Sometimes it changes for no reason at all.



WHOOPS!



You've lost your balance.
That means your blood sugar is way too high -
or way too low.

If it's **high**
you have **HYPERGLYCEMIA**.
You feel terrible and are very thirsty.
You have to go to the bathroom a lot.
Too much glucose in your bloodstream is bad.
You can't get any energy.
You could be tired or even wired.
You need insulin right away!

If it's **low**
you have **HYPOGLYCEMIA**.
Your arms and hands might be numb and tingly.
You might be shaky and dizzy.
You might even be sweaty.
You'll probably be grouchy and grumpy.
Have quick-energy food right away!

It is important that other people know you have diabetes.

That is why you wear an ID like a

"MEDIC ALERT' bracelet.

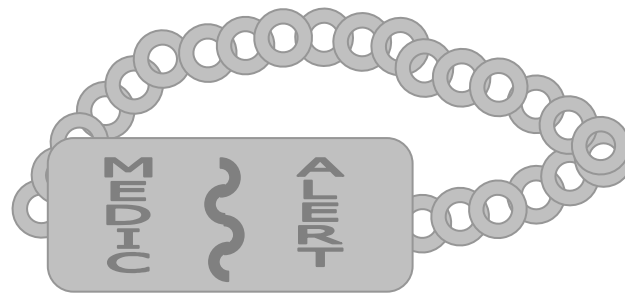
That is why you keep your diabetes kit with you always.

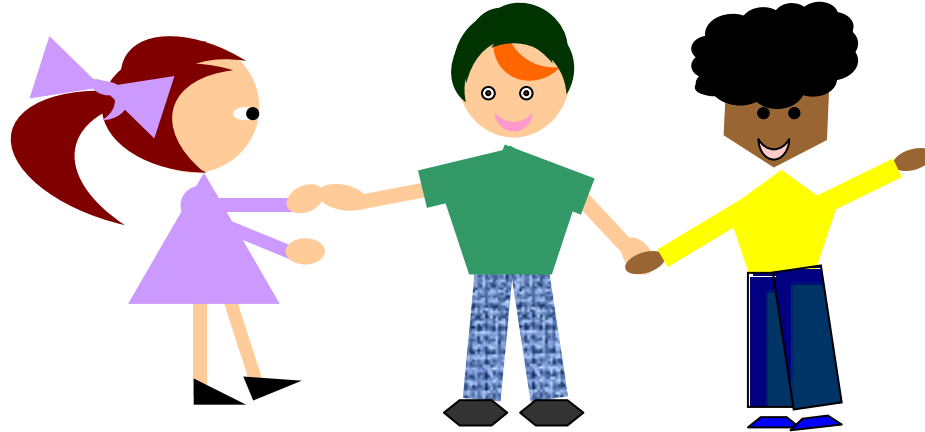
People will be able to take care of you.

They will know you have diabetes.

They will have the supplies they need for you.

They will know the phone number to call.





It is nice when your friends know about diabetes.

They will understand why you wear a pump
or need shots.

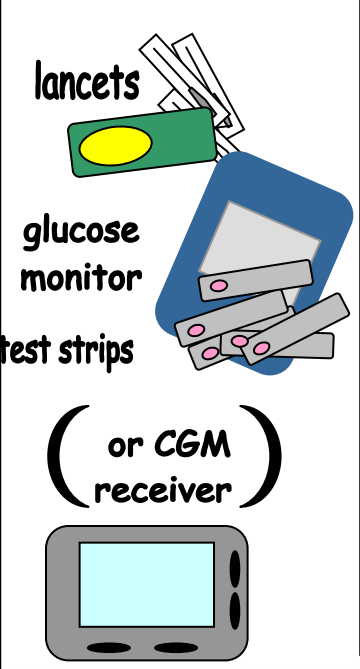
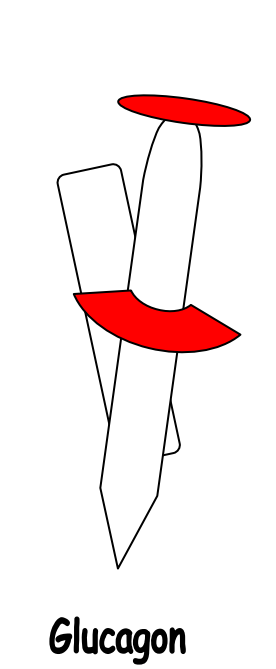
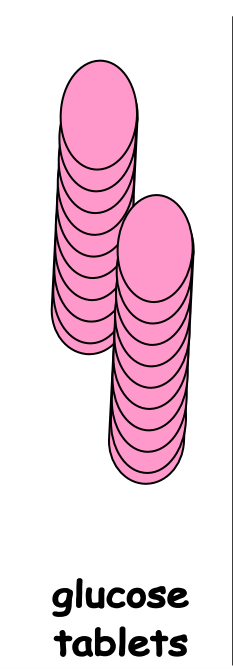
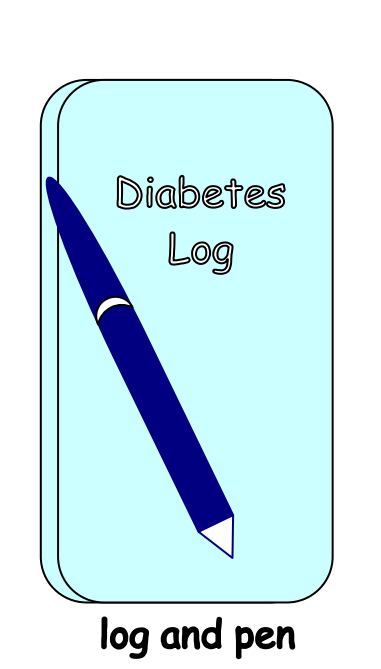
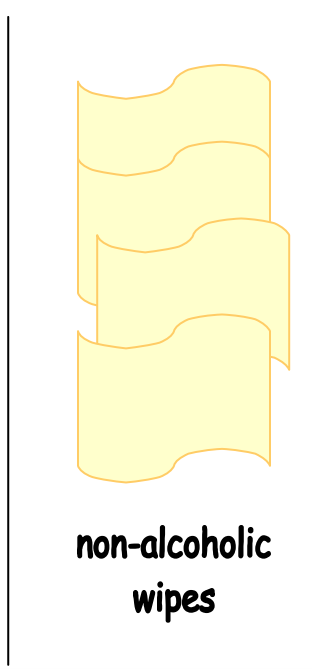
They will understand why you count your food
and check your blood.

They might even help find the clues
that tell when your blood sugar is high or low.

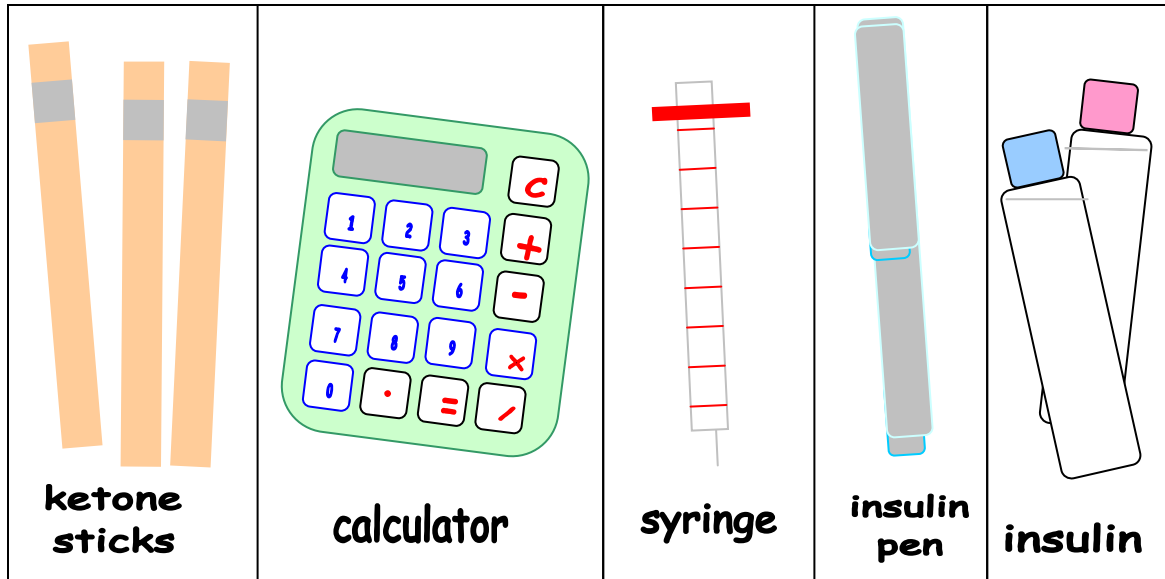
Have you read this book through?
It was written just for you.
It can help you learn what you should do.
Look at it from time to time.
There's a lot to learn, but you'll do fine!

MY OWN NOTES AND REMINDERS

MY OWN TYPE 1 DIABETES KIT

 <p>lancets</p> <p>glucose monitor</p> <p>test strips</p> <p>(or CGM receiver)</p>	 <p>Glucagon</p>	 <p>glucose tablets</p>	 <p>Diabetes Log</p> <p>log and pen</p>	 <p>non-alcoholic wipes</p>
<p>Here are test strips, lancets and a glucose monitor. (or CGM receiver)</p> <p>You have them so you can check your blood glucose levels.</p>	<p>Here is Glucagon.</p> <p>You have it in case you get very hypoglycemic.</p>	<p>Here are glucose tablets (quick-energy food).</p> <p>You have them in case your blood sugar is low.</p>	<p>Here is a Diabetes Log and a pen.</p> <p>The log is a notebook to keep a record of your blood checks, your carbohydrates and your exercise.</p>	<p>Here are non-alcoholic wipes.</p> <p>You need them to clean your skin before checking your blood.</p>

MY OWN TYPE 1 DIABETES KIT



ketone sticks

calculator

syringe

insulin pen

insulin

Here are ketone sticks.

You have them in case your blood sugar goes very high.

Here is a calculator.

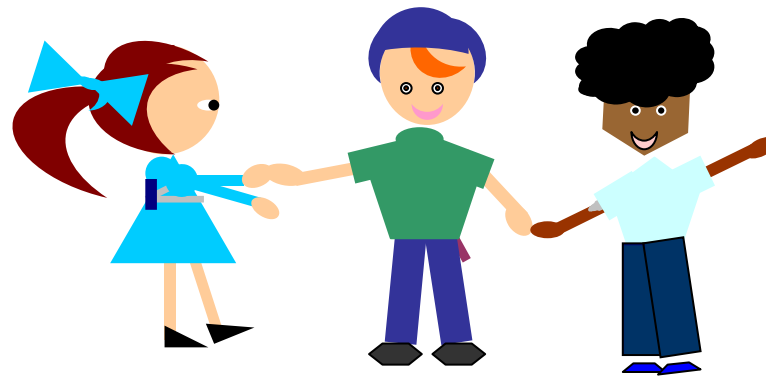
It is used to calculate your insulin dose.

Here is a syringe, an insulin pen and insulin.

You have them so you can take your insulin shots when you need them.

MY OWN BOOK ABOUT PUMPING

Written and illustrated by Sandra J. Hollenberg
(Malcolm's Grandma Sandy)
author of MY OWN TYPE 1 DIABETES BOOK



2008 Edition © Sandra J. Hollenberg
Additional copies available for free downloading at
www.grandmasandy.com

MY OWN BOOK ABOUT PUMPING is a very basic primer about insulin pump therapy. It will be useful to families considering such a step. It will also be helpful to children already on the regime; it is a source they can refer to and show their friends.

I am a grandmother, not a health care professional. If pump therapy interests you, visit the websites of the major pump manufacturers and discuss the options with your health care team and, of course, with the center of that team, your child.

The decision to 'pump insulin' is not to be taken lightly. It requires a major commitment from the primary care giver as well as from a supportive health care team. Certainly the child must be a willing participant and committed to wearing the pump constantly. As with all health care decisions the well being of the patient must be the prime consideration.

My grandson Malcolm began pump therapy the week he turned 4. Site changes were a challenge for years but his mother would remind Malcolm that he could always go back to having shots. That was an option he did not want!! I think that knowing the decision to pump was his choice made it easier for Malcolm to accept the less pleasant aspects. Now a teenager, Malcolm does his own site changes and accepts them as part of his everyday life.

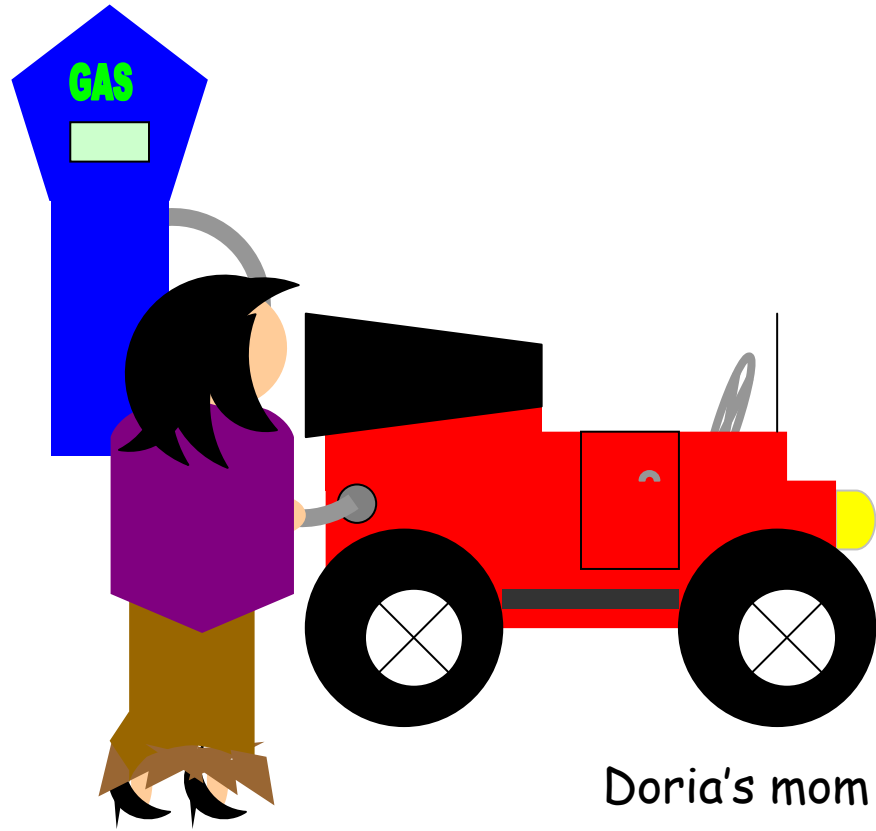
Pumping is not the only therapy for type 1 diabetes but it is the therapy Malcolm prefers. I prefer it too. I must admit I found giving shots daunting. With Malcolm on the pump I am comfortable spending long periods of time alone with him. (An added benefit to the family is that now I can look after Malcolm so my daughter can get away occasionally for much-needed vacations.)

Thanks to my inspiration, Malcolm's wonderful mother, my daughter Barbi Lazarow, and to my dear friend and editor, Dyane Lynch.

All the best,
Sandra J. Hollenberg
(Malcolm's Grandma Sandy)
www.grandmasandy.com

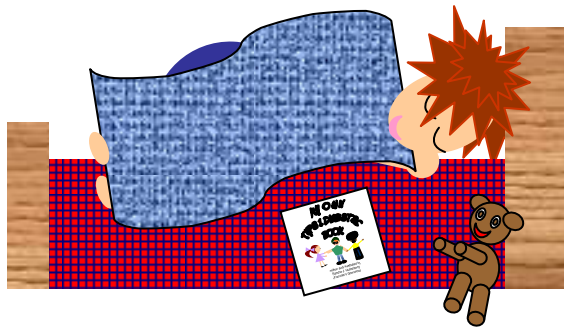
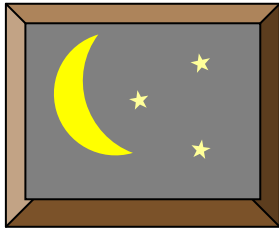
Jonathan is pumping.
Air is going into the balloons.





Doria's mom is pumping.
Gas is going into the car.

Adam and Tara are pumping.

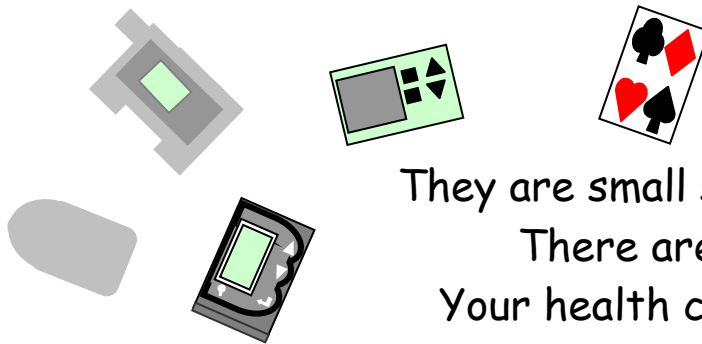
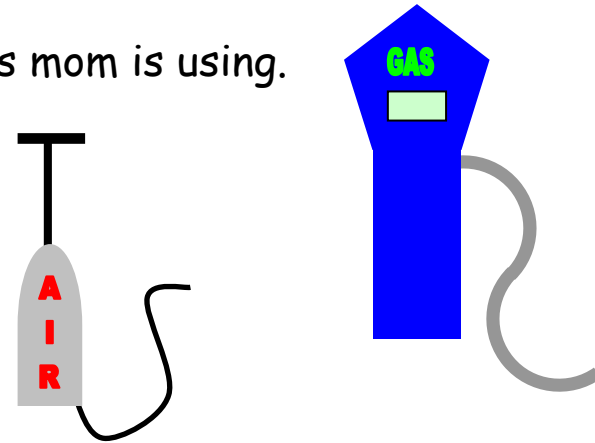


Glucose is going into their cells.

Tara and Adam are pumping insulin.
They have type 1 diabetes, just like you.

An insulin pump isn't like the pump Doria's mom is using.
That would be way too big.

It isn't like Jonathan's air pump
that is also too big.



Insulin pumps are small,
like a deck of cards.

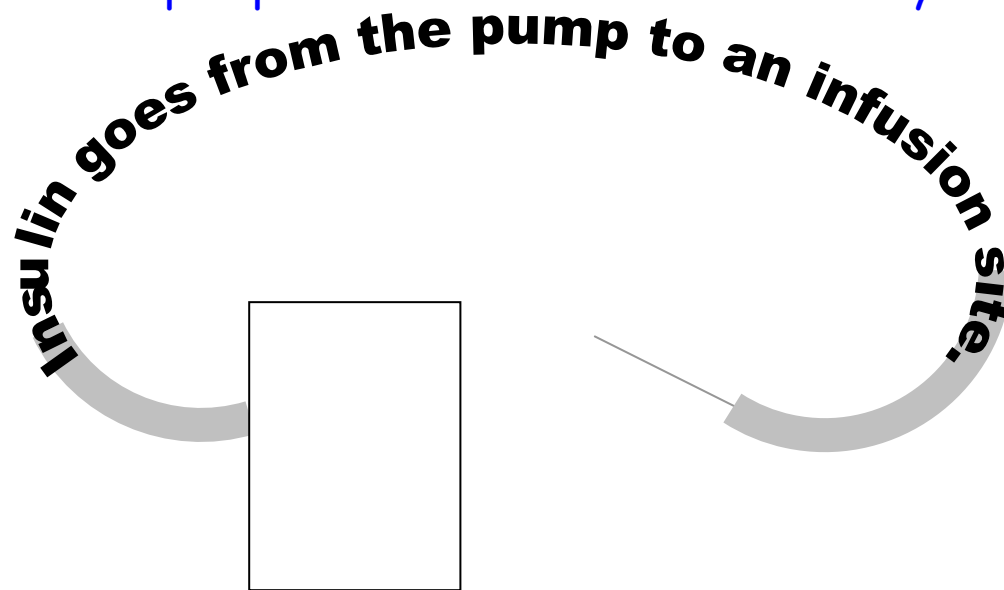
They are small so you can wear them all the time.

There are different kinds of insulin pumps.
Your health care team will help you choose one.

The insulin pumps are different but many things about using them are the same.

Those are the things this book will tell you about.

All pumps deliver insulin the same way.



Some pumps have a tube that connects to the infusion site.
Some pumps do not have a tube.

You can wear your pump in different places.

Pumps without a tube are worn directly on your skin.

Jason wears his on his arm.

Pumps with tubes are carried on your clothing.

Tara wears hers in a special pocket.

She uses a harness for tennis.

Adam clips his pump on his pants.



You can have your infusion site in different places.

Tara has her infusion site high on her backside.

Adam likes his infusion site on his tummy.

Sometimes he has it on his arm.

You can also wear it on your thigh.

The infusion site must be changed every two or three days.



Special creams can be used to numb the skin.

Adam doesn't feel it
when the infusion site is changed.
Neither does Tara.

It doesn't hurt.
Still, some days Tara fusses.

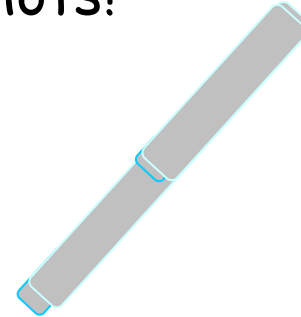
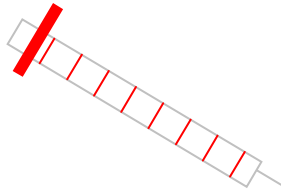
Her mother says,
"Think of something wonderful!"



Tara pretends she is dancing on clouds.

What does Adam think about changing his infusion site?

"It's a drag," he says,
"but it's better than shots!"



What about all those blood checks, Adam?
Every time before you eat.
Sometimes in the night when you are sleeping.
Ten checks a day or more.

What about that, Adam?

"It's still a lot better than shots!"

Tara has *CGM* (constant glucose monitoring) -
"It makes it a lot easier," she says.



Adam used to have his shots
before meals.

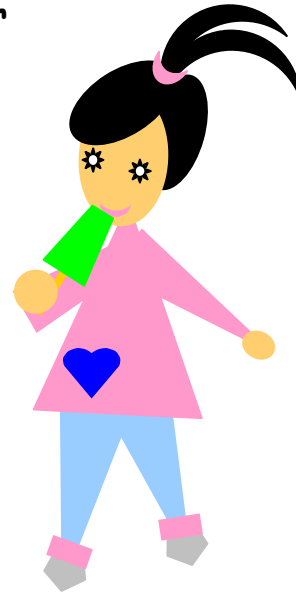
Then he *always* had to eat at
certain times.

Then he *sometimes* had to eat
when he wasn't hungry.

Now, Adam can eat whenever he wants - but

don't spoil dinner!

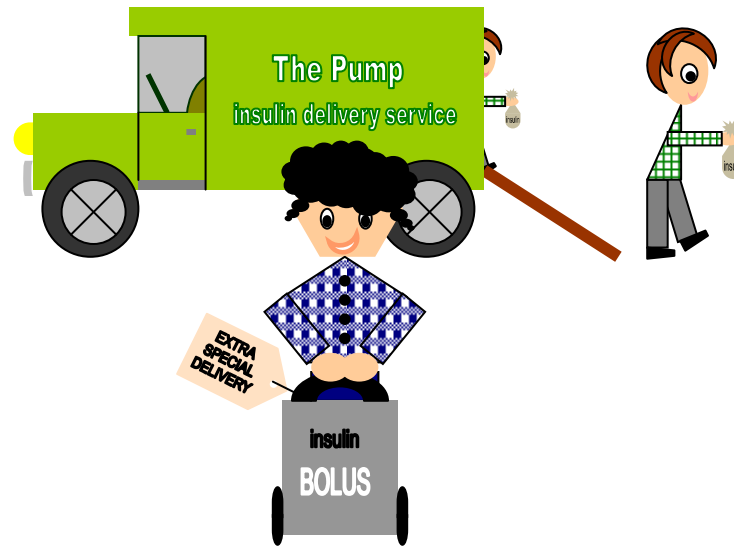
Tara used to have her
shots after she ate.



