

I have Type 1 Diabetes

Hi! I'm Molly and I've got Diabetes.

IT ALL HAPPENED VERY QUICKLY. SUDDENLY I WAS THIRSTY ALL THE TIME. I WAS CONSTANTLY ASKING FOR WATER AND HAD TO GO TO THE TOILET A LOT.



AND DESPITE BEING VERY HUNGRY AND EATING MUCH MORE THAN USUAL, I WAS LOSING WEIGHT.



C'mon Molly, what's going on with you?

I ALSO WAS FEELING TIRED VERY EASILY - EVEN AFTER JUST A SHORT WALK.

SO MY MUM MADE AN APPOINTMENT WITH A DOCTOR. AND AFTER A FEW URINE AND BLOOD SAMPLES, WE WERE TOLD THAT I HAVE TYPE 1 DIABETES.



DIABETES IS A SERIOUS CONDITION BUT IT'S NOT THE KIND OF CONDITION WHERE YOU HAVE TO STAY IN BED AND CAN'T PLAY.

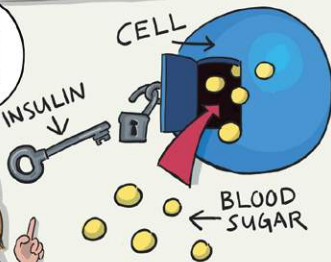


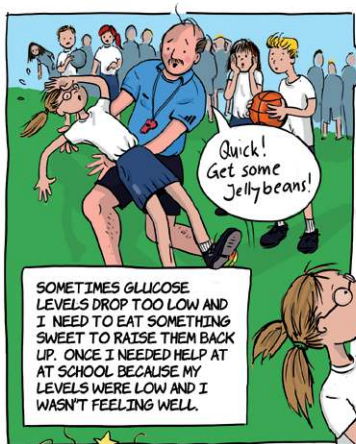
IF YOU HAVE DIABETES, YOUR BODY CAN'T CONVERT WHAT YOU EAT INTO ENERGY ANYMORE. AND YOU NEED ENERGY TO PLAY AND LIVE AN ACTIVE LIFE. YOU GET THE ENERGY FROM GLUCOSE. YES! LOTS OF FOODS GIVE US ENERGY NOT JUST SWEET ONES!



WHEN YOU EAT, THE GLUCOSE GETS INTO YOUR BLOOD WHERE IT THEN IS CONVERTED TO ENERGY. TO DO SO YOUR BODY NEEDS A 'KEY'. THAT KEY IS CALLED INSULIN. BUT IF YOU HAVE DIABETES, YOUR BODY CAN'T PRODUCE INSULIN ANYMORE. THAT MEANS THE GLUCOSE FROM THE FOODS YOU EAT JUST STAYS IN YOUR BLOOD WITHOUT BEING CONVERTED.

Insulin is the key!





SOMETIMES GLUCOSE LEVELS DROP TOO LOW AND I NEED TO EAT SOMETHING SWEET TO RAISE THEM BACK UP. ONCE I NEEDED HELP AT SCHOOL BECAUSE MY LEVELS WERE LOW AND I WASN'T FEELING WELL.

THERE IS NOTHING I HAVE DONE TO CAUSE THE DIABETES.



AND ONCE YOU HAVE TYPE 1 DIABETES, YOU HAVE IT FOR LIFE. I CAN'T DO ANYTHING TO MAKE IT GO AWAY. IT'S LIKE LIFE'S WHEEL OF FORTUNE. I SUPPOSE.



FORTUNATELY THERE IS A MAGIC TRICK: YOU CAN GIVE YOUR BODY THE INSULIN BY INJECTING IT INTO YOUR BODY! ALMOST LIKE A MAGIC POTION! AND IF YOU DO THAT YOU'LL FEEL JUST AS FINE AS ANYBODY WITHOUT DIABETES!

I NEED TO ALWAYS STAY ON TOP OF MY GLUCOSE LEVELS BY HELP OF A CONTINUOUS GLUCOSE MONITOR (CGM) OR BY DOING A FINGER PRICK TEST. IF MY LEVELS ARE TOO LOW OR TOO HIGH, I WON'T FEEL GREAT. I NEED TO DO THIS SEVERAL TIMES A DAY - SOMETIMES EVEN IN THE MIDDLE OF THE NIGHT.



INSULIN-KIT

WHILE DIABETES DOES NOT GET BETTER AND DOES NOT GO AWAY, I'VE GOTTEN REALLY GOOD AT MANAGING IT! IT'S JUST PART OF MY LIFE NOW - LIKE BRUSHING MY TEETH AND COMBING MY HAIR EVERY DAY.





I'm starving!

Sorry Sweetie,
you've got to wait
10 min!

WHILE I CAN EAT ANYTHING, I CAN'T JUST EAT WHAT I WANT WHEN I WANT. LIKE EVERYONE, I NEED TO EAT A BALANCED AND HEALTHY DIET WITH REGULARLY SCHEDULED MEALS.

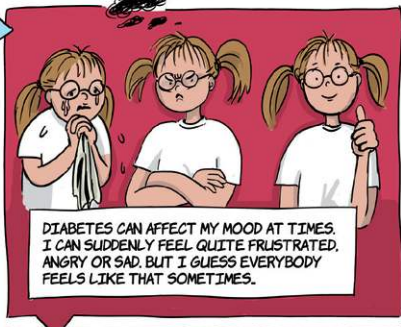


I brought a
container so I can
take my cake home
and eat it later.

PLEASE DON'T BE OFFENDED IF I CAN'T SHARE MY FOOD OR CAN'T ACCEPT A TREAT FROM YOU. IT'S NOTHING PERSONAL! IT JUST ALL DEPENDS ON MY GLUCOSE LEVELS AT THAT MOMENT.



I STILL LIKE TO BE ACTIVE.
IN FACT EXERCISE IS A VERY
IMPORTANT FACTOR IN STAYING
WELL FOR EVERYONE.



DIABETES CAN AFFECT MY MOOD AT TIMES.
I CAN SUDDENLY FEEL QUITE FRUSTRATED,
ANGRY OR SAD. BUT I GUESS EVERYBODY
FEELS LIKE THAT SOMETIMES.



WITH DIABETES I CAN STILL
DO ANYTHING I USED TO DO. I
JUST NEED TO PLAN AHEAD A
LITTLE BETTER.
YOU SEE, I'M STILL EXACTLY
THE SAME PERSON I WAS
BEFORE I GOT DIABETES.
SAME LOOK, SAME INTERESTS,
AND THE SAME FRIENDS!