



Breakthrough T1D™

Formerly JDRF



What I want my teachers to know about type 1 diabetes (T1D)

- 1** I didn't do anything to cause T1D and there is nothing I could have done to avoid being diagnosed. T1D is an autoimmune disease and there currently is no cure.
- 2** My pancreas doesn't have the ability to produce the insulin my body needs to turn the carbohydrates from the food I eat into energy, so I have to take insulin injections or wear an insulin pump.
- 3** With a little advance planning, I can eat anything my classmates eat. I just have to check my blood sugar and adjust my insulin dose accordingly.
- 4** I have to check my blood sugar levels multiple times a day, either with a finger stick or by wearing a continuous glucose monitor. I need access to my diabetes technology at **ALL** times.
- 5** T1D is with me 24/7. I never get a break. Some of the things that affect my blood sugar levels that are out of my control include stress, hormones, growth, and illness.
- 6** When my blood sugar is too high or too low, I don't feel well and I may need extra time to complete a test or assignment after I feel better.
- 7** A high blood sugar may cause me to have a difficult time concentrating and I will probably need to use the restroom or drink water more often.
- 8** Low blood sugar can be dangerous and I will need to eat fast-acting sugar or snacks immediately to prevent or treat low blood sugar levels.
- 9** I don't want to be recognized as being "different" because of my diabetes.
- 10** You're an important part of my diabetes management team.
Thank you for your support and understanding.

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With your support, we are creating a movement to improve and change life with T1D, advancing breakthroughs on the way to cures.

To find out more, visit BreakthroughT1D.org.



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