Every time she had
carbohydrates she
needed an insulin shot.

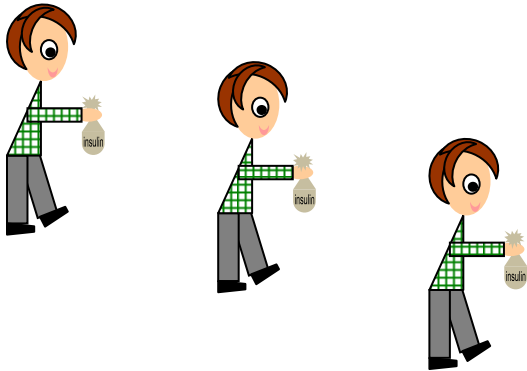
Tara still needs insulin after she eats carbohydrates.
But she doesn't get shots!

The pump
delivers the
insulin she needs.



The amount of insulin needed is programmed into the pump.
This insulin is called a '*bolus*'.

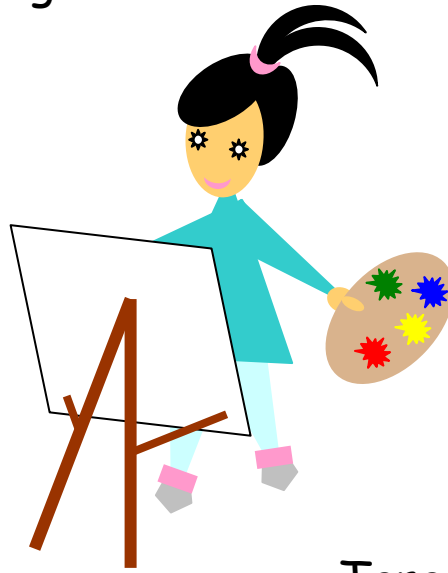
The **bolus** is *extra* insulin.



It is extra because the pump delivers insulin every few minutes.

This *every few minutes* insulin is called the '**basal rate**'.

The **basal rate** is balanced with your energy needs.
Your interests and activities affect your energy needs.
When your interests and activities change your energy needs change too.



Tara takes tennis after school now.
Next month she is switching to art.
Will she be using more or less energy in the afternoons?

In the mornings Adam sleeps late.
He hangs around in his pajamas watching TV.



Soon Adam will be starting kindergarten.
He will have to get up early and go to school.
Will he be using more or less energy in the mornings?

Your interests and activities affect your energy needs.
Your energy needs also change as you grow.

Your basal rate must be changed
when your energy needs change.

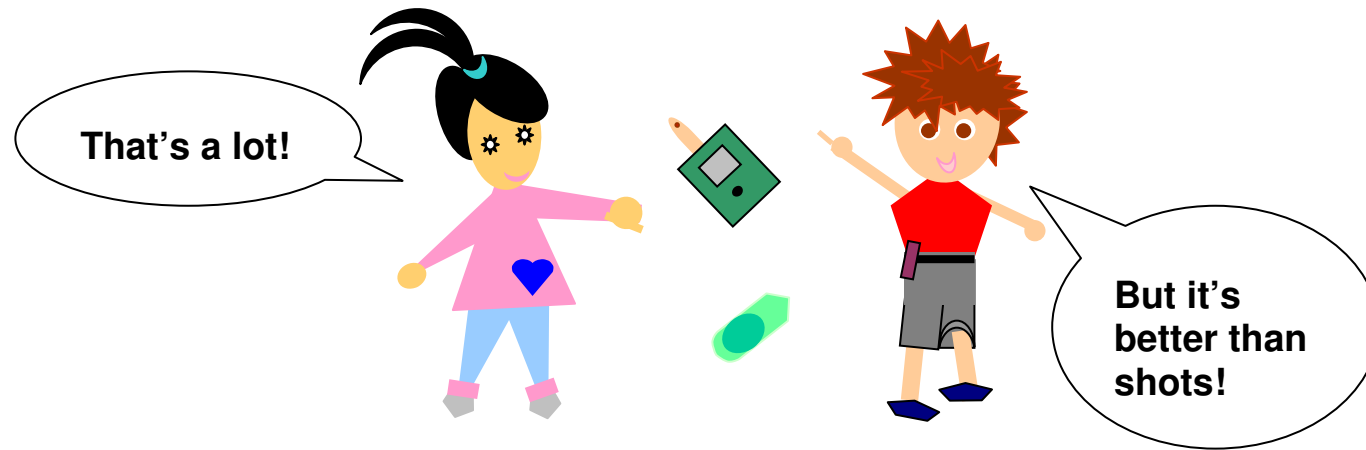
The basal rate changes will be programmed into the pump.

How will you know *when* to make changes?
How will you know *what* changes to make?

Your diabetes log or diary has that information.

REMEMBER:

every time your blood is checked - **an entry in the log!**



When do you check your blood?

When you wake up and when you go to bed.

Before and after you exercise.

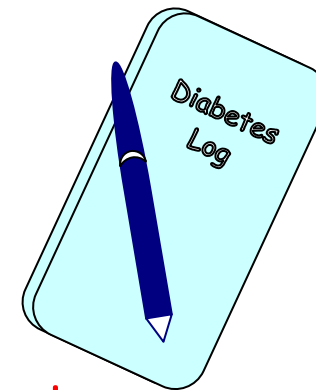
An hour or so after an insulin correction for 'highs'.

A half-hour or so after a carb correction for 'lows'.

Before meals and before carb snacks.

There is other information in your diabetes log.

- 1) The grams of carbohydrates you eat.
- 2) The insulin delivered for those carbs.
- 3) The carb correction for 'lows'.
- 4) The insulin correction for 'highs'.
- 5) Your exercise.



This information is important!

It shows how your body uses energy.

It helps calculate your ratio of insulin to carbohydrates.

It lets you know **when** to change the basal rate.
When the basal rate is off your log will show a pattern.
Highs and lows will *always* happen once in a while.
When they happen several days in a row at the same time,
that's a pattern.

The pattern will tell **how** the basal rate should be changed.



Do you need
more insulin?



Do you need
less insulin?

The pattern will tell if the bolus calculation should change.



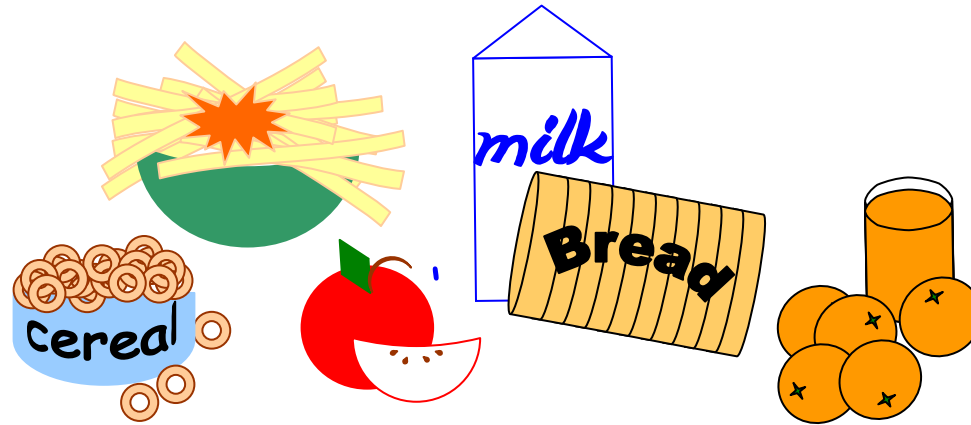
The Bolus Calculation

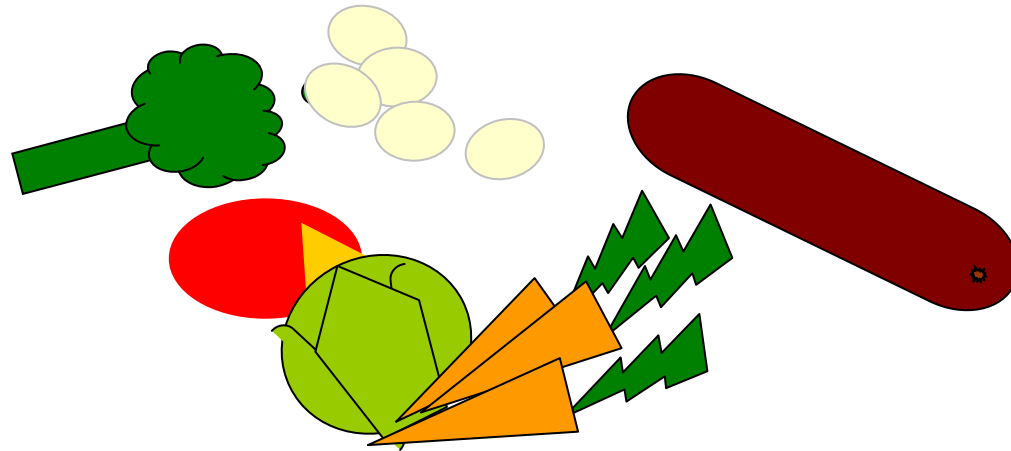
Units of insulin delivered
must balance out the
grams of carbohydrates

Another way to check your insulin use
is a *carb fast*.

The *carb fast* will show if
the basal rate is correct.

A **carb fast** means NO eating carbohydrates.





Eat lots of meat, eggs and cheese and
yummy veggies* instead.

*NOT starchy vegetables.
Do you know why?

Pumping insulin is a very big decision.

Think about it.

Talk about it.

Talk to your folks and your health care team.

Talk to other kids on the pump,
in person or on the 'net'.

www.KidsRPumping.com

www.childrenwithdiabetes.com

www.Insulin-Pumpers.org

Check out the websites of the major pump providers.

It is a very big decision.
Adam and Tara are glad they made it.



2008 Web sites

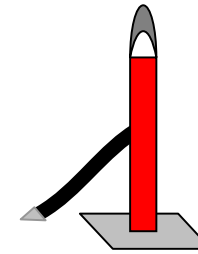
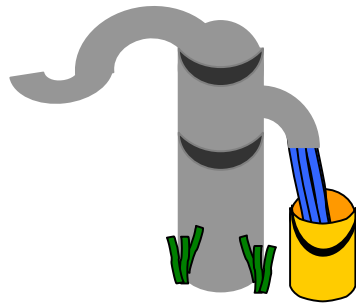
www.animascorp.com

www.cozmore.com

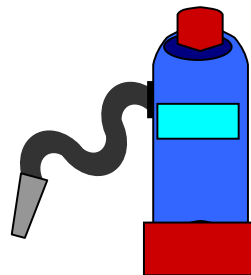
www.disetronic-usa.com

www.myomnipod.com

www.minimed.com



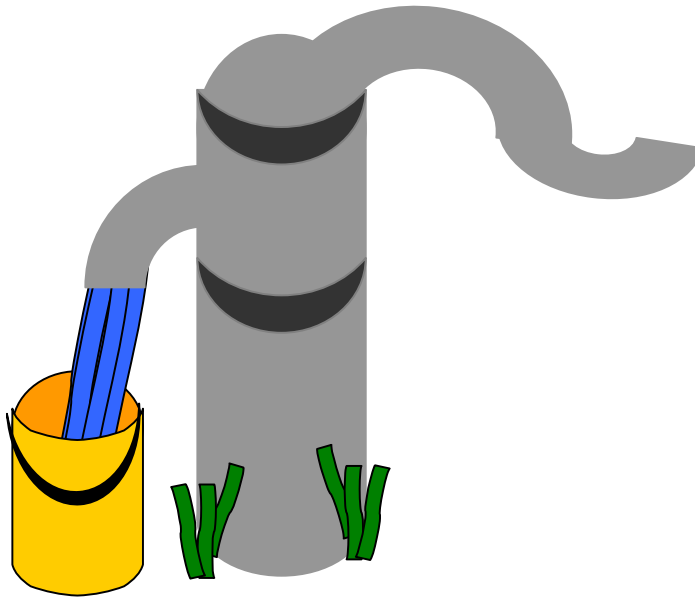
A SPECIAL KIND OF PUMP



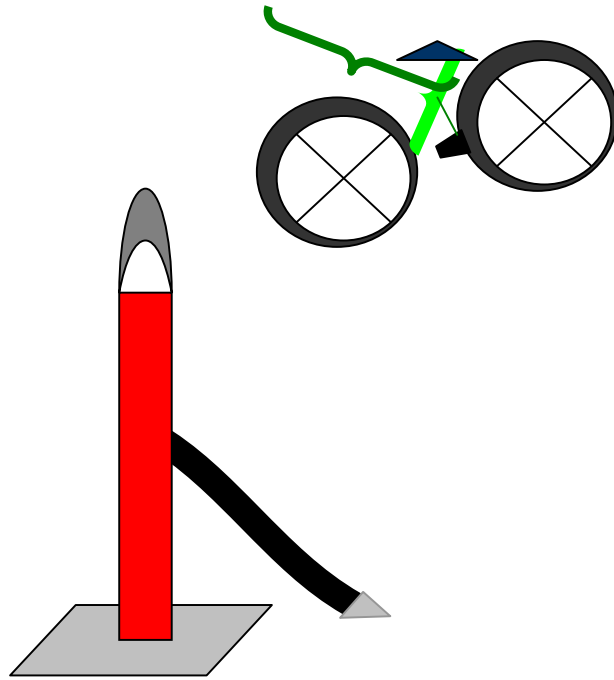
by Sandra J. Hollenberg
(Malcolm's Grandma)



There are many kinds of pumps.

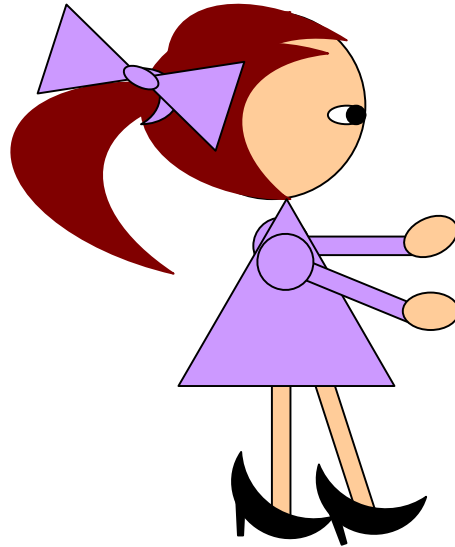


This pump is for water.

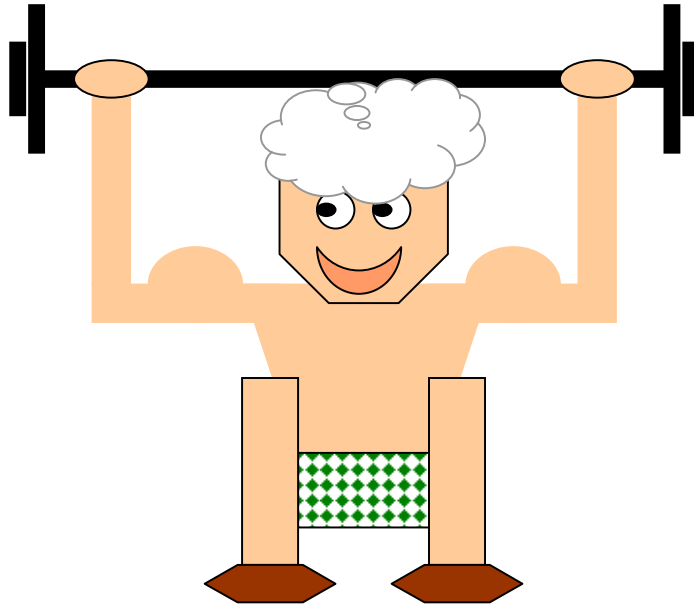


Use this bicycle pump when the tires need air.

Mommy has high heels that she calls pumps.

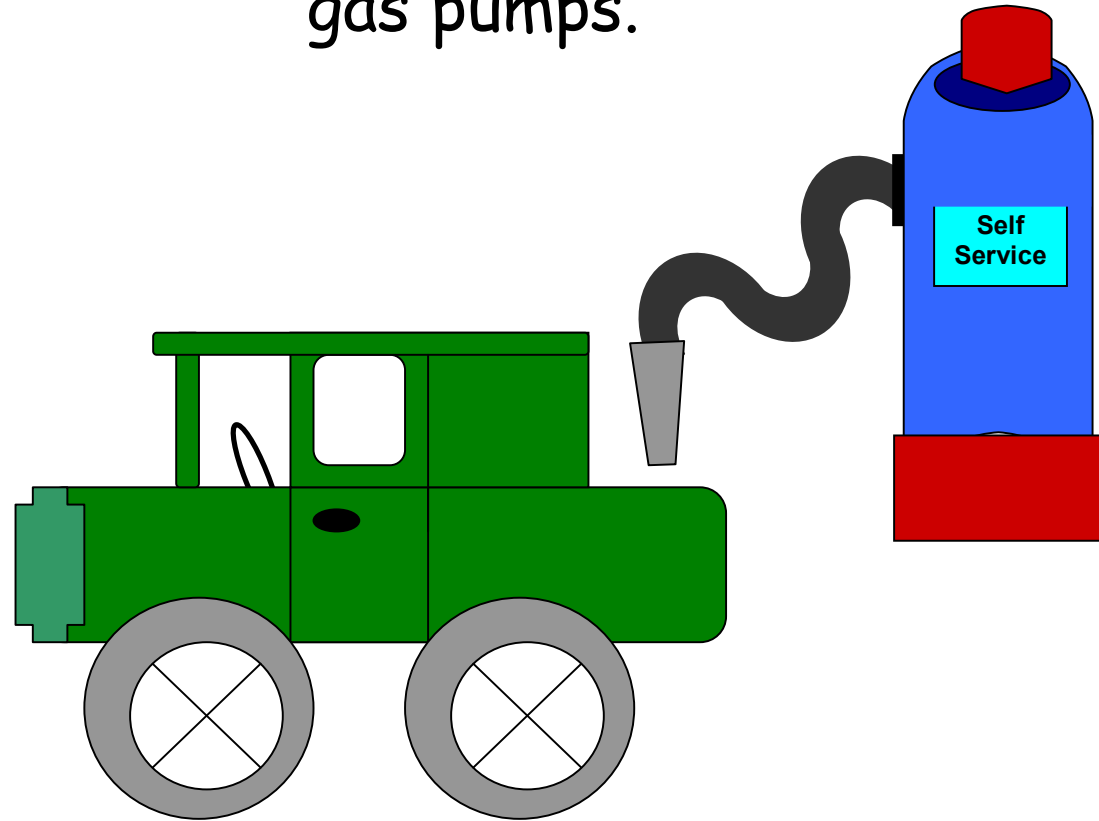


Lauren wears them to play dress-up.



Some dads pump iron at the gym.

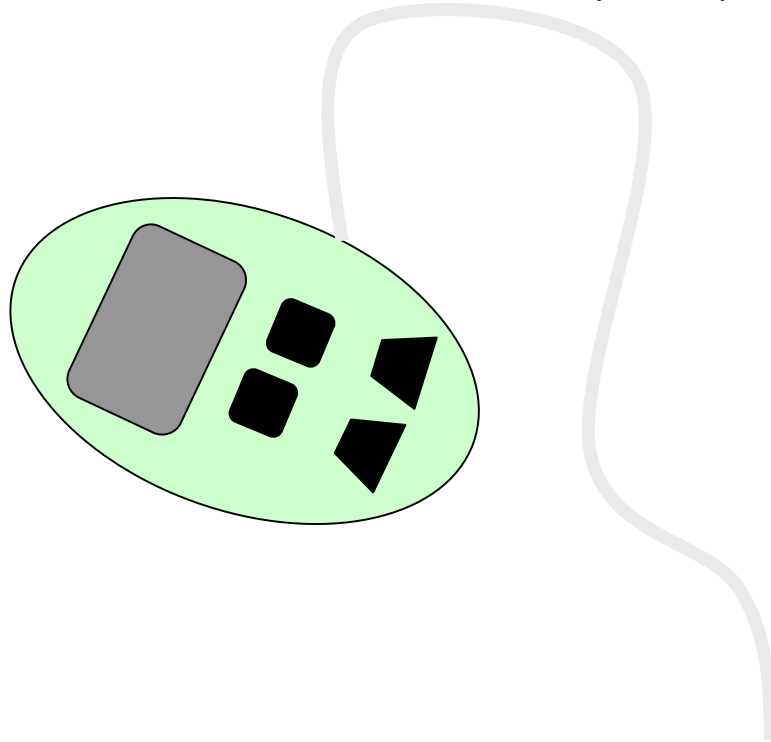
Service stations have
gas pumps.





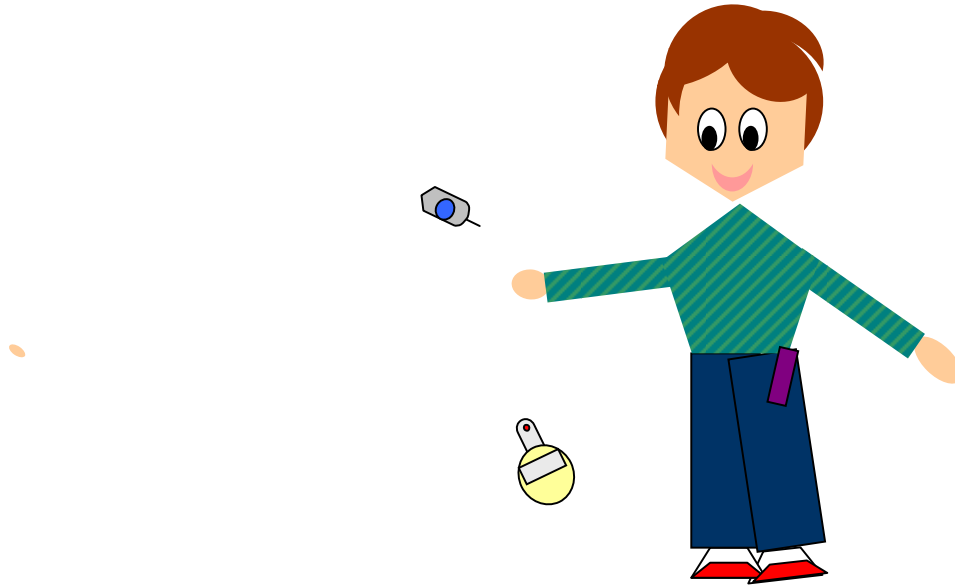
Malcolm has a pump -
a special kind of pump.

It's an insulin pump.



Malcolm pumps insulin because his pancreas doesn't work properly.

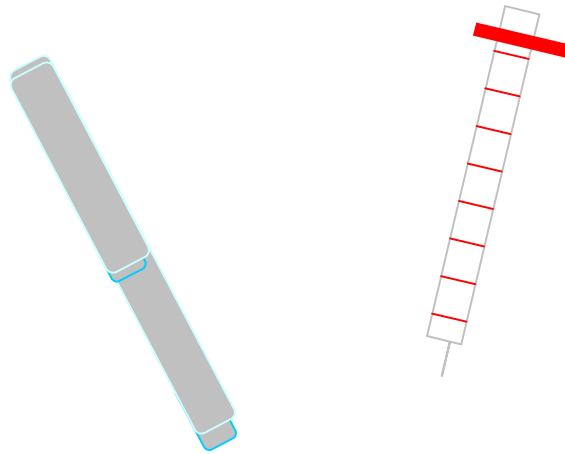
He has diabetes.



His blood sugar must be checked many times a day.

When the blood sugar is high,
Malcolm needs more insulin.

Before Malcolm had the pump he needed insulin
shots.



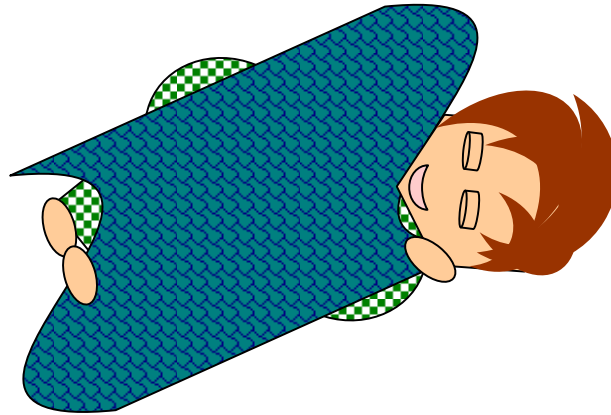
With shots Malcolm had to eat at certain times.



He had to wake up for breakfast
even if he was tired,
even if he wasn't hungry.

Now he doesn't have to eat if he's not hungry.

Malcolm can sleep late too, if he wants -
unless there's school.



Having a pump is great!



CHECKS and BOLUSES

	79	78	77 <i>What do you do before a carb snack?</i>	76	75 <i>You forgot to check after tennis</i>	73
65	66	67	68	69	70 <i>What do you do to correct a high?</i>	72
64	63 <i>You had a bolus after breakfast</i>	61 <i>You forgot to check before dinner</i>	59	58	56	
49	50	51	52 <i>What do you do before a carb meal?</i>	53 	54 <i>When do you have glucose tablets or p.j. before checking?</i>	55
48	47 <i>What do you do after eating carbs?</i>	46	45	43 	42	41
<i>You checked before going to bed.</i>	34	35	36 <i>What do you do when you wake up?</i>	37	38 <i>What do you do before exercising?</i>	40
32	31	30 <i>What do you do after you exercise?</i>	29	27 <i>You forgot your bolus after lunch</i>	26 <i>You checked before skating</i>	
17	18 <i>What do you do after a milkshake?</i>	19	20	21	22	24 <i>When should blood glucose be checked?</i>
16	15	14	13 <i>What do you do if you feel low and goofy?</i>	12	11 <i>What do you do at night before bed?</i>	9
1	<i>You checked before your burger</i>	3	4	5 <i>When should a bolus be taken?</i>	6	8
					7	

To play you will need a die and each player will need a token or pawn.

GET SETS - a type of board game

Print a 'play sheet' for each player, regular paper will do (rules are also on each play sheet.)

Print 4 copies of the deck on business card stock.

You will also need: a 'man' for each player (use buttons or any small object) and a die.

The deck contains three **sets** of cards that are reminders of important diabetes care, and 4 wild cards.

The sets: *COUNT CARBS:* a scale, a measuring cup and a book of carbohydrate counts.

CHECK BLOOD: a glucose monitor, test strips and lancets.

EXERCISE: swimming, biking and playing ball.

Goal: Collect two different sets to win the game - only one wild card can be used to make a set.

To start: each player puts their 'man' on the 'GO' square of their 'play sheet'.

All players roll the die - lowest roller goes first and play continues clockwise - to the left;

Before play begins the highest roller deals one card to each player and puts the deck in the center.

Landing on:  roll again.

A square that matches a card held - take another card.

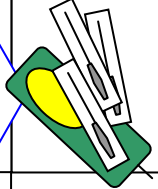

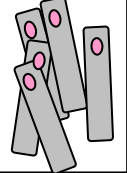

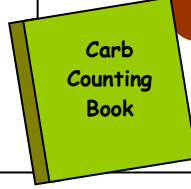


Take 1 - take the top card from the deck

Give 1 Pick 1 - This is an optional move; you may *either* choose a card from your hand to give to any other player and then pick a card from that players hand **or** you may forfeit your turn.

Picking a card matching one held, either from the deck, or from a **Give 1 Pick 1** move- take another turn.


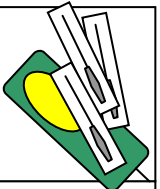
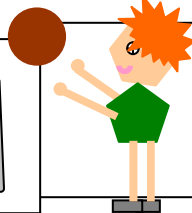

Get ready, get set, GET SETS!!

GET SETS play sheet

Give 1 Pick 1    Go to nearest    **GO** 



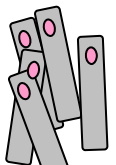

*Start from GO and keep going round until one player has two different sets.
As you pass GO take a card from the deck. Put down any set you have only as you pass GO.*

1) Land on


Give 1 Pick 1    Take 1 

This is an optional move. Either choose a card from your hand to give to any other player and pick a card from that player's hand OR forfeit your turn.

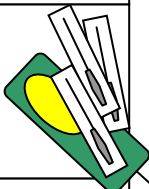
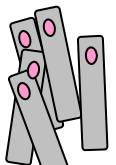
2) Land on the image of a card you hold, take a card from the deck.

Take 1    Take 1 


3) Land on a die

Take 1  Roll again.

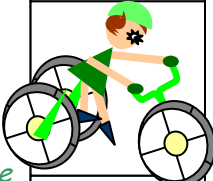
4) Pick a card matching a card you hold, Roll again.


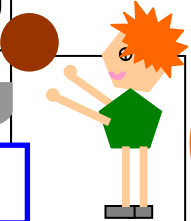
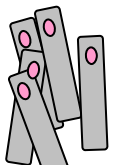

Go to nearest  

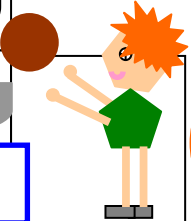

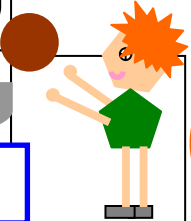

5) Land on

Take 1  Take a card from the top of the deck.

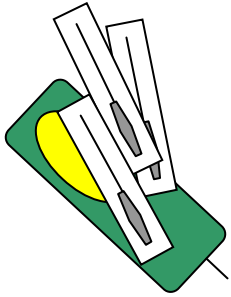
6) Land on

Go to nearest  *Go to the closest square with a matching image - you may have to move back!*

Go to nearest    

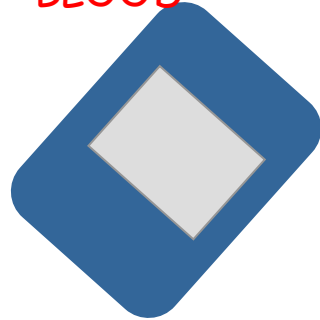
15.....20  Take 1  15.....20  Go to nearest 

CHECK
BLOOD



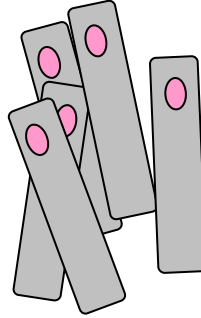
Lancets

CHECK
BLOOD



Glucose
monitor

CHECK
BLOOD



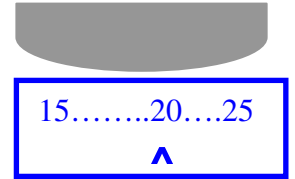
Test strips

COUNT
CARBS



Measuring cup

COUNT
CARBS



Scale

EXERCISE



Biking

EXERCISE



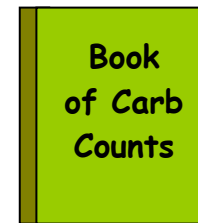
Playing ball

EXERCISE

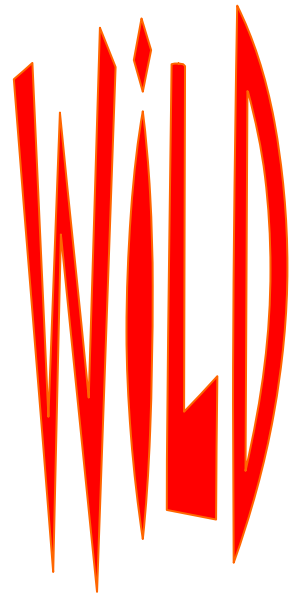


Swimming

COUNT
CARBS



Book of
carbohydrate
counts




IN TARGET
a diabetes awareness game for all ages
Copyright © by Sandra J. Hollenberg www.grandmasandy.com

Suggestions for downloading:

This first page contains the rules for the game – you can print it on letter paper. (1 page)

Pages 2,3,4 and 5 make up the game board – print on medium card stock. (4 pages)

Pages 6 through 11 are the 'play' and 'tip' cards – print on business card stock. (6 pages)

Cut the game board pages and arrange as indicated – in an 'X'.

The four colored cards are the playing tokens– fold each in thirds and tape to hold.

Place the 'tip' cards in the center of the game board.

RULES

Players choose a token and place it on the matching 'start'.

Spread the 'play' cards face down – then, *at the same time* all players choose a card.

The player picking a number card is the dealer:

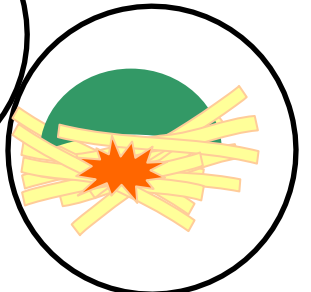
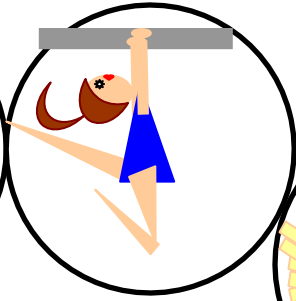
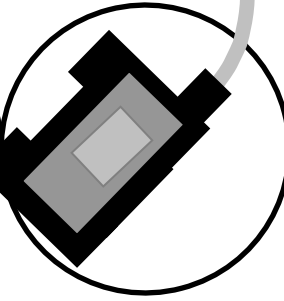
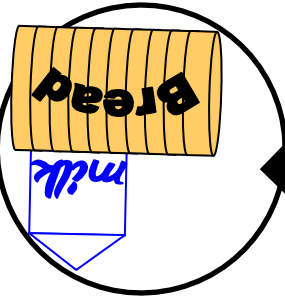
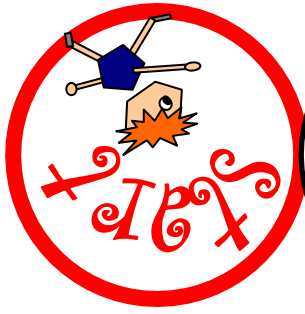
if no number card is picked players continue to draw;

if more than one player picks a number card the player drawing the highest number deals.

Dealer mixes the cards and deals (face down) the same number of cards for each player: 18 each for 2 players; 12 each for 3 players; 9 each for 4 players- and puts the piles on the 'play cards' spaces.

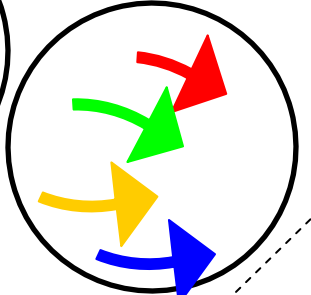
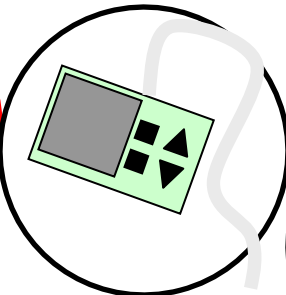
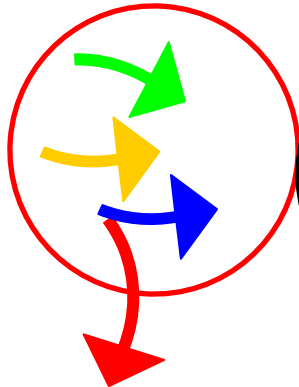
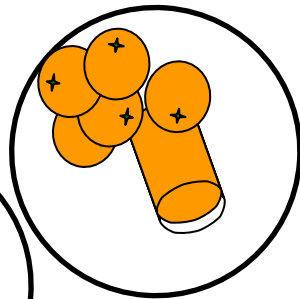
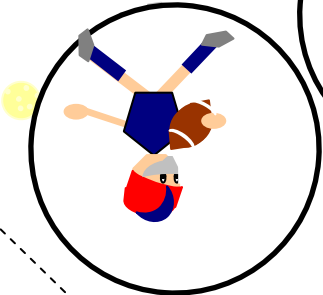
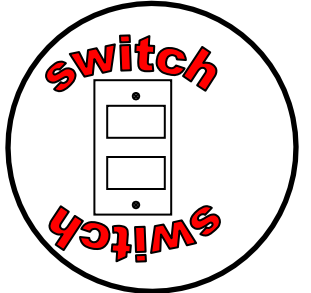
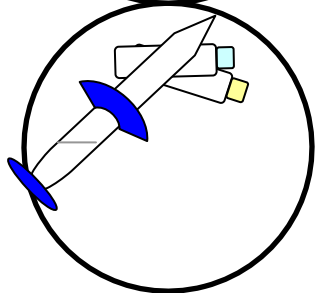
1. Player to the left of the dealer goes first and play proceeds counter-clockwise.
Players pick from their 'play' cards in turn and move accordingly.
Used cards should be placed face up under the remaining cards.
Should all cards be played the dealer will mix all the cards and deal another round.
2. Players proceed in the direction indicated by the colored arrows matching their token.
3. Players landing on an occupied space give a 'tip' card to the occupant or return to their 'start'.
4. Players landing on a 'switch' space may switch spaces with any other player.
5. Players keep their 'tips' for scoring – they may be read aloud when picked.
6. The first player to get 'on target' ends the game. The exact number of spaces is needed.

Scoring: Three points for ending the game; one point for each 'tip' card.



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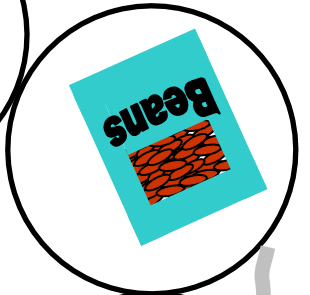
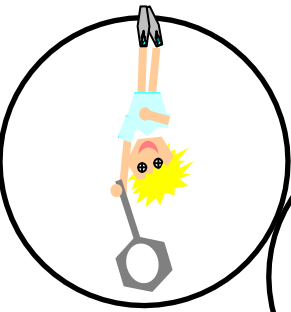
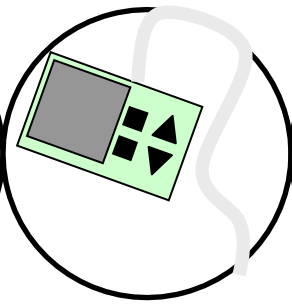
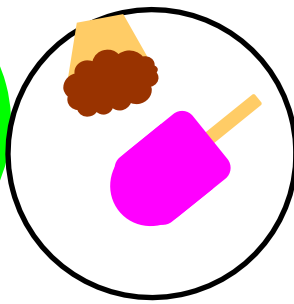
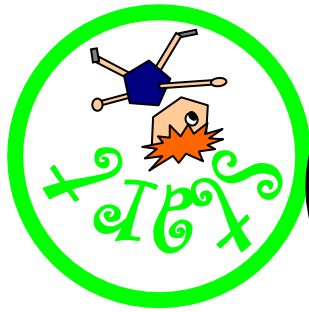
play cards



take a tip

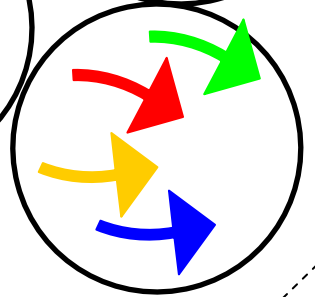
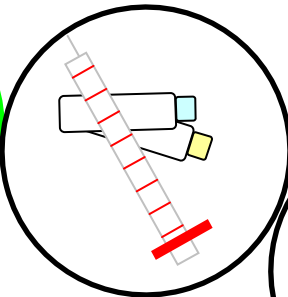
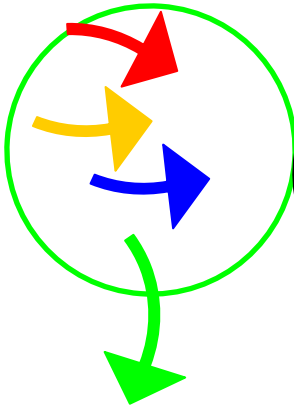
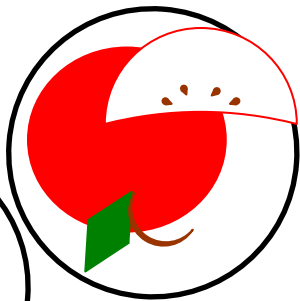
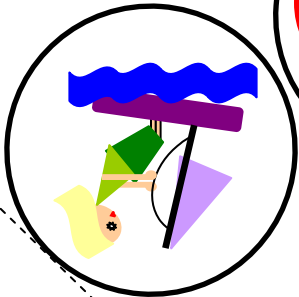
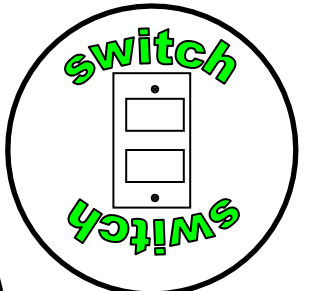
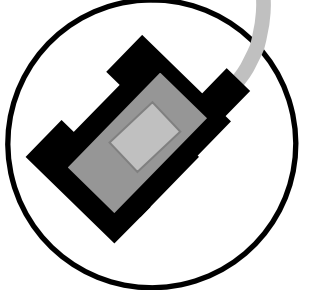
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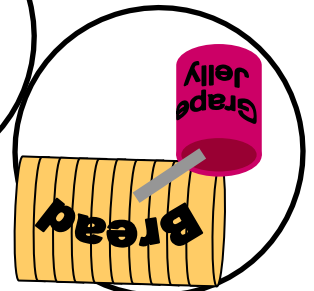
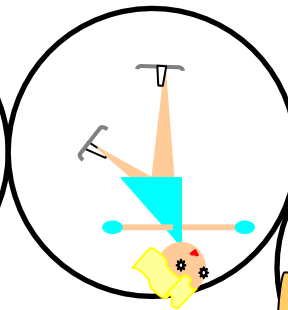
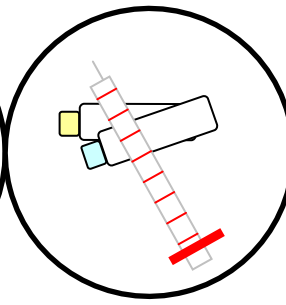
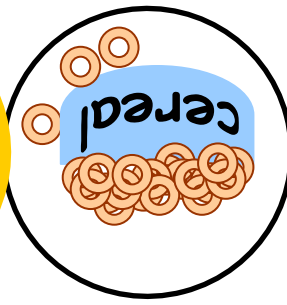
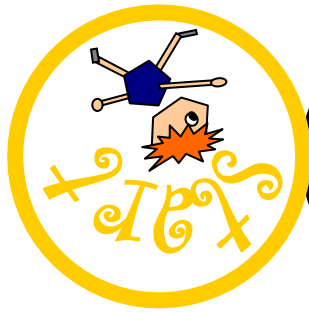
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play cards



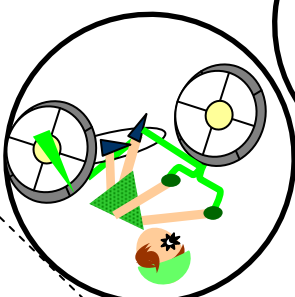
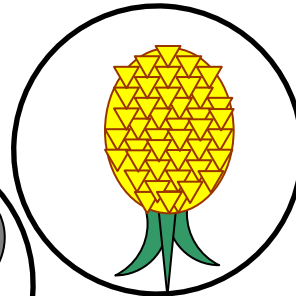
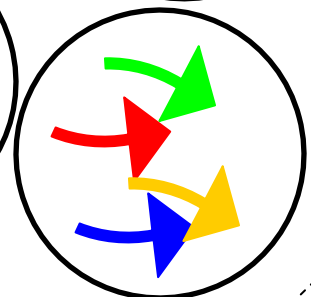
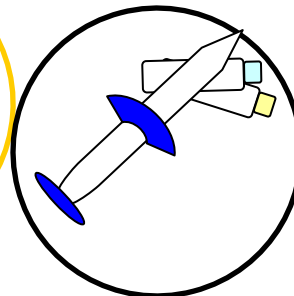
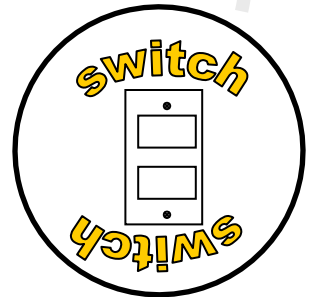
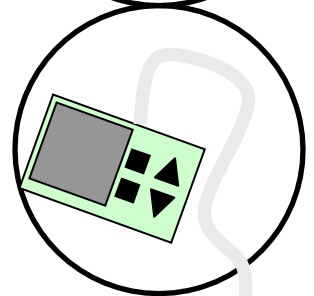
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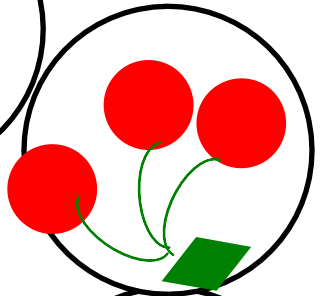
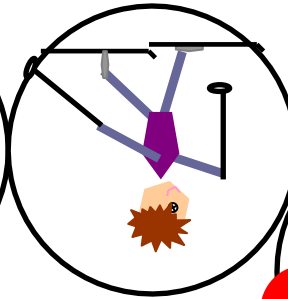
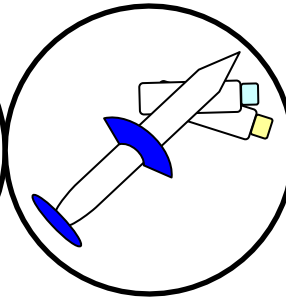
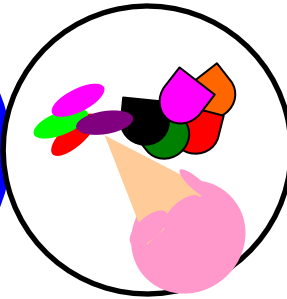
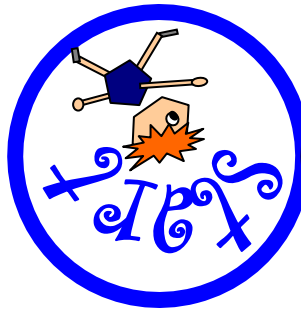
play cards



take a tip

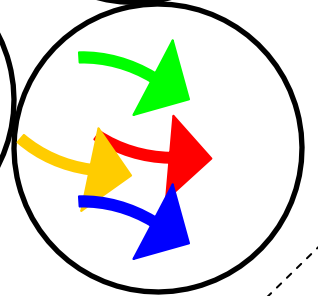
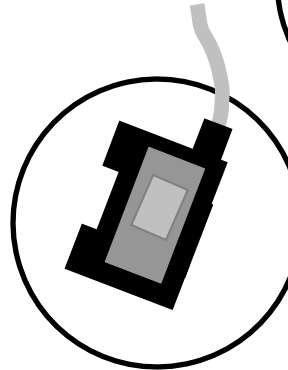
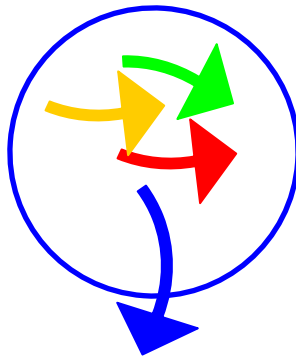
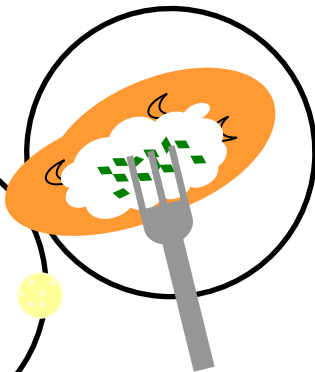
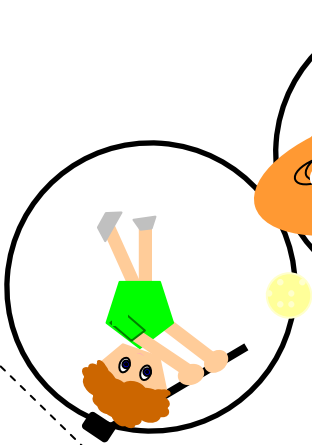
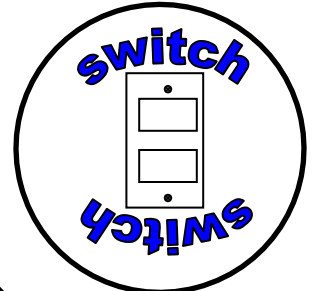
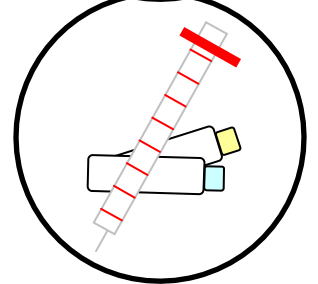
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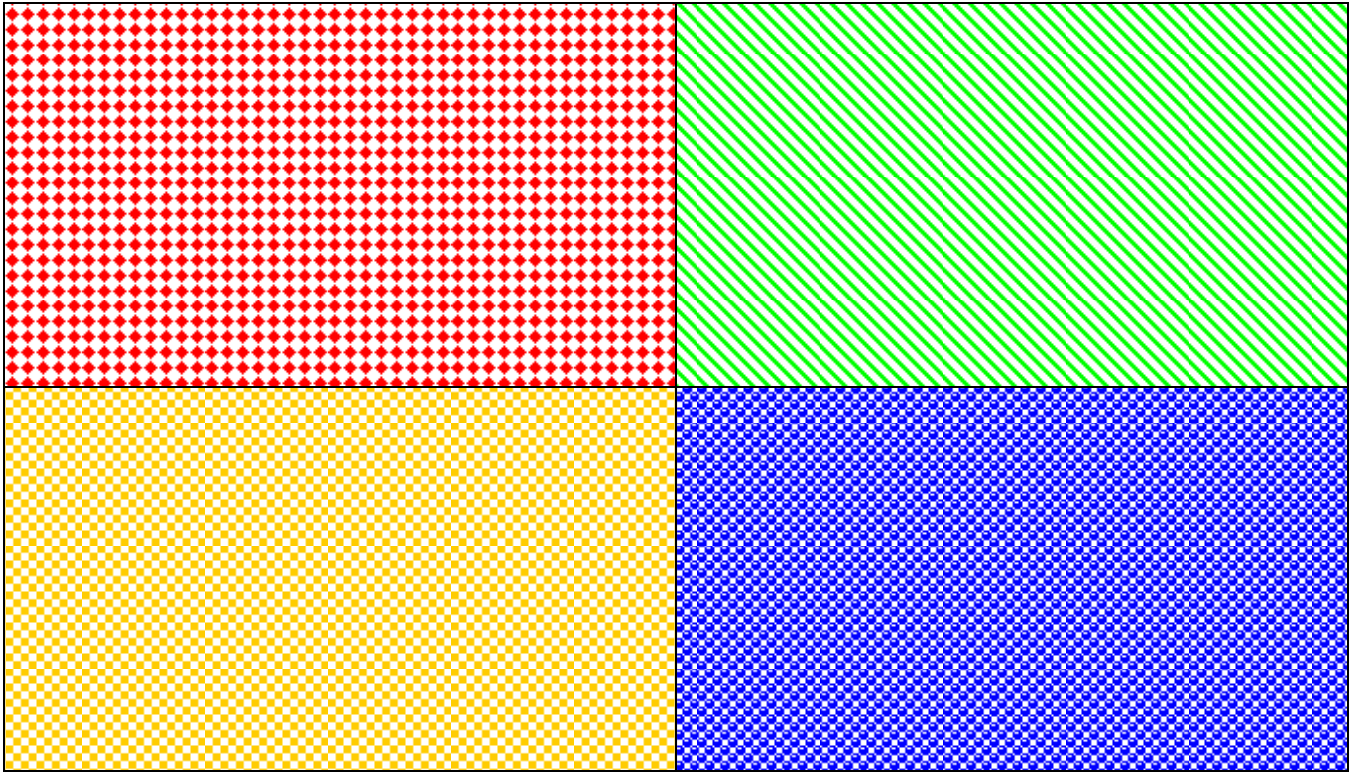
please read



take a tip

cut on dotted lines





1

1

1

2

2

2

3

3

3

4

4

4

Blood sugar too high?
HYPERGLYCEMIA?
get to the closest **INSULIN**
FAST!
You're on an insulin space?
Take a tip!

Blood sugar too high?
HYPERGLYCEMIA?
get to the closest **INSULIN**
FAST!
You're on an insulin space?
Take a tip!

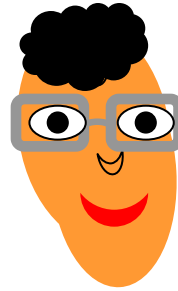
Blood sugar too low?
HYPoGLYCEMIA?
get to the closest **CARBS**
FAST!
You're on a carb space?
Take a tip!

Blood sugar too low?
HYPoGLYCEMIA?
get to the closest **CARBS**
FAST!
You're on a carb space?
Take a tip!



No couch potatoes allowed!
Go back to exercise!
You're on an exercise space?

Take a tip!



No couch potatoes allowed!
Go back to exercise!
You're on an exercise space?

Take a tip!



No couch potatoes allowed!
Go back to exercise!
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Take a tip!



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Blood sugar too high?
HYPERGLYCEMIA?
get to the closest **INSULIN**
FAST!
You're on an insulin space?
Take a tip!

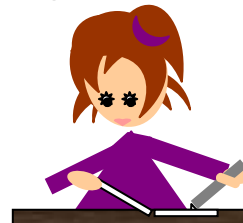
Blood sugar too low?
HYPOGLYCEMIA?
get to the closest **CARBS**
FAST!
You're on a carb space?
Take a tip!

Keeping a diabetes log



Move 5 and **take a tip!**

Keeping a diabetes log



Move 5 and **take a tip!**

Keeping a diabetes log



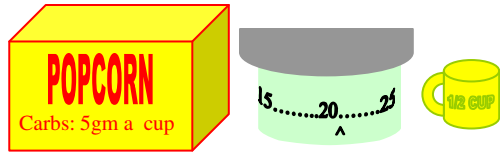
Move 5 and take a tip!

Keeping a diabetes log



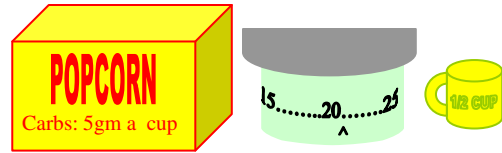
Move 5 and take a tip!

Counting carbohydrate grams



Move 5 and take a tip!

Counting carbohydrate grams



Move 5 and take a tip!

Checking blood



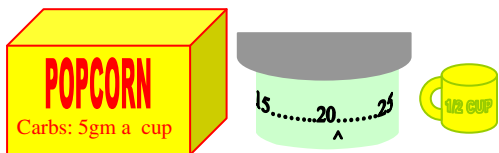
Move 5 and take a tip!

Checking blood



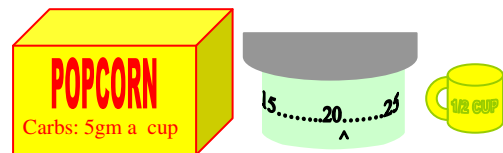
Move 5 and take a tip!

Counting carbohydrate grams



Move 5 and take a tip!

Counting carbohydrate grams



Move 5 and take a tip!

Checking blood



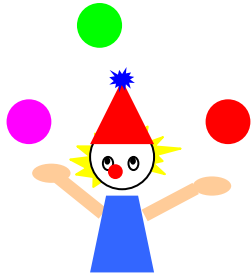
Move 5 and take a tip!

Checking blood



Move 5 and take a tip!

Here's a tip -



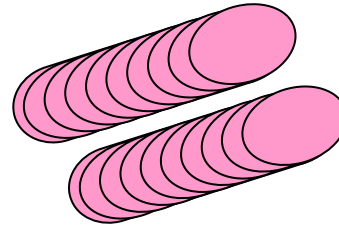
People with diabetes become like jugglers— they learn to balance diet, exercise and insulin.

Here's a tip -



You can't get diabetes from what you eat. What you eat can help if you have diabetes but what you eat can't stop you getting it.

Here's a tip -



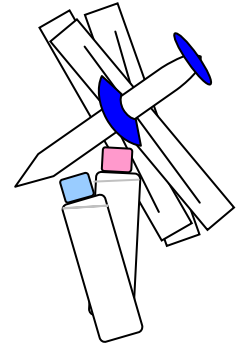
It's important to always have quick-energy food, such as glucose tablets, with you at all times.

Here's a tip -



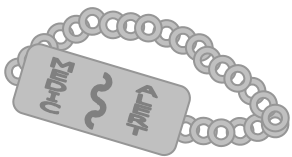
Keeping a record of carbohydrates, insulin and exercise helps to stay on target.

Here's a tip -



You need needles, a syringe and insulin to take your shots.

Here's a tip -



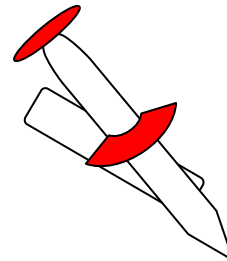
It is important to wear an ID like a 'MEDIC ALERT' bracelet. in case you get into trouble.

Here's a tip -



People with diabetes become like detectives – they learn the clues that tell if their blood sugar is high or low.

Here's a tip -



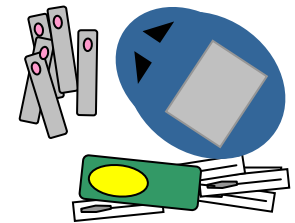
Keep GLUCAGON on hand in case of hypoglycemia

Here's a tip -



People with diabetes become like doctors.– they learn to take care of their health.

Here's a tip -



Have test strips, lancets and your glucose meter so you can check your blood.

Here's a tip -



Insulin pumps give a steady amount of insulin and can be programmed to give extra insulin. The insulin goes from the pump through a tube into an infusion site which is usually on the stomach.

Here's a tip -



The pancreas is a small organ behind the stomach that produces digestive juices and the hormone insulin. Type 1 diabetes means the pancreas isn't producing insulin.

Here's a tip -



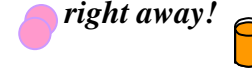
A balanced diet is important for everyone.

Here's a tip -

Some signs of HYPOGLYCEMIA (low blood sugar)

- *Feeling shaky and dizzy*
- *Being grouchy*
- *Maybe sweaty*
- *Arms and legs numb and tingly*

You need quick-energy food right away!



Here's a tip -

Some signs of HYPERGLYCEMIA (high blood sugar)

- *Feeling bad*
- *Being thirsty*
- *Going to the bathroom a lot,*

You need insulin right away!



Here's a tip -



Blood checks are NOT tests! There are no wrong answers.

Here's a tip -



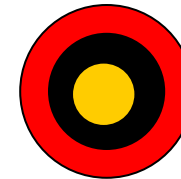
Insulin is an essential hormone. It allows glucose (blood sugar) to get into the cells. Without insulin a person can't get energy.

Here's a tip -

Total Fat 1g	2%
Total Carb. 33g	11%
Fiber 2g	8%
Sugar 1g	
Protein 7g	

Keep track of carbs and other nutrients by reading the label when you buy packaged foods.

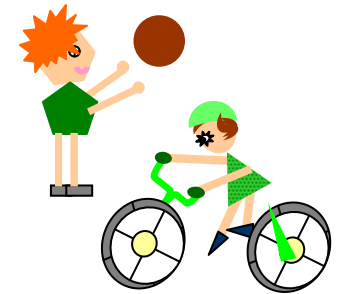
Here's a tip -



It's great if your blood check is in target –

if it isn't talk to your health care team about changing your diet or insulin.

Here's a tip -



Check blood glucose before and after you exercise.

SUPPLY TRAIN®



a board game for two to six players.

Players divide into two or three teams of 1 to 3 players each.

Equipment: Print 2 board sheets on heavy stock (fold back or cut on dotted line, attach as arrows indicate). Print six card sheets on business card stock. You will also need poker chips, as many as you like, a different color for each team.

How to Play: Members of a team cannot sit next to each other.

Deal four cards to each player. Remainder of cards in a pile face down

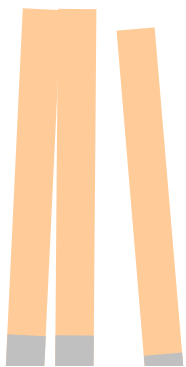
Players, in turn, use a chip to cover a supply on the board that matches a card in their hand. They should name the supply, discard the card and replace it from the deck - always have four cards in hand. A 'bump' card is used to remove an opponents chip from the board.

When a team covers four supplies in a row or three supplies and a free space it creates a 'train'. Crown the train with another chip. Trains can be horizontal, vertical or diagonal. A crowned chip may be used to form another train by the same team. Crowned chips cannot be bumped.

The first team to cover three trains wins and ends the game.

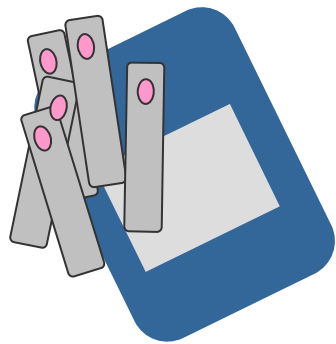
SUPPLY TRAIN © by Sandra J. Hollenberg
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Ketone sticks



Ketone sticks

Glucose monitor



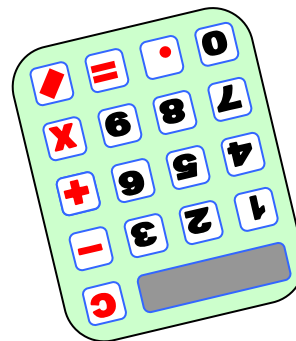
Glucose monitor

Log and pen



Log and pen

Calculator



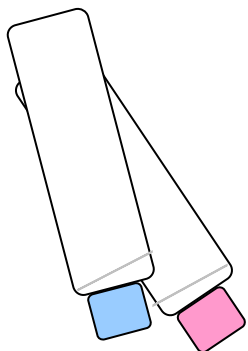
Calculator

BUMP!



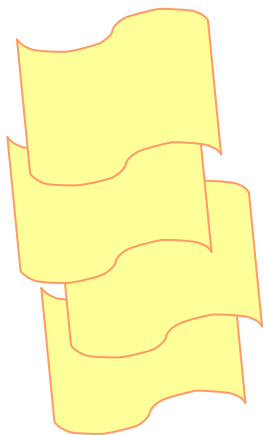
BUMPI

Insulin



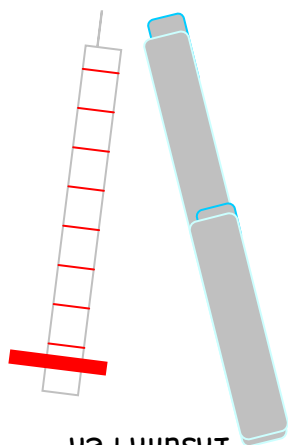
Insulin

Non-alcoholic wipes



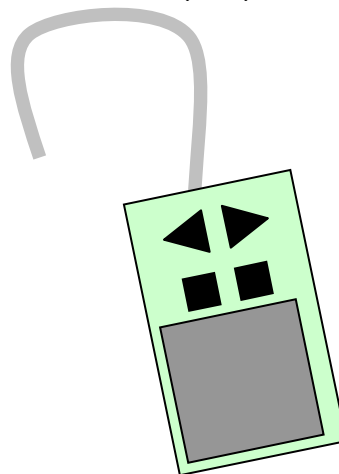
Non-alcoholic wipes

Syringe or Insulin Pen



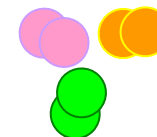
Syringe or Insulin Pen

Insulin pump

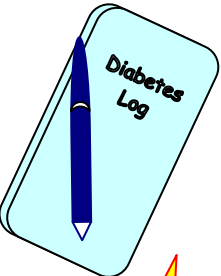

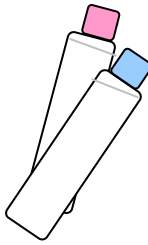
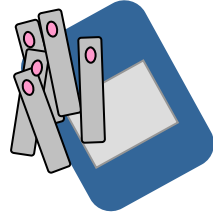


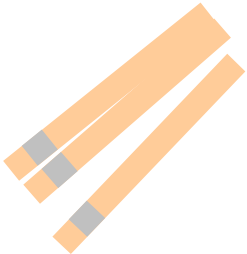
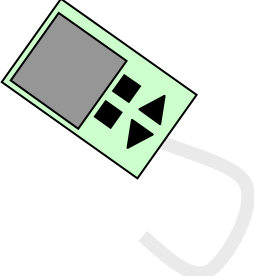
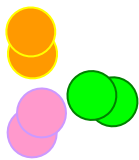
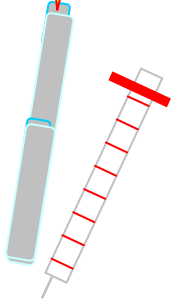
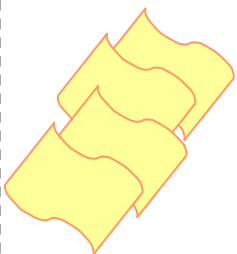

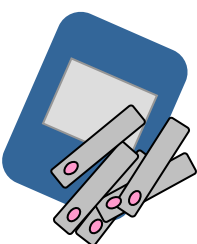
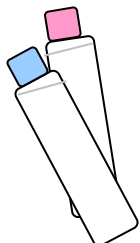

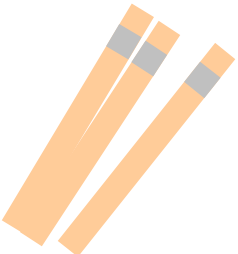
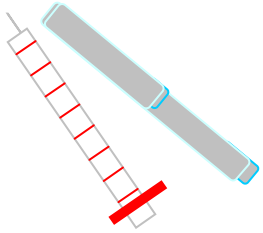
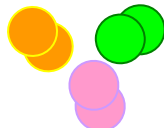
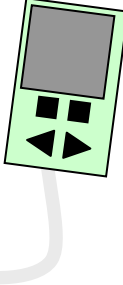
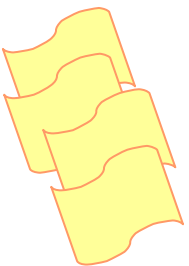
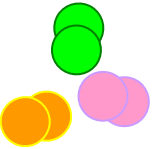
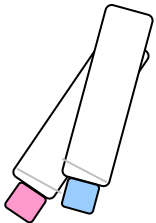

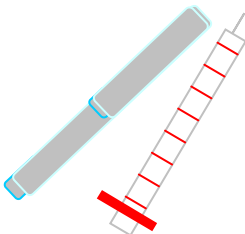
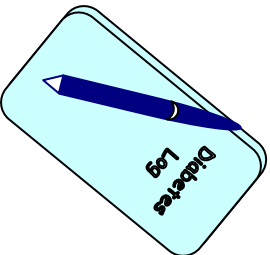
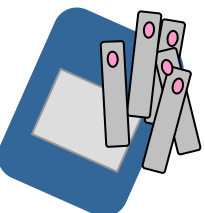
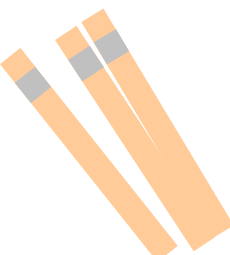
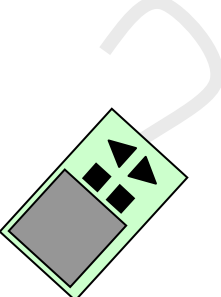
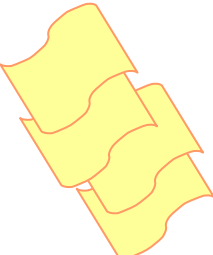



Insulin pump

Glucose Tablets

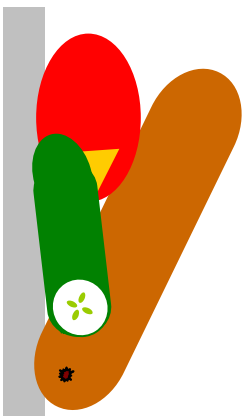


Glucose Tablets

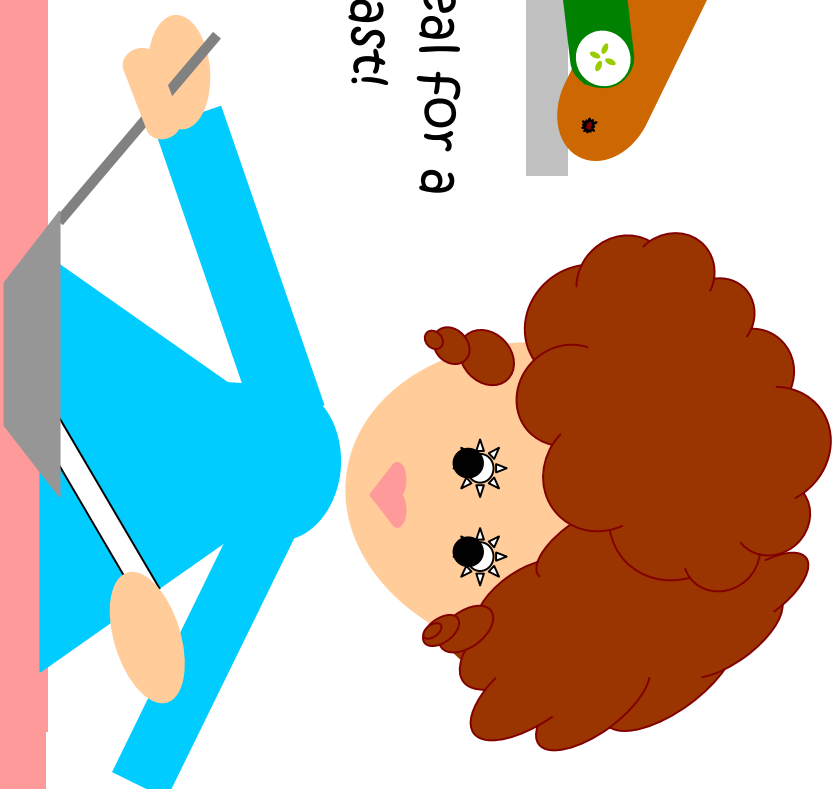
				
				
				
				
				
				



Print on business card stock. Take apart then put together.



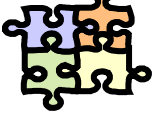
A great meal for a
carb fast!



Jason cracks the eggs for Mom to scramble.

Why not add cheese or salami?

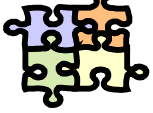
Eat with cucumber slices for a tasty carb free meal.
And no worries about how much insulin to take!



Print on business card stock. Take apart then put together.



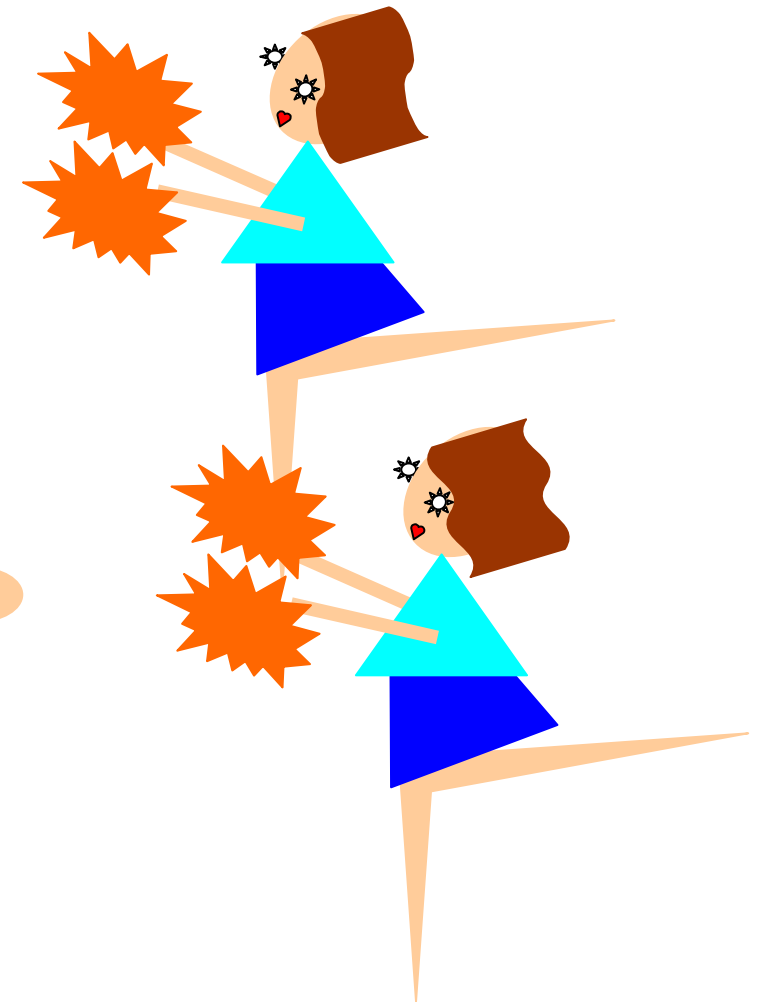
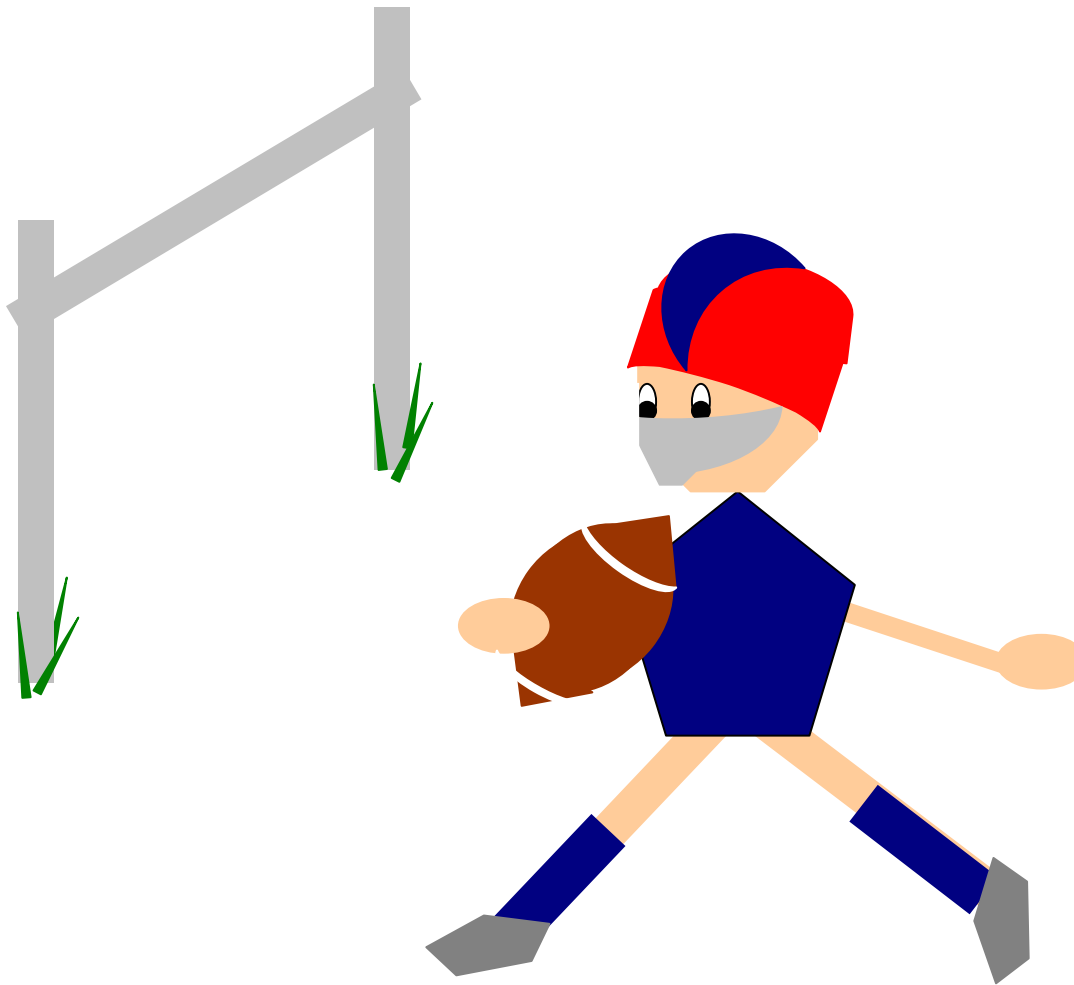
**Balance
your
exercise,
insulin
and diet.**

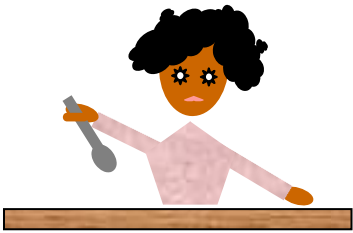


Print on business card stock. Take apart then put together.

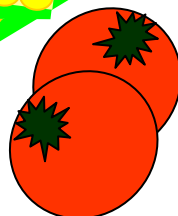
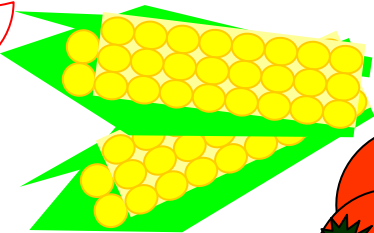
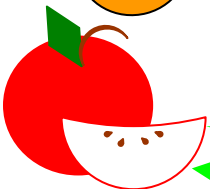
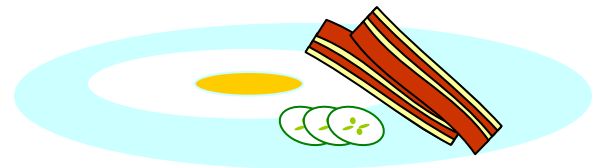
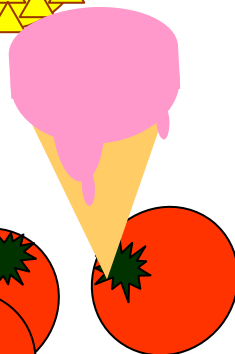
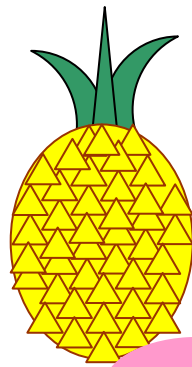
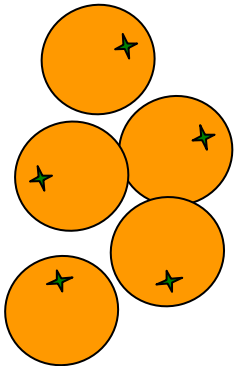
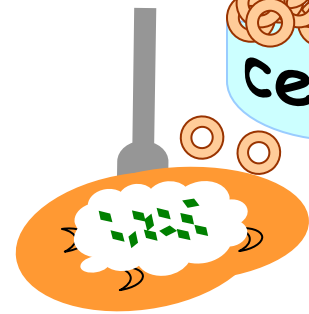
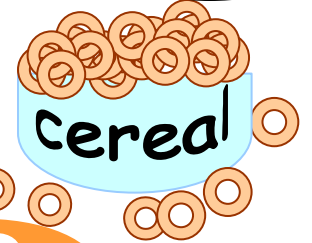
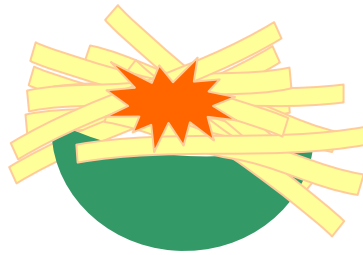
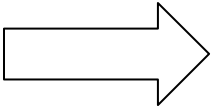
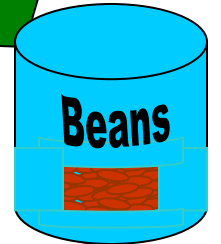
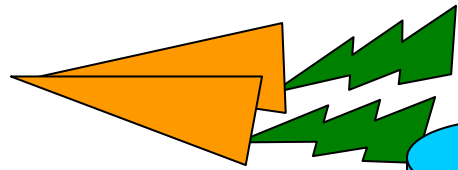
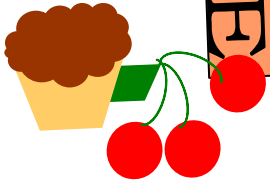
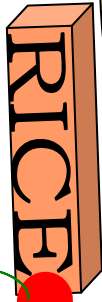
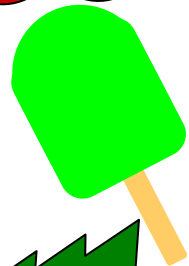
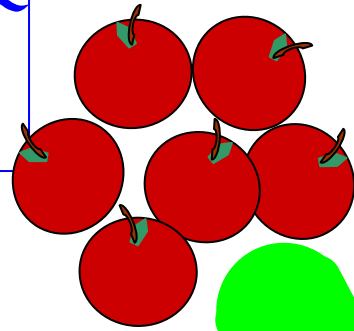
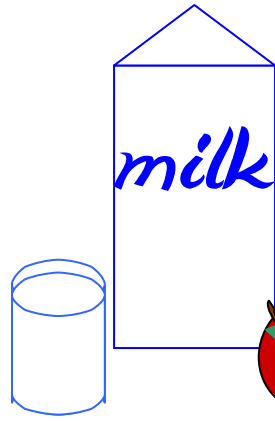
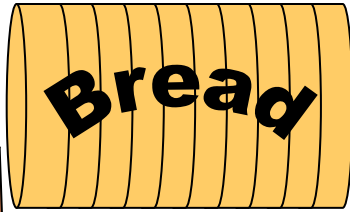
Check blood sugar **BEFORE** you exercise!

Check blood sugar **AFTER** you exercise!





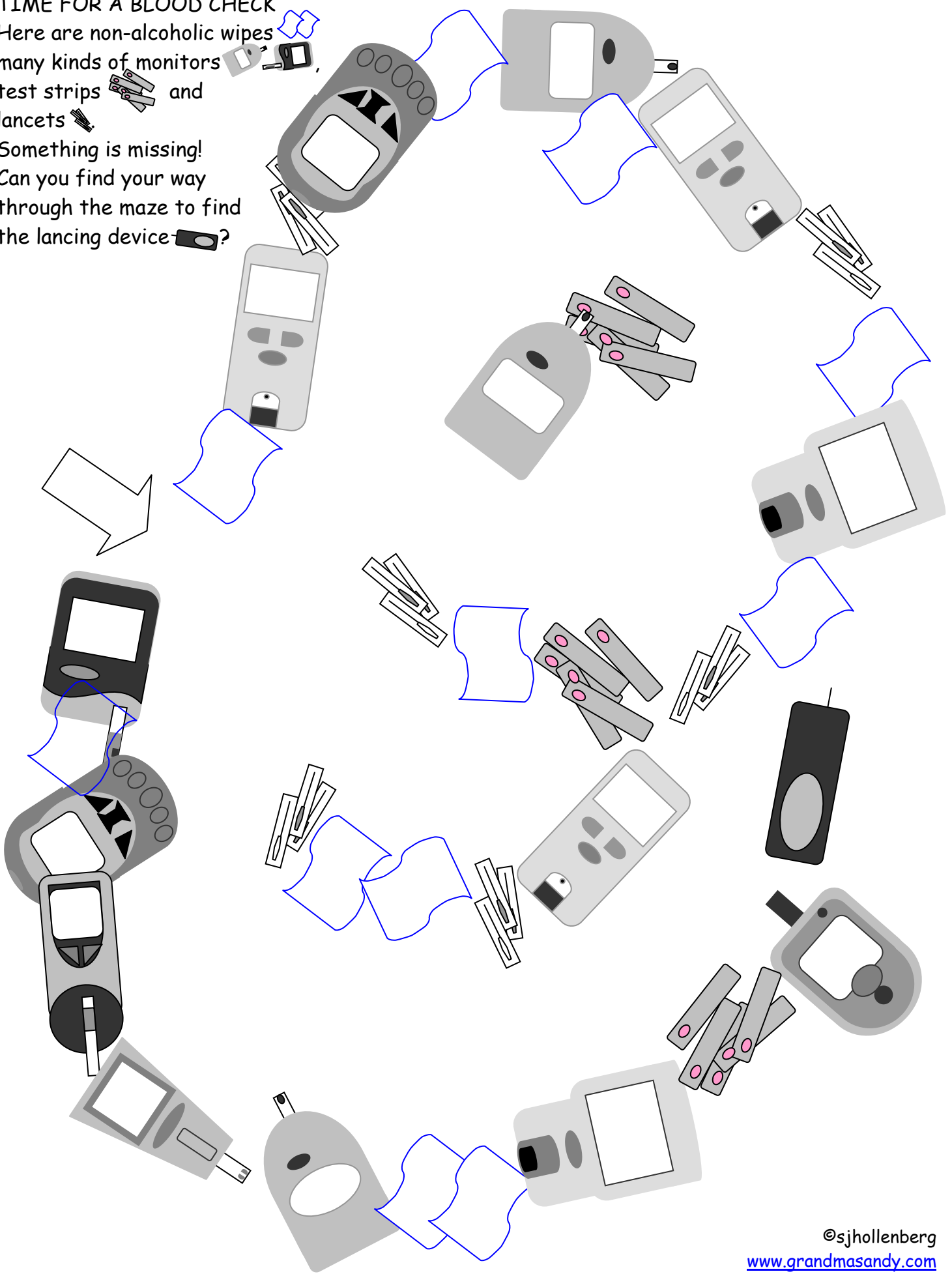
Emily is on a carb fast - help her through the maze to find something she can eat.



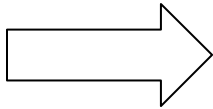
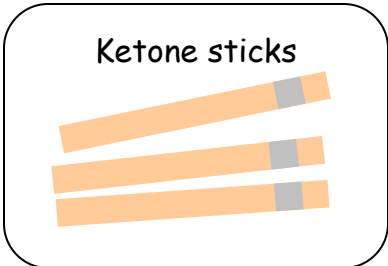
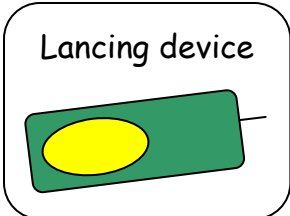
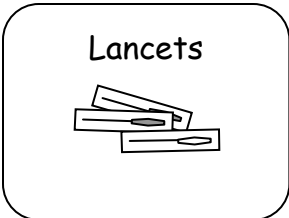
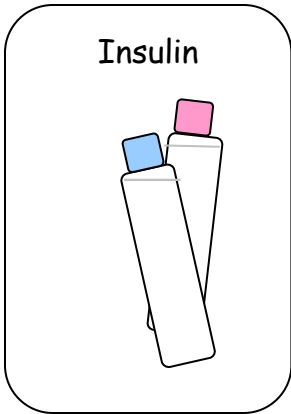
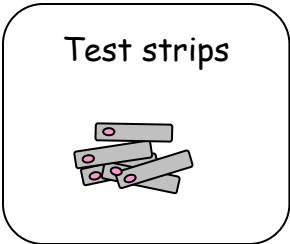
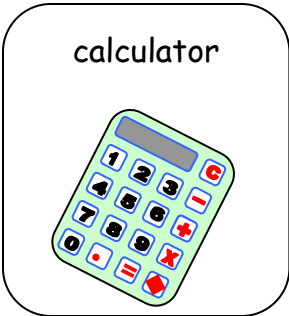
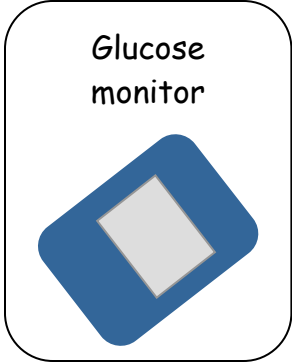
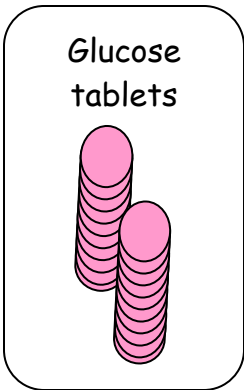
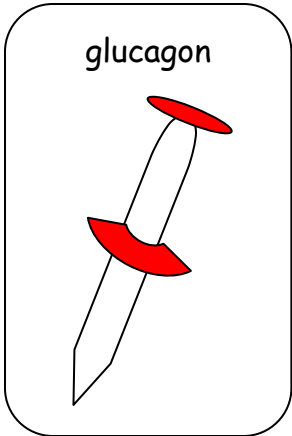
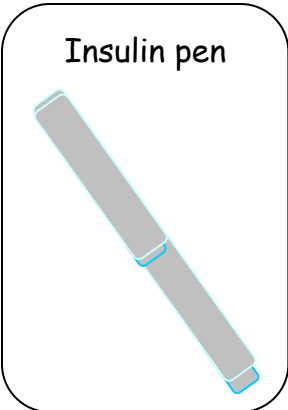
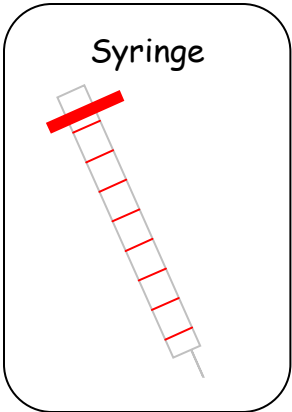
TIME FOR A BLOOD CHECK

Here are non-alcoholic wipes
many kinds of monitors
test strips and
lancets

Something is missing!
Can you find your way
through the maze to find
the lancing device?



Name the supplies as you go through the maze.



Can you count to ten?


Can you name these supplies and equipment?

One 1  one calculator

A calculator helps decide the amount of insulin you need.

Two 1  2  two glucose monitors






The glucose monitor measures your blood sugar.

Three 1  2  3  three scales

Use a scale to weigh the carbohydrates you eat.

Four 1  2  3  4  four measuring cups

Use a measuring cup for carbohydrates you can't weigh.

Five 1  2  3  4  5  five bottles of insulin

Your body needs insulin to let blood sugar into your cells.

Six 1  2  3  4  5  6  six glucose tablets

Glucose tablets give quick energy when your blood sugar is low.

Seven 1  2  3  4  5  6  7  seven non-alcoholic wipes

Use the wipes before you check your blood to make sure your finger is clean.

Eight 1  2  3  4  5  6  7  8  eight test strips

You put a drop of blood in the test strips so the glucose monitor can work.

Nine 1  2  3  4  5  6  7  8  9  nine lancets

Use a lancet to prick your finger for your blood check.

Ten 1  2  3  4  5  6  7  8  9  10  ten ketone sticks.

You need ketone sticks when your blood sugar is very high or you are sick.

SCRAMBLES

Unscramble these words then draw a line from the words to the matching picture.

1) tokene ticks

2) silunin

3) scanlet

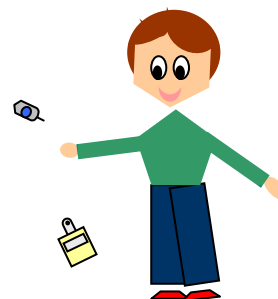
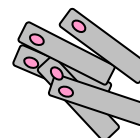
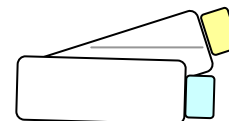
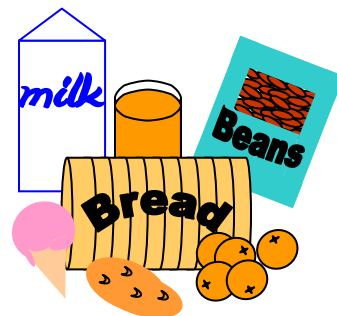
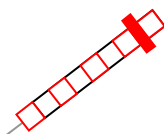
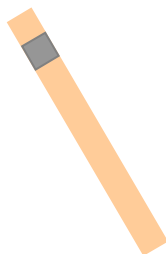
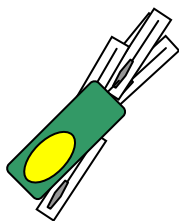
4) stet sprist

5) grinsey

6) nulinis mupp

7) dobol kecch

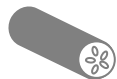
8) tardybroaches



1) ketone stick: 2) insulin: 3) lancets: 4) test strips: 5) syringe: 6) insulin pump:
7) blood check: 8) carbohydrates

SCRAMBLES

Unscramble the words - all good foods for a carb fast - then draw a line from the word to the picture.



A) telcute _____



B) tryuke _____



C) eeches wiss _____

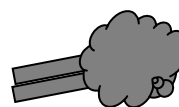
D) coriclob _____

E) reswine _____



F) gegs _____

G) buccerum _____



©www.grandmasandy.com

A) Lettuce B) Turkey C) Swiss cheese D) Broccoli E) Wieners F) Eggs G) Cucumber

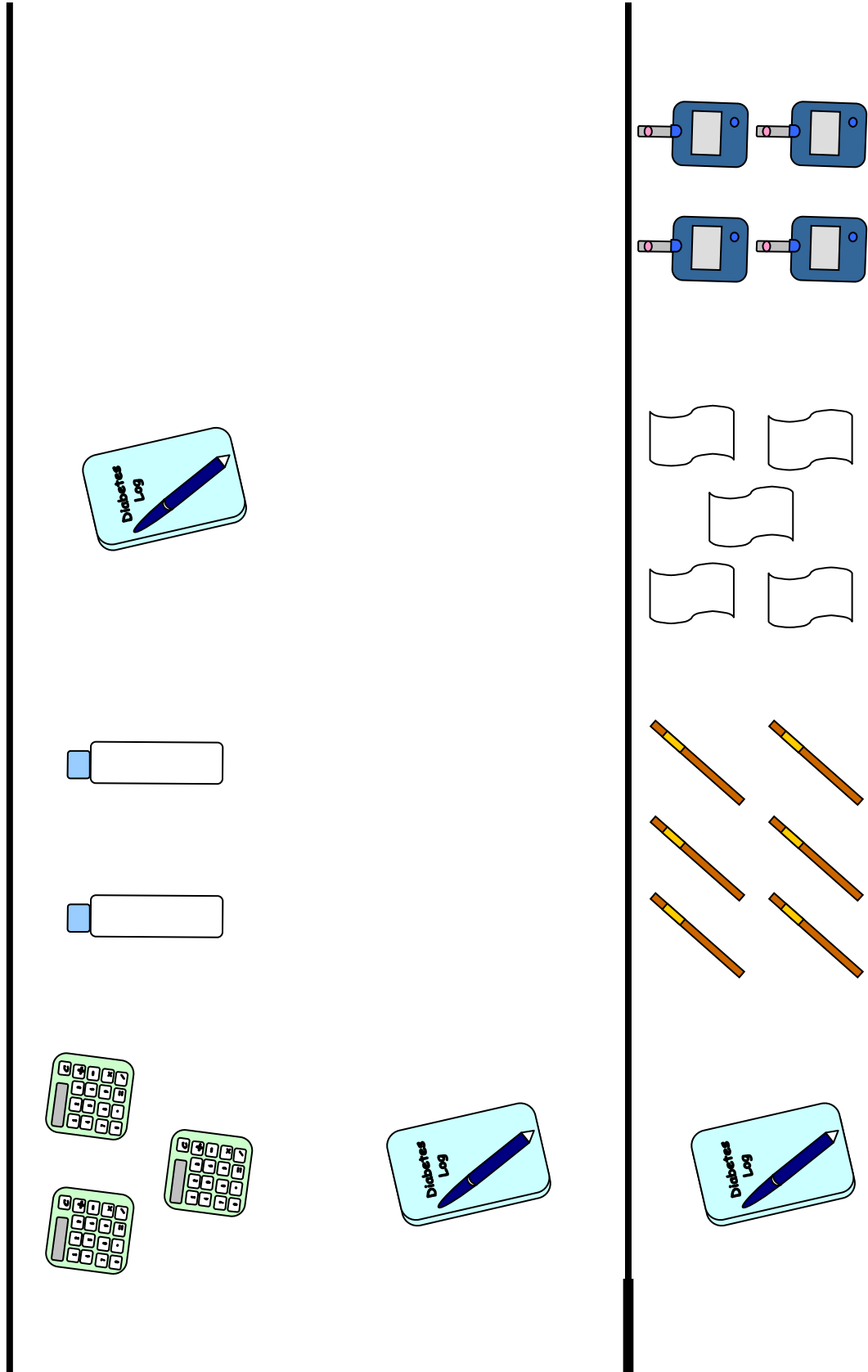
Play Dominoes - match exposed ends (and sides of doubles) with cards from one's hand or draw a card when no match can be made. Players start with 4 cards each, the first player using all the cards in their hand wins that round.

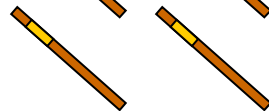
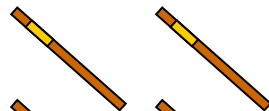
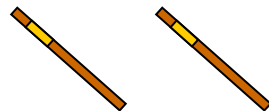
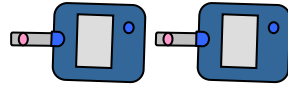
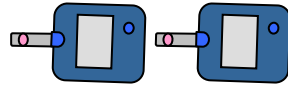
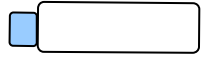
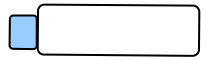
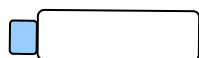
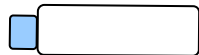
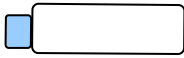
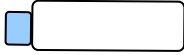
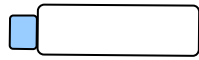
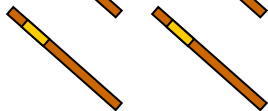
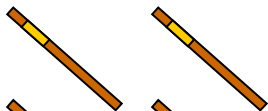
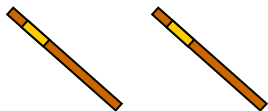
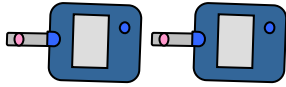
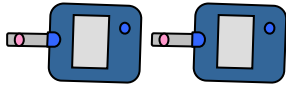
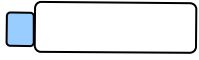
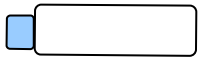
Start with the double blank in the center of the table. (Increase successive rounds to double 'log' then double 'insulin' etc.)

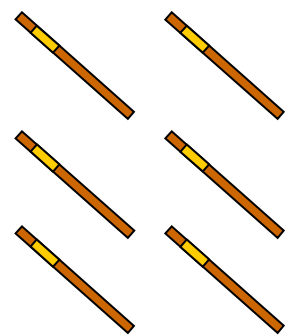
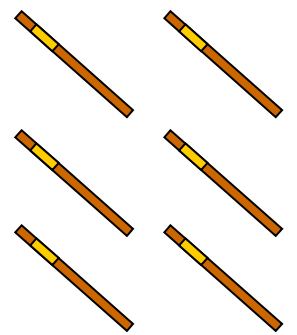
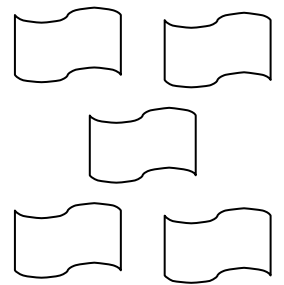
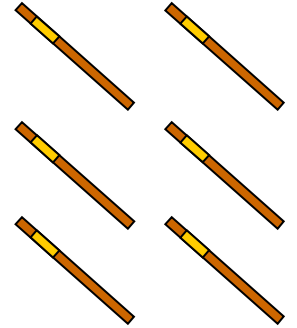
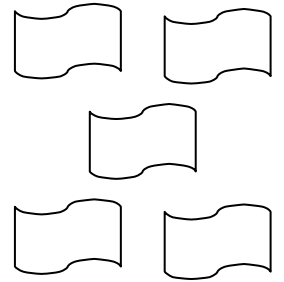
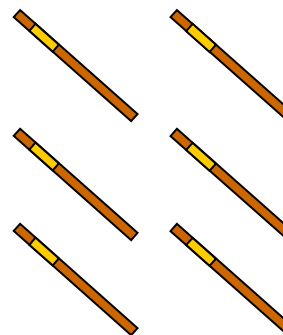
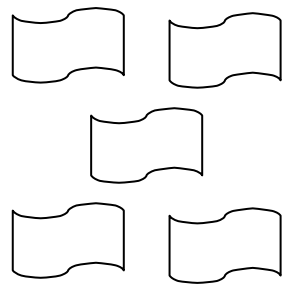
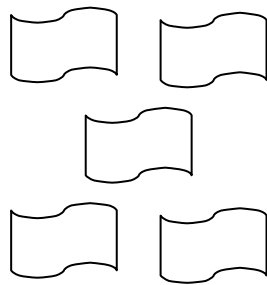
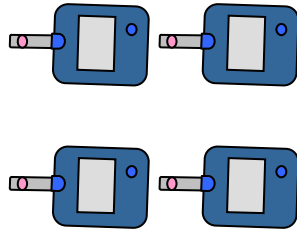
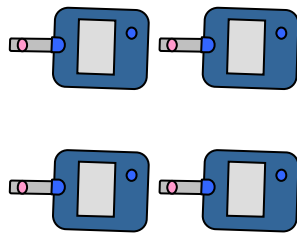
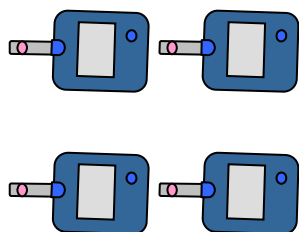
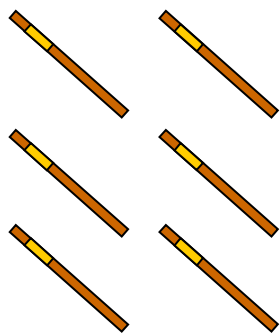
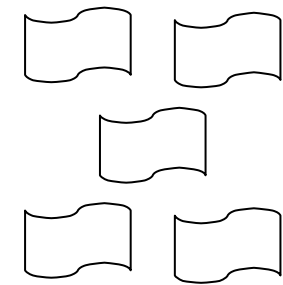
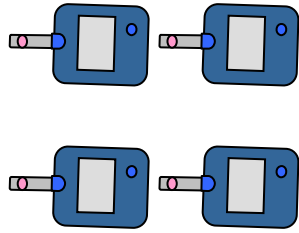
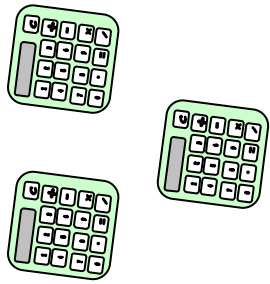
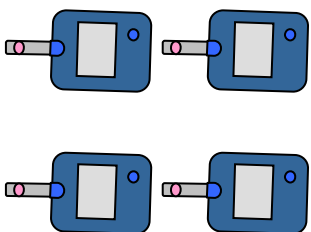
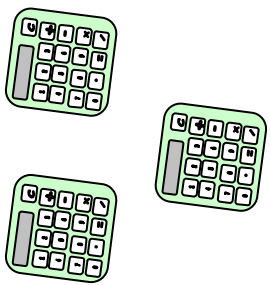
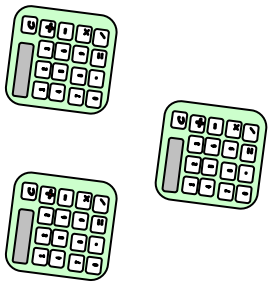
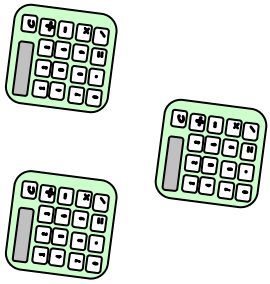
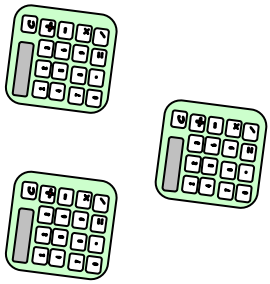
I have used diabetes care necessities instead of dots to help children become familiar with the words.

Thus: a diabetes log for 1 dot;
insulin bottles for 2; calculators for 3;
glucose monitors for 4; non-alcoholic wipes for 5;
and ketone sticks for 6 dots.

PRINT ON BUSINESS CARD STOCK









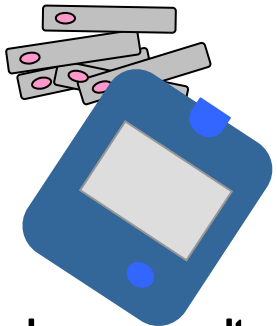
KIT CARDS®

Have fun and learn while playing simple card games such as:
Concentration, Casino, Go Fish, Steal the Old Mans Bundle or Rummy
This 40 card deck pictures items needed in a diabetes kit.

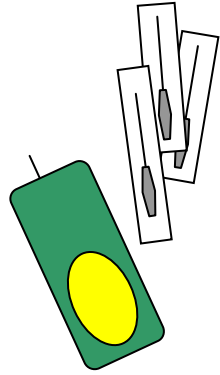
Print 4 copies of the next page on business card stock.
MAKE SURE TO PRINT LANDSCAPE AND NOT PORTRAIT.

KIT CARDS® Sandra J. Hollenberg
www.grandmasandy.com

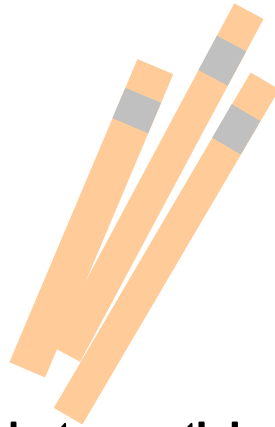
test strips and



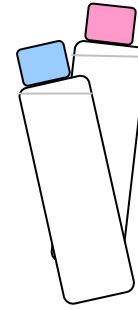
glucose monitor



lancets

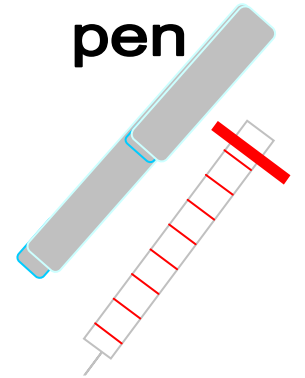


ketone sticks

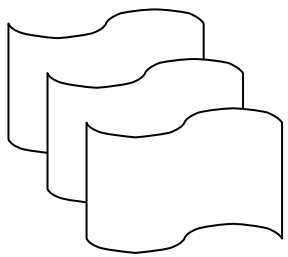


insulin

insulin
pen



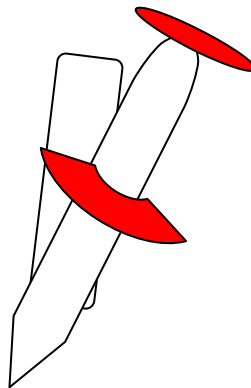
or syringe



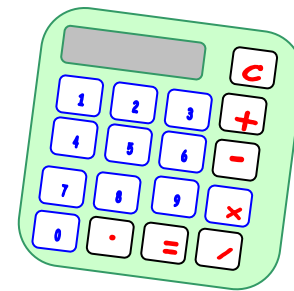
non-alcoholic
wipes



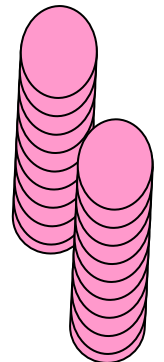
log and pen



Glucagon



calculator



glucose
tablets

PIC-TAC-TOE ©

a pictorial bingo game

FIRST PRINT:

1. Print the next 2 pages (PIC-TAC-TOE cards) on heavy card stock and cut on the dotted line.
2. Print pages 4 and 5 (call cards) on business card stock.

THEN PLAY:

Choose one player to be the 'caller.'

'Caller' mixes the 'call' cards and draws them one at a time.

Depending on the ages of the players the 'caller' either:

- asks the question on the card,
- names the object,
- or shows the picture.

The other players choose a PIC-TAC-TOE card;

as in regular bingo the space matching the called card is covered (use poker chips).

Three in a row? Call **PIC-TAC-TOE!**

Or cover the whole card. Have fun!

PIC-TAC-TOE © by Sandra J. Hollenberg. www.grandmasandy.com

Sandra J. Hollenberg is the author of MY OWN TYPE 1 DIABETES BOOK and MY OWN BOOK. ABOUT PUMPING

Please note that this game was prepared for free downloading.



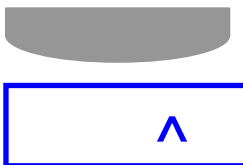
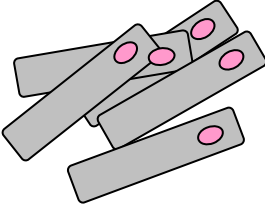


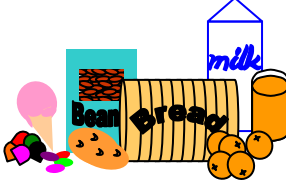
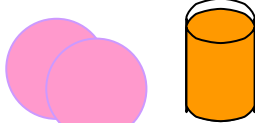
It may be printed, copied, transmitted and given away.

IT MAY NOT BE SOLD

PIC-TAC-TOE

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a pictorial bingo game for diabetes awareness

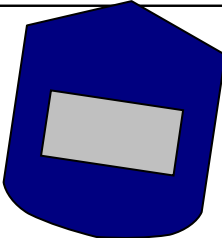


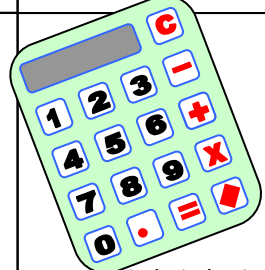
												
<table border="1" data-bbox="73 722 336 893"> <tr> <td>Total Fat 1g</td> <td>2%</td> </tr> <tr> <td>Total Carb. 33g</td> <td>11%</td> </tr> <tr> <td>Fiber 2g</td> <td>8%</td> </tr> <tr> <td>Sugar 1g</td> <td></td> </tr> <tr> <td>Protein 7g</td> <td></td> </tr> </table>	Total Fat 1g	2%	Total Carb. 33g	11%	Fiber 2g	8%	Sugar 1g		Protein 7g			
Total Fat 1g	2%											
Total Carb. 33g	11%											
Fiber 2g	8%											
Sugar 1g												
Protein 7g												
												

cover the pictures that match the called card
 Three in a row? Call
PIC-TAC-TOE

PIC-TAC-TOE

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a pictorial bingo game for diabetes awareness

cover the pictures that match the called card
 Three in a row? Call
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PIC-TAC-TOE

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a pictorial bingo game for diabetes awareness


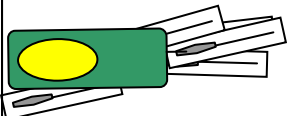
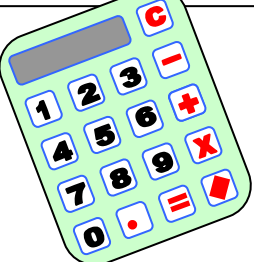
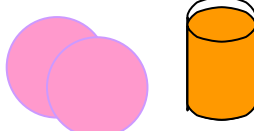
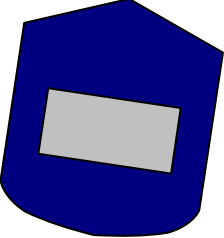
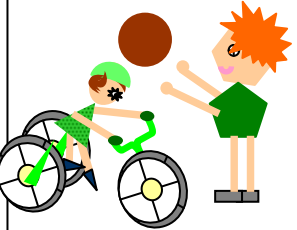

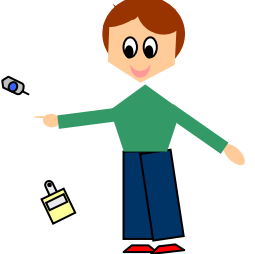
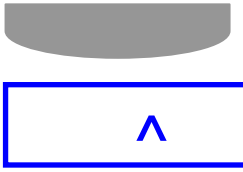
 <p>INSULIN, DIET and EXERCISE</p>	 <p>FRIENDS</p>	 <p>CARBOHYDRATES</p>
 <p>DIABETES LOG or NOTEBOOK</p>	 <p>MEDICAL ID BRACELET</p>	 <p>BLOOD CHECKS</p>
 <p>THE LABEL</p>	 <p>a SYRINGE, PEN or PUMP</p>	 <p>FISHING</p>

cover the pictures that match the called card
Three in a row? Call
PIC-TAC-TOE

PIC-TAC-TOE

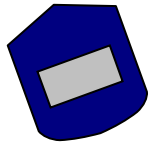
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a pictorial bingo game for diabetes awareness

	 <p>LANCETS</p>	 <p>CALCULATOR</p>
 <p>QUICK-ENERGY FOOD</p>	 <p>GLUCOSE METER</p>	 <p>EXERCISE</p>
 <p>FOOD TREE</p>	 <p>BLOOD CHECKS</p>	 <p>FOOD SCALE</p>

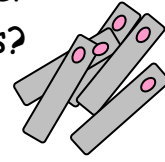
cover the pictures that match the called card
Three in a row? Call
PIC-TAC-TOE

What measures blood sugar?



a GLUCOSE METER
or MONITOR

What do you put in the glucose meter for blood checks?



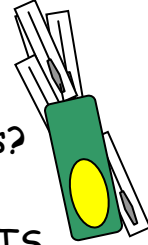
TEST STRIPS

Check blood glucose before and after -



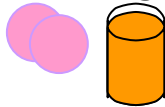
EXERCISE

What is used to prick fingers for blood checks?



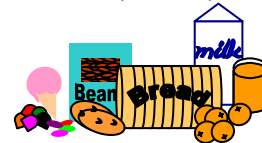
LANCETS

What should you take when your blood glucose is low?



QUICK-ENERGY FOOD

What type of food do you count to help stay 'balanced'?



CARBOHYDRATES

What tool helps calculate the correct insulin dose?



a CALCULATOR

What can you wear so people may know you have diabetes?



A MEDICAL ID
BRACELET

What needs to be done to know if blood sugar is 'in target'?



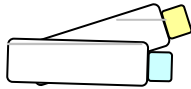
BLOOD CHECKS

What do you need to keep a record of your insulin, diet and exercise?



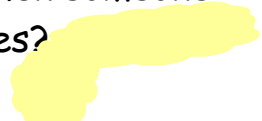
a LOG or NOTEBOOK

What must you inject if you have type 1 diabetes?



INSULIN

What organ isn't working properly when someone has diabetes?



The PANCREAS

What must you balance to stay healthy?

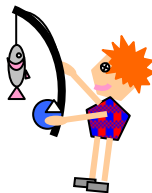


INSULIN
DIET and EXERCISE

Diabetes changes the way you use -



You can't catch diabetes -



it's not like -
FISHING

A tool that helps count carbs is . . .



a FOOD SCALE

What may remind us of the healthy foods we should pick to eat?



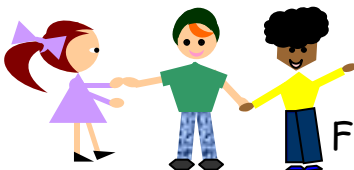
a FOOD TREE

What should you read before eating packaged

Total Fat 1g	2%
Total Carb. 33g	11%
Fiber 2g	8%
Sugar 1g	
Protein 7g	

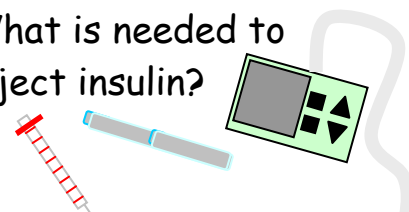
The LABEL

Who can help if they know about diabetes?



FRIENDS

What is needed to inject insulin?



a SYRINGE, PEN or PUMP

PERFECT PAIRS: Monitors

Some people say 'glucose monitors'.

Some people say 'glucose meters'.

Whatever you call it, it is the same thing:

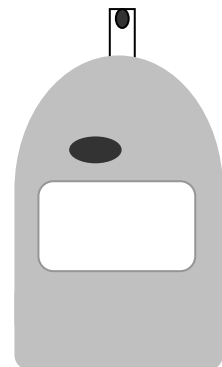
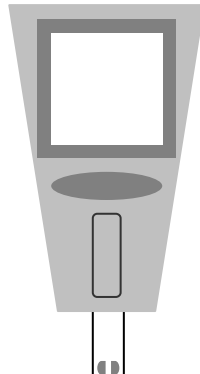
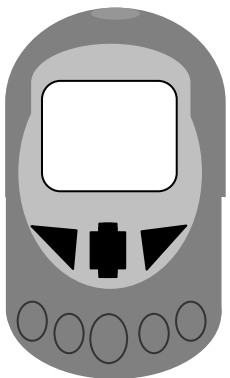
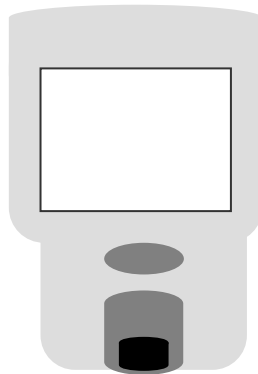
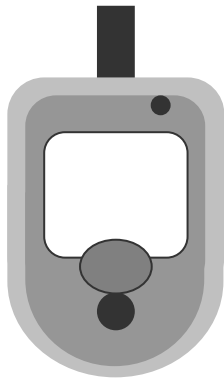
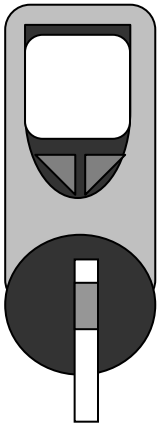
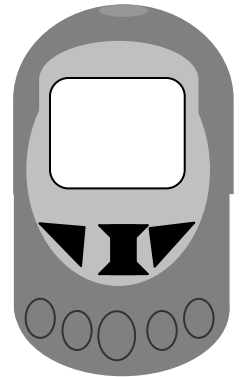
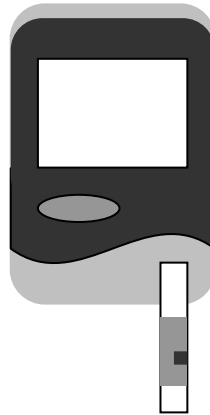
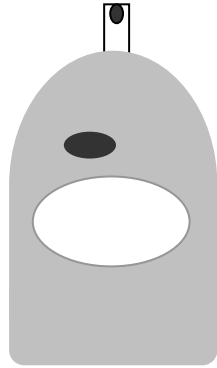
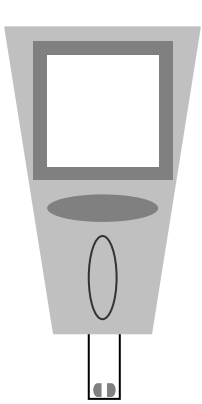
a device that measures blood sugar.

There are many kinds of glucose monitors.

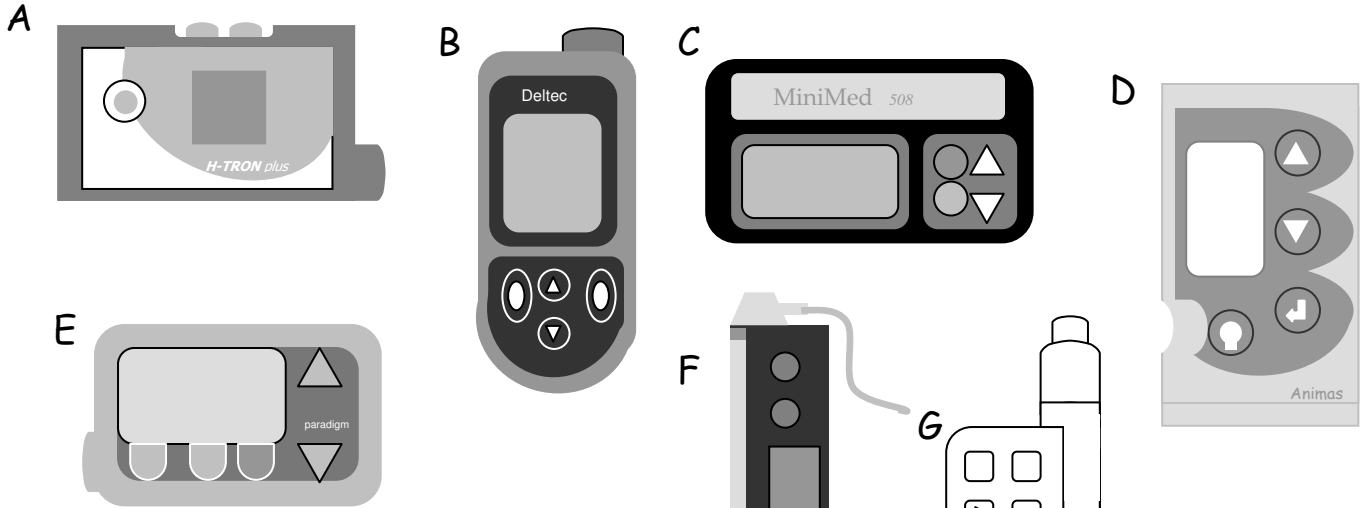
Some of them are pictured here.

Can you find two that are *exactly* the same?

Can you find one that looks something like yours?



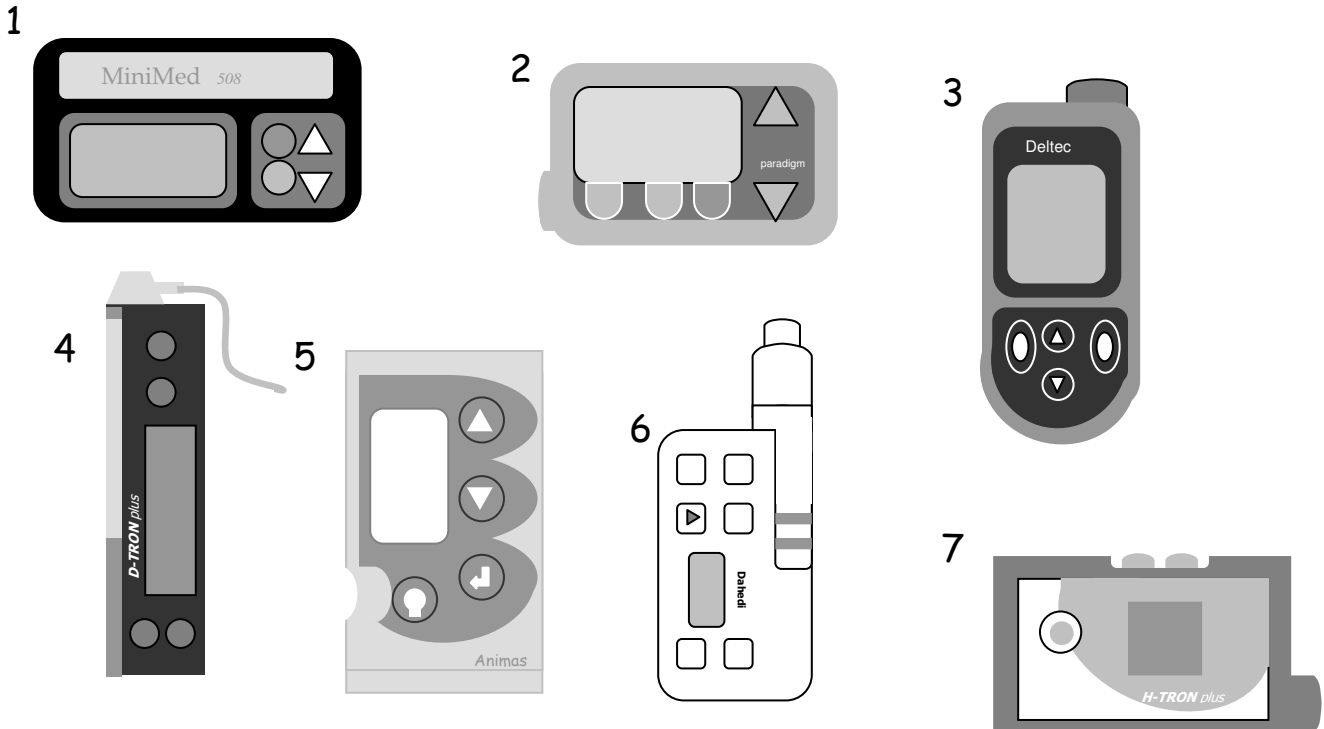
PERFECT PAIRS: Pumps



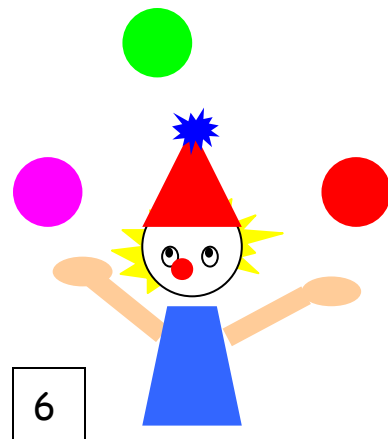
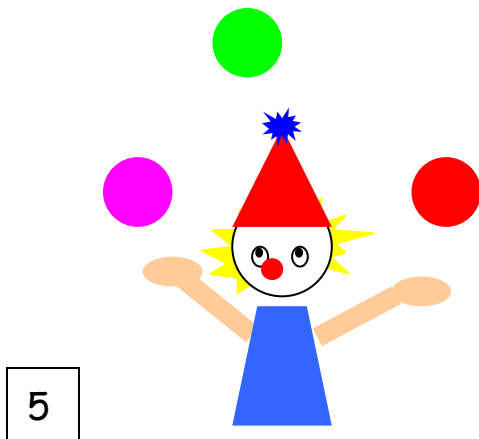
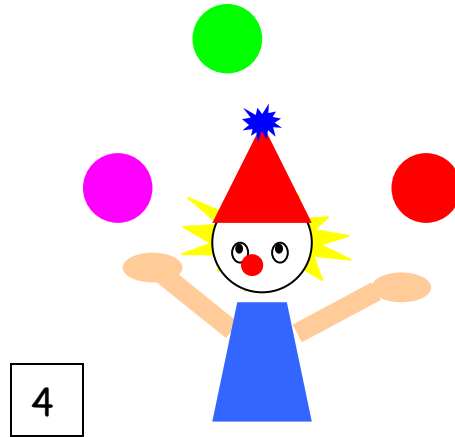
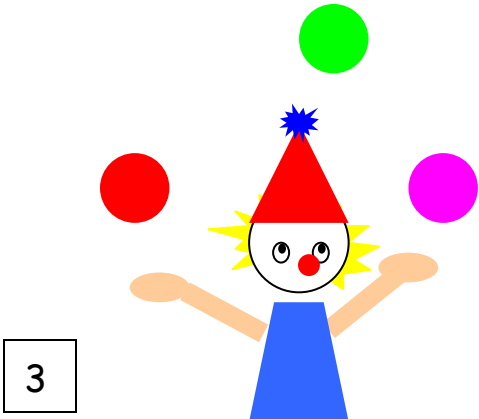
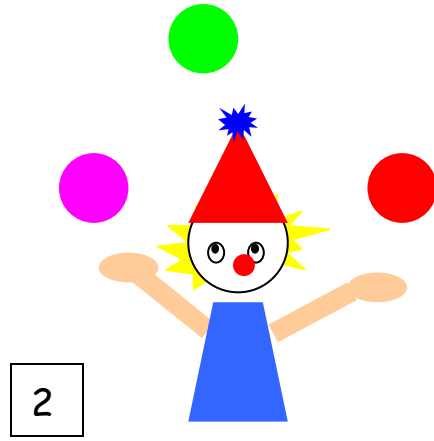
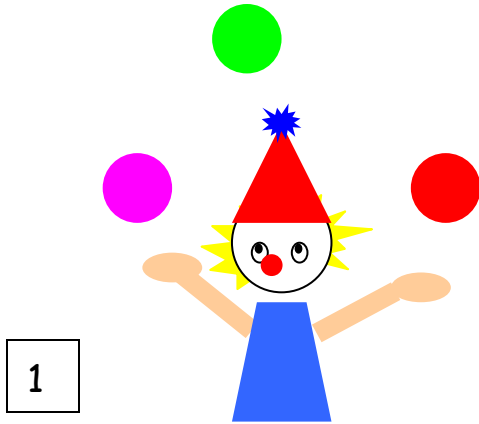
Match the pumps at the top of the page with the pumps at the bottom of the page.

- | | |
|---|---|
| A | 1 |
| B | 2 |
| C | 3 |
| D | 4 |
| E | 5 |
| F | 6 |
| G | 7 |

Draw a line from the letter to the number of the matching pairs.



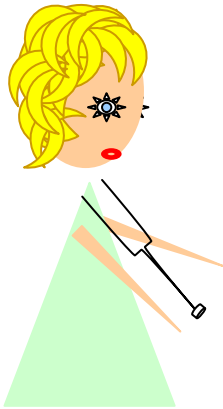
Just as you balance your diet, exercise and insulin the juggler keeps the balls in balance. Look carefully and you will see that only two of the pictures are identical.



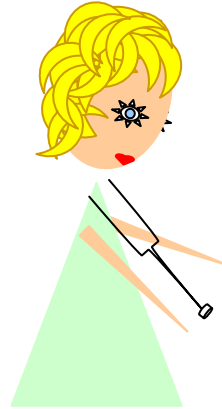
1 and 5 are identical. 2 is looking the other way. 3 the image is reversed. 4 has different hair. 6 the pom pom on the hat is bigger.

When you have diabetes you become like a doctor, you learn to take care of yourself. Look carefully and you will see that only two of the pictures are identical.

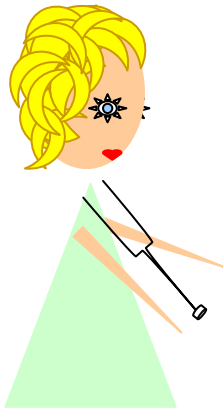
1



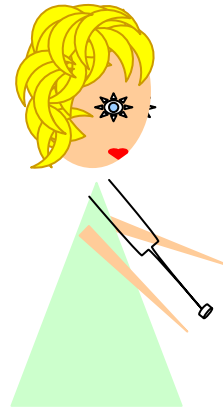
2



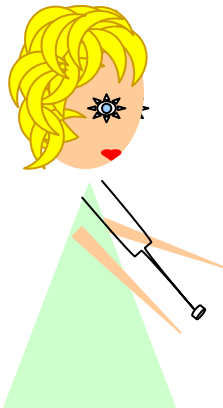
3



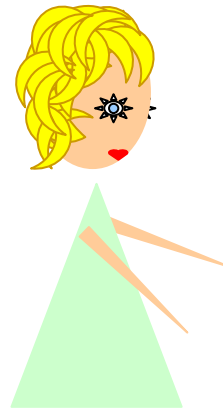
4



5

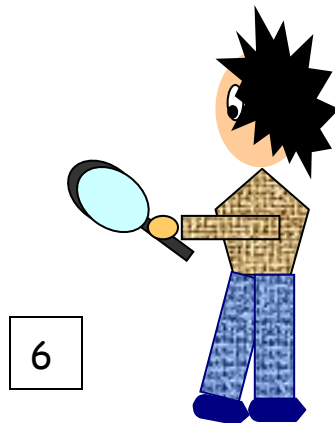
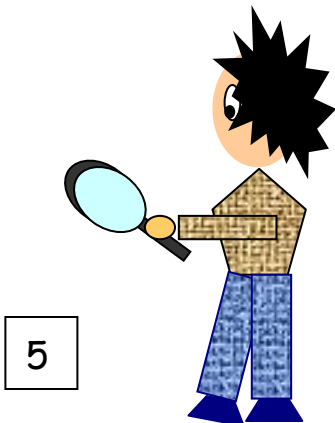
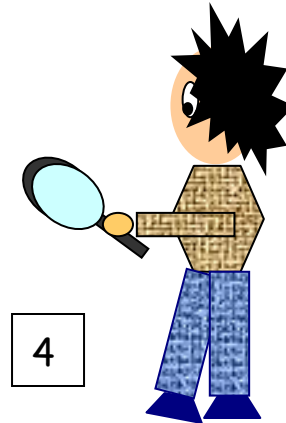
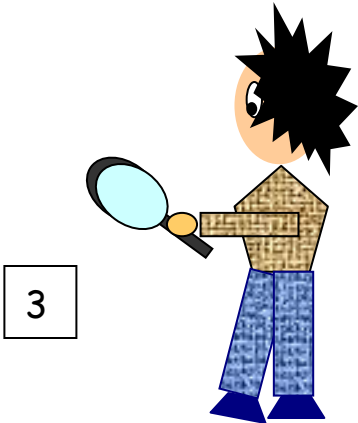
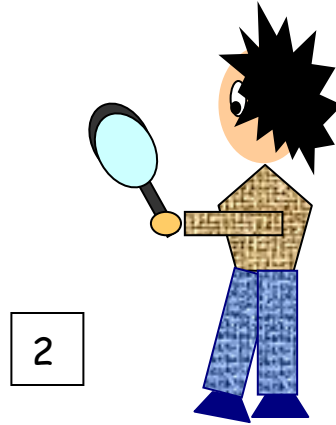
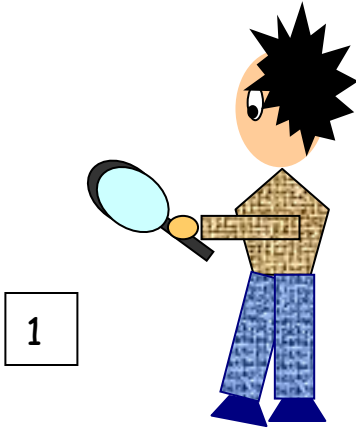


6



1. Mouth is different 2 head is looking down. 3 hair is different. 4 and 5 are the same. 6 stethoscope is missing.

When you have diabetes you will become like a detective. You will learn the clues that tell if your blood sugar is high or low. Find the two pictures that are identical.

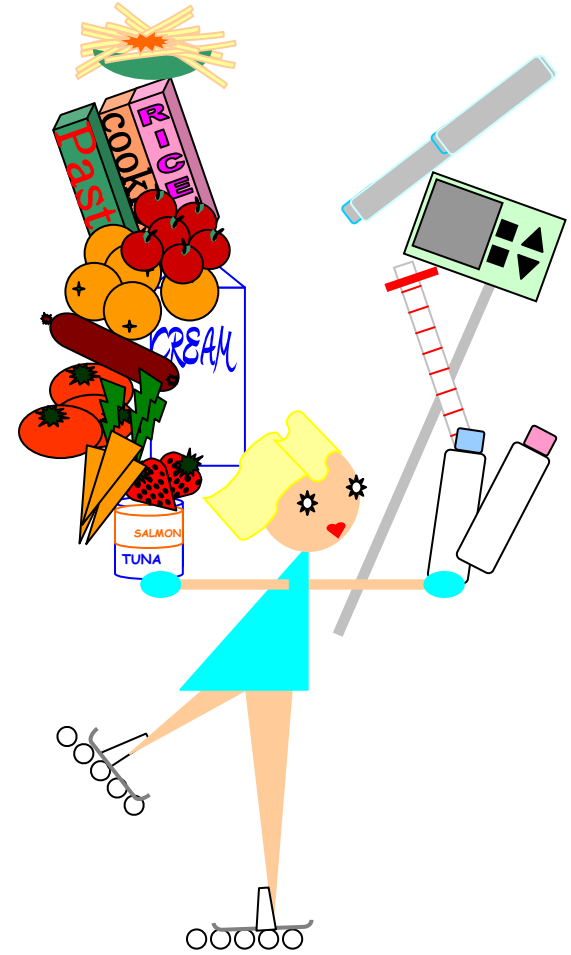
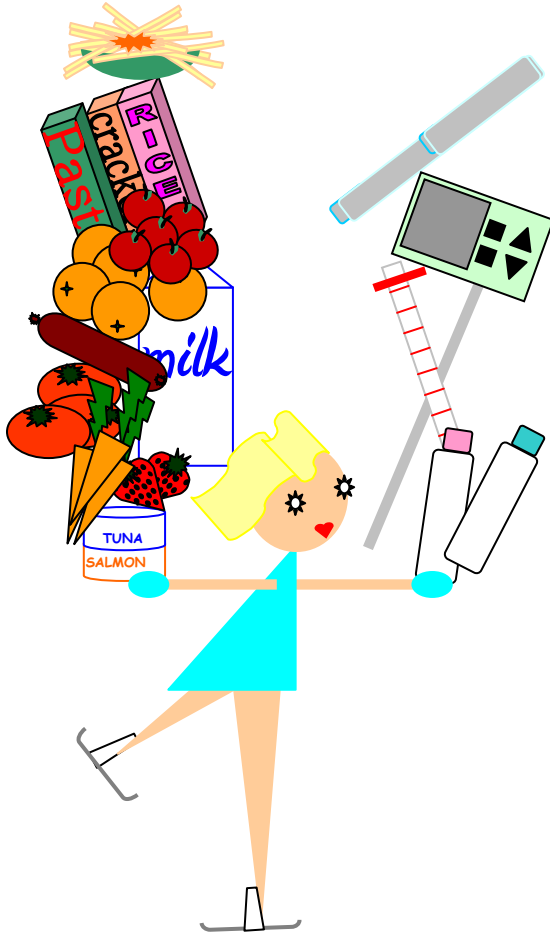


1 hair is different. 2 magnifying glass is higher. 3 and 5 are identical. 4 shirt shape is different. 6 shoes are different.



Find the Differences?

Can you find at least 6 things that are different in these pictures?



Balance your exercise, diet and insulin.



Find the Differences?

Can you find at least 6 things that are different in these pictures?



Next time you are on a carb fast, try this:

Cottage cheese for a face, hard-boiled egg eyes, shredded lettuce for hair, a cucumber mouth, and why not bits of broccoli for earrings?

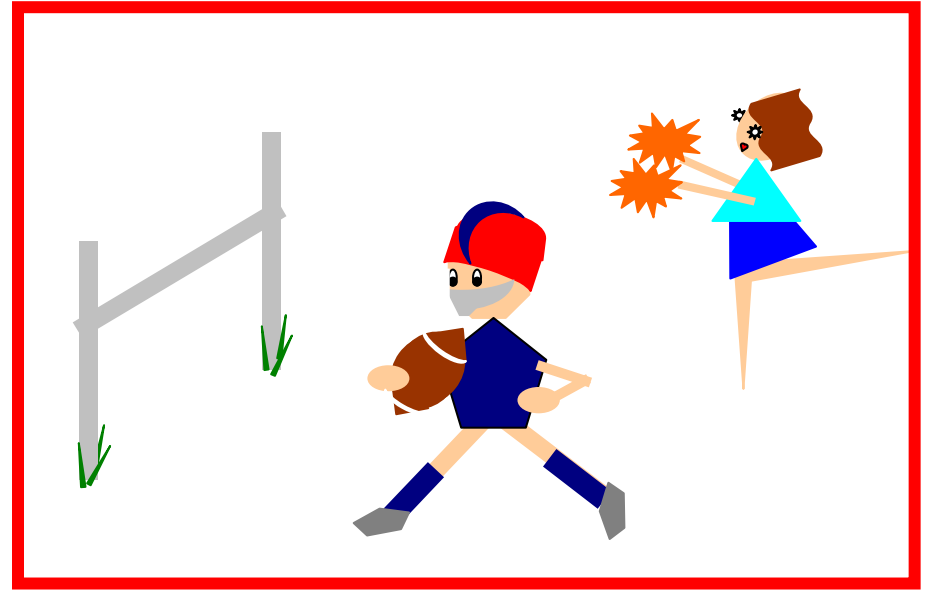
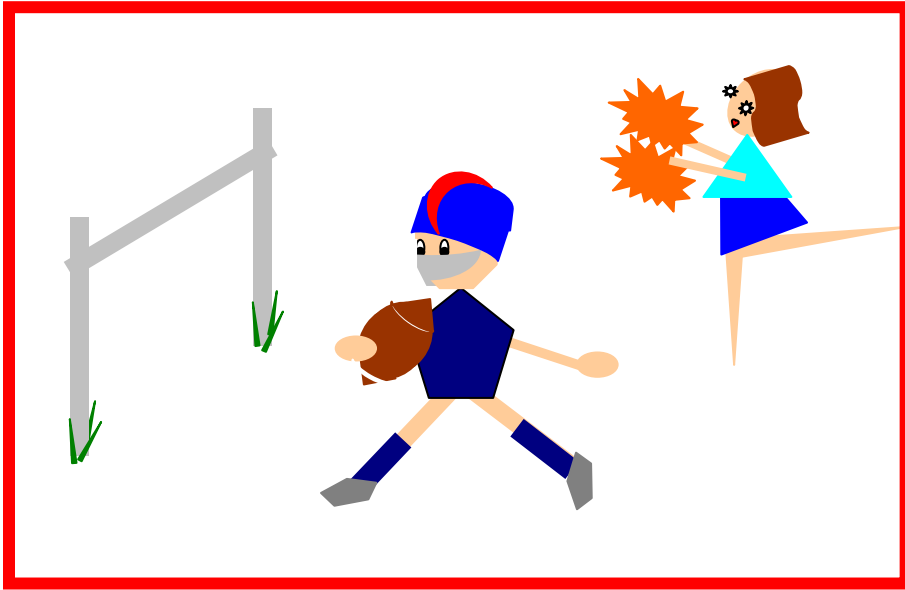
Lots of fun and almost zero carbohydrates!

Eggs, cucumber mouth, lettuce hair, spoon, broccoli ears, placemat.

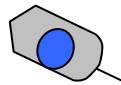
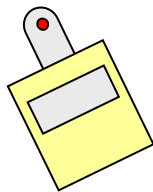


Find the Differences?

Can you find at least 6 things that are different in these pictures?



Check blood sugar **BEFORE** you exercise!

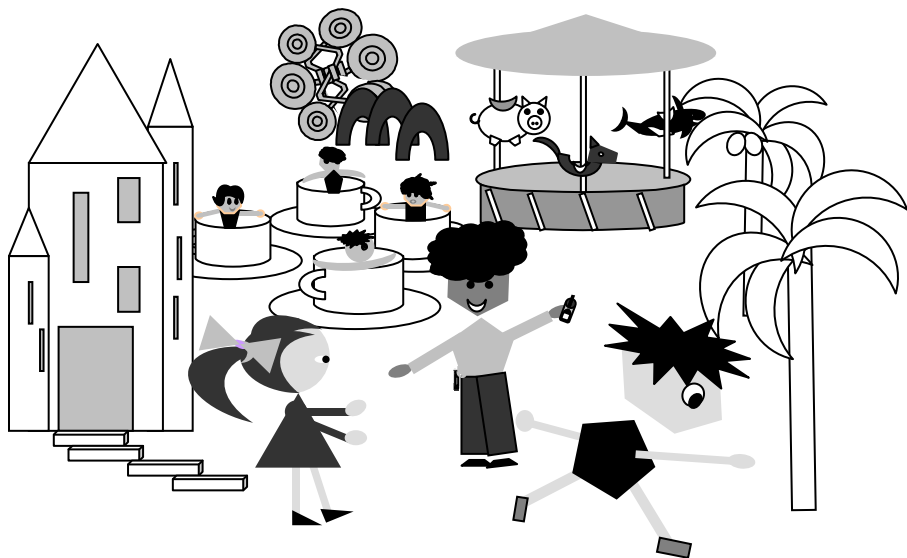


Check blood sugar **AFTER** you exercise!



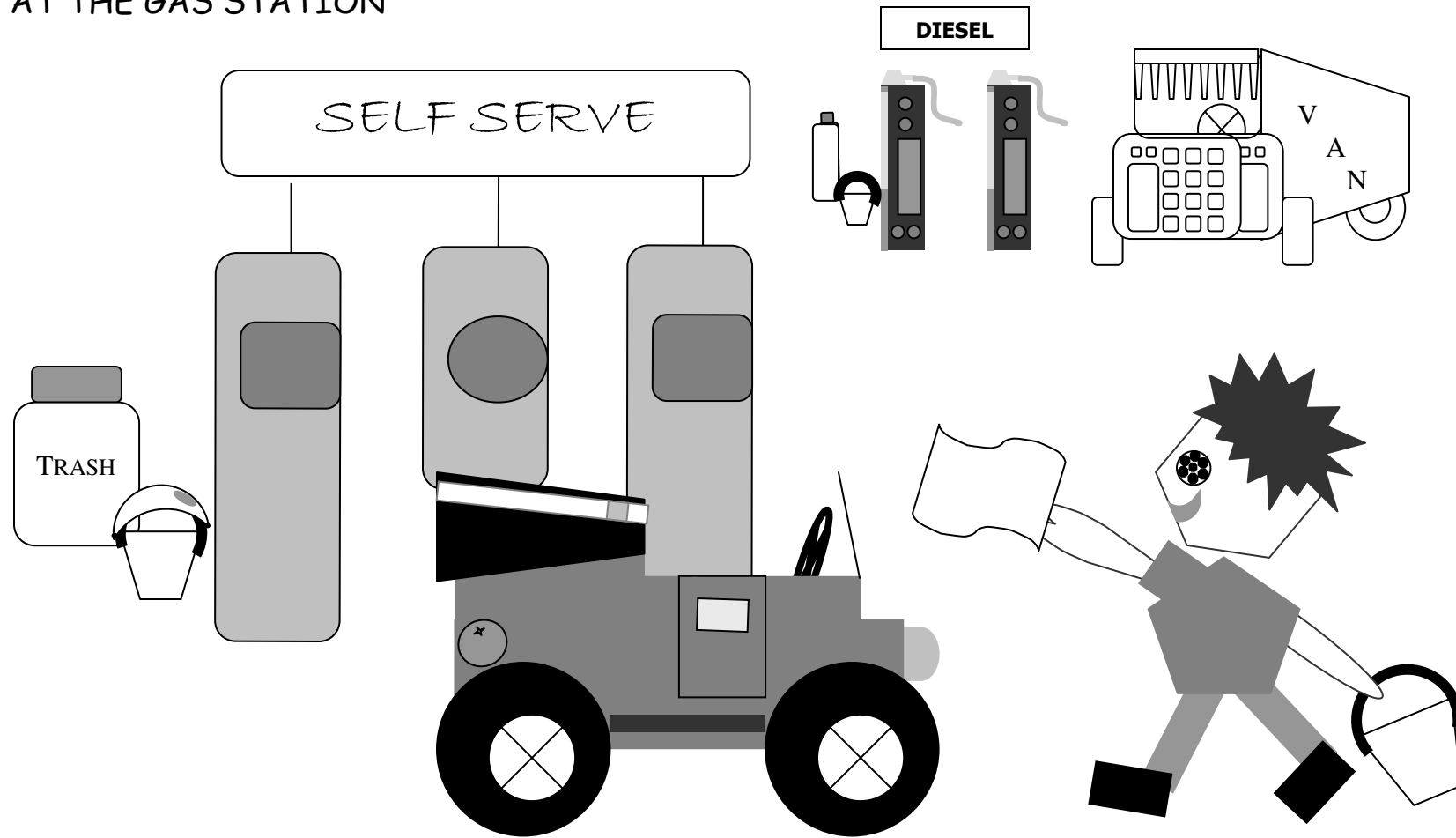
Find the Differences?

Can you find at least 6 things that are different in these pictures?


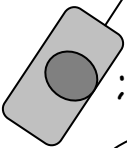

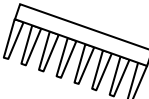



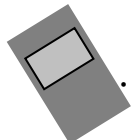


- Animals on carousel
- Castle entrance
- Coconuts in palm tree
- Girl's ribbon
- Boy's hair
- Teacup

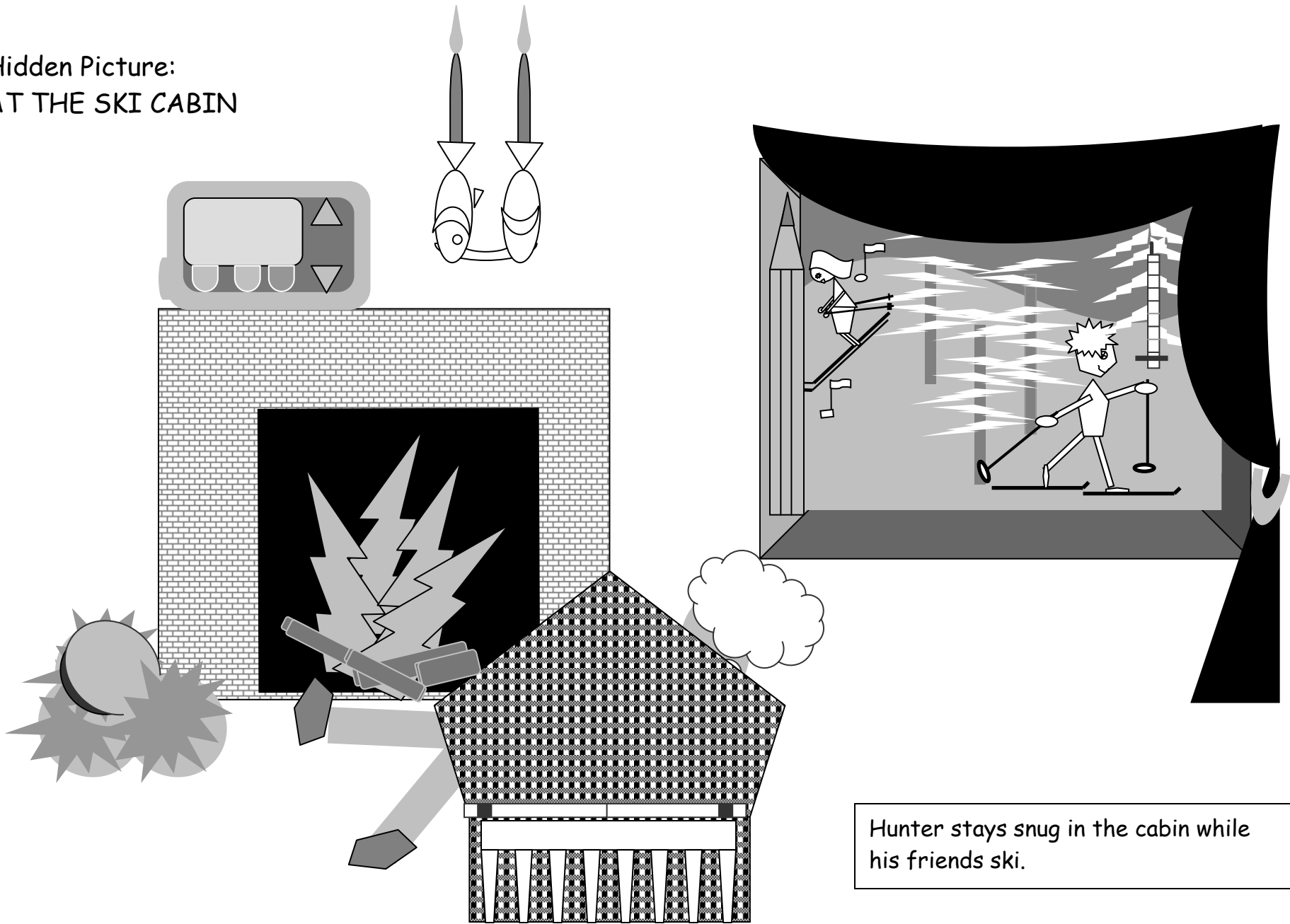
Hidden Picture:
AT THE GAS STATION





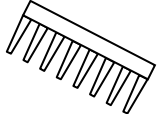
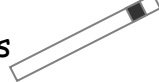

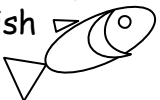


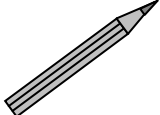
While Jake cleans his windshield find:

- a calculator  ; a lancing device  ; a banana  ; a comb  ; a soccer ball  ;
- a ketone stick  ; a non-alcoholic wipe  ; and a glucose monitor  .







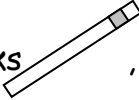



Hidden Picture:
AT THE SKI CABIN

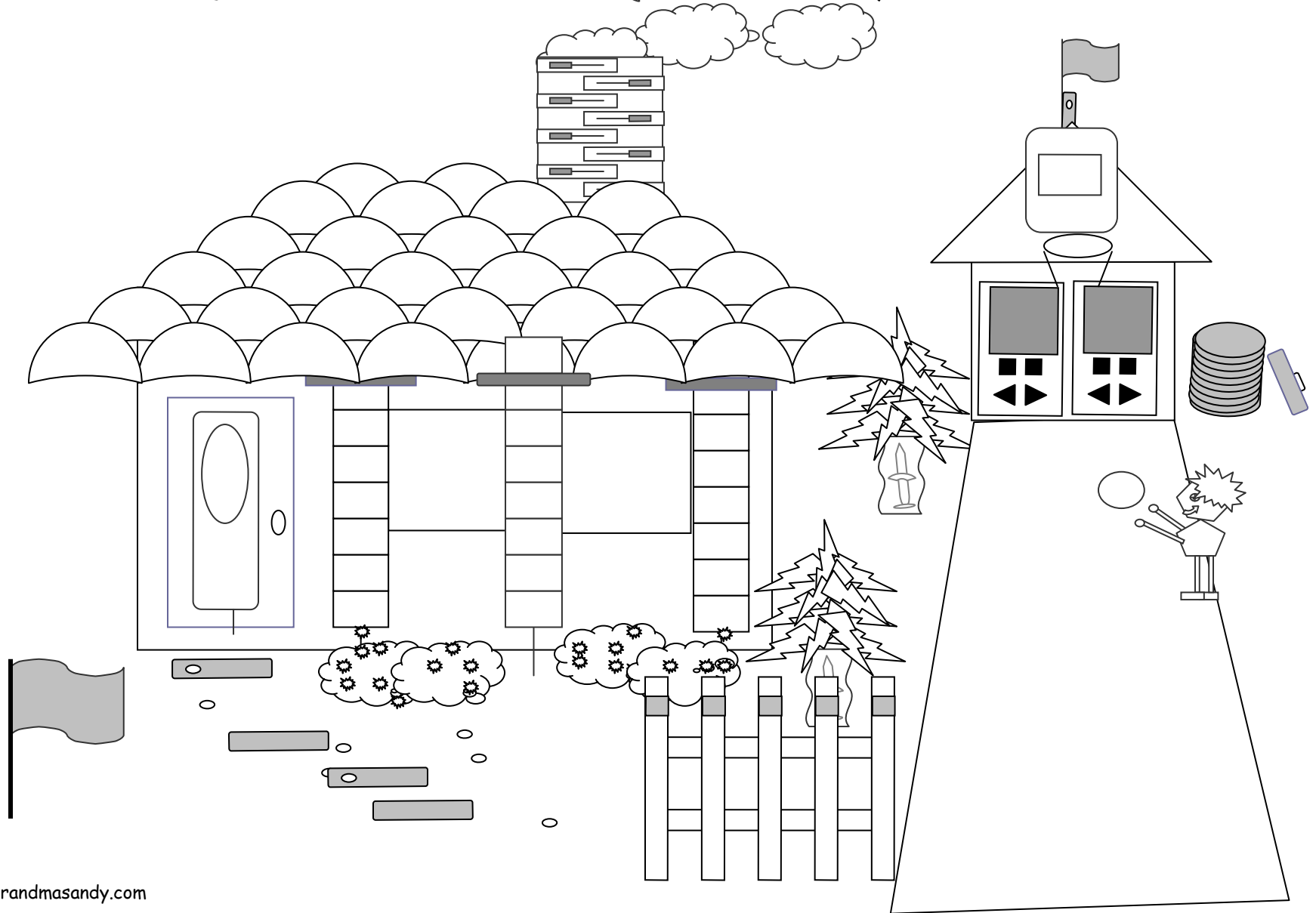


Hunter stays snug in the cabin while his friends ski.

- Find: a hamburger  a syringe  a comb  two ketone sticks  an insulin pen 
a fish  an insulin pump  a musical note  a pencil 

HIDDEN PICTURES

Find 1 lancing device , 7 lancets , 3 test strips , 1 syringe , 1 stack of glucose tablets ,
1 glucose monitor , 5 Ketone sticks , Glucagon , 2 insulin pumps  and 2 non-alcoholic wipes .















WELCOME

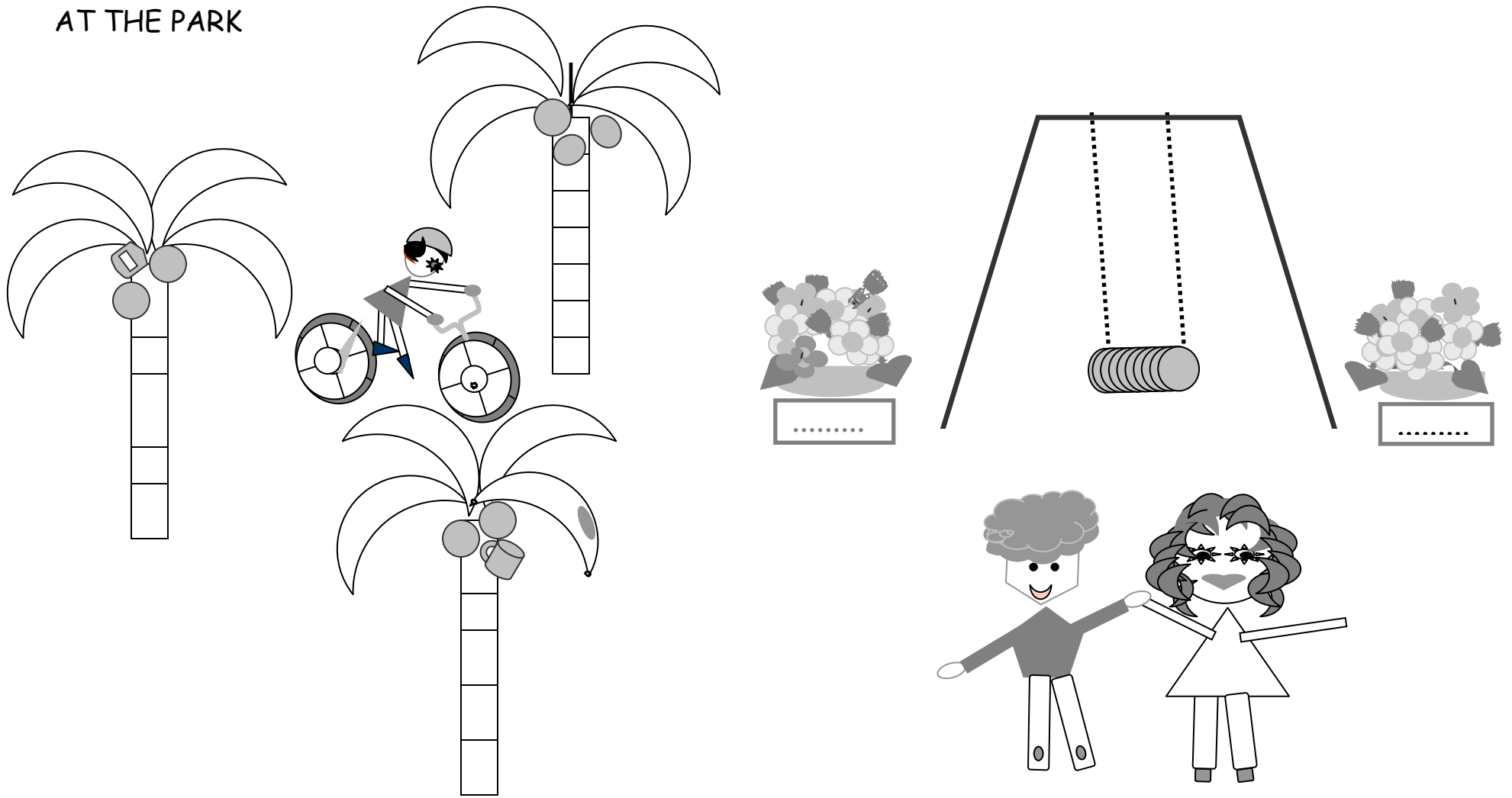
Friends for Life





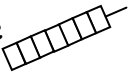



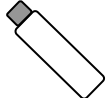
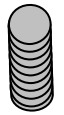
2007



Find: 1 mailbox  ; 1 insulin pump  ; 1 banana  ; 2 stacks of glucose tablets  ; 1 lancing device  ; 1 syringe  ;
 5 ketone sticks  ; 2 test strips  ; 1 comb  ; 1 hamburger  ; 1 scale  ; 1 nonalcoholic wipe  .

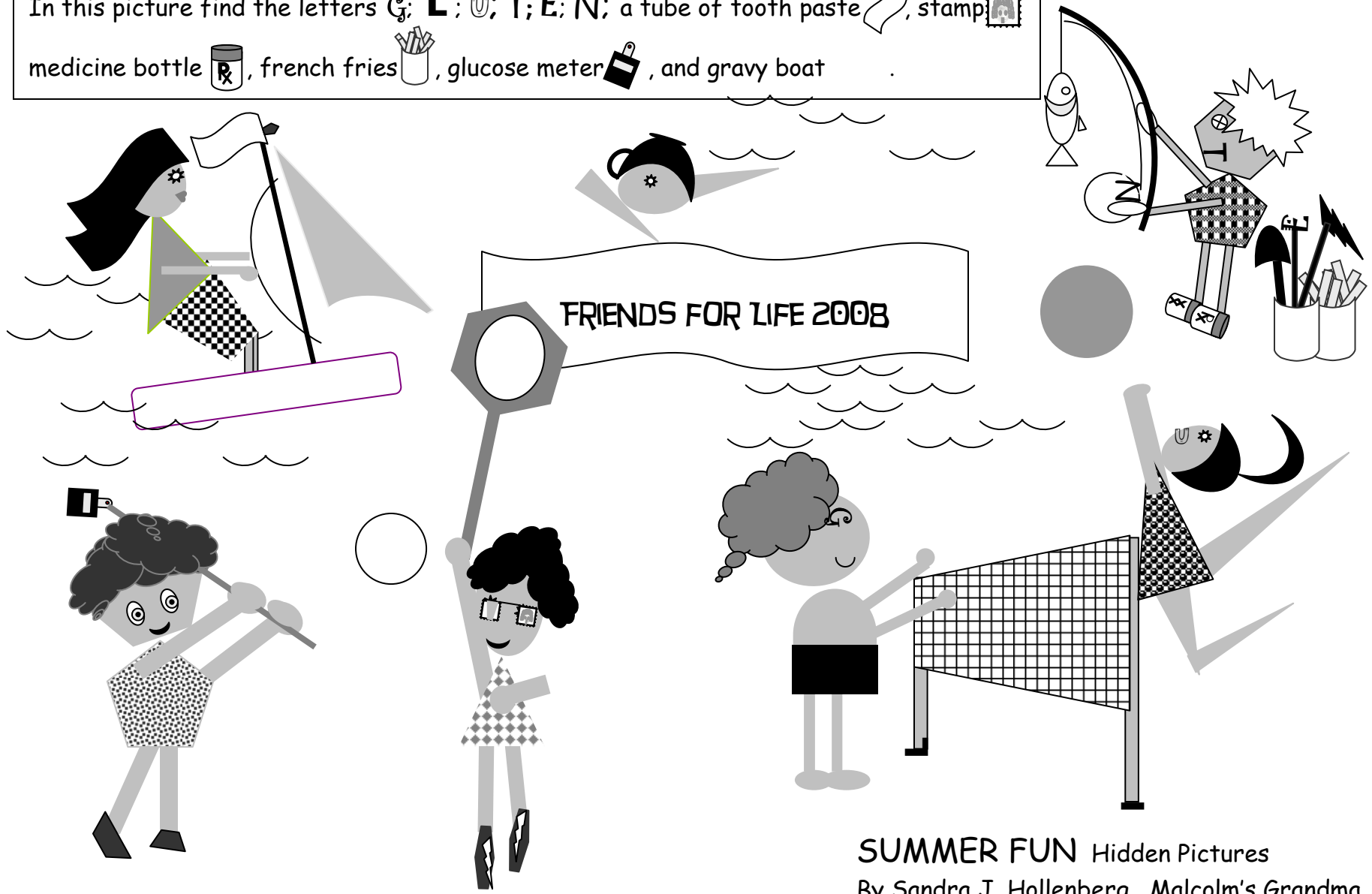
Hidden Pictures AT THE PARK



Cassidy and Ryan wait for Alice by the swing. While they are waiting find: an orange  ; flamenco dancer  ;
 2 scales  ; 1 glucose monitor  ; a syringe  ; 2 test strips  ; a banana 
 a measuring cup  ; 2 bottles of insulin  and glucose tablets  .

Gluten is a protein that makes people with celiac disease sick.
Sometimes it's in weird places like toothpaste, medicine and postage stamp glue.

In this picture find the letters **G**; **L**; **U**; **T**; **E**; **N**; a tube of tooth paste, stamp, medicine bottle, french fries, glucose meter, and gravy boat.



SUMMER FUN Hidden Pictures

By Sandra J. Hollenberg, Malcolm's Grandma

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The place to visit for free, fun and informative material about type 1 diabetes.