

# Diabetes Control

Hey Lana, what's up?

Marco was just admitted.

Again? How is he now?

Well...he's really nauseous.

Blood sugar at 320, ketones in his blood and urine. Oh man, that's diabetic ketoacidosis.

It sure is!

Hey...maybe it's time to let him see this from a different angle.

I think you're right.

I can't believe I let my glucose level get to 320! I hate these bad numbers!

Hey Marco, don't think about the numbers as good or bad. Instead, focus on the choices you've made.

What's that supposed to mean?

Let me show you.

What the...

Didn't you know? Chron can control time.

Now let's go back and take a look at how you got here.

That's you at age 5, when you were first diagnosed with diabetes.

Type 1 diabetes is when your pancreas makes little or no insulin.

Treatment includes insulin therapy, frequent glucose monitoring - including a glucometer, a continuous glucose monitoring system, or both depending on what your doctor recommends - following a food plan or carb counting, and daily exercise.

But you know all this stuff, right?

So let's move ahead.

Hemoglobin A1c...

Gives me a measure of how well controlled my blood glucose has been over a three month period. I know.

The goal for kids under 18 is less than 7.5%

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And you've been doing an amazing job checking your blood glucose level at all the right times.

Like if you feel low.

Before meals and bedtime.

And before exercising.

But yesterday my friend, hey, you made some different choices.

You left your CGM at home.

I get so sick of looking at that thing!

We understand your frustration, Marco. But hey, it's really important to wear your CGM at all times. And you really should use a measuring cup to measure your servings.

Because you took insulin for only one serving of cereal...

...but you actually ate three!

Oops.

Okay, I know I shouldn't have had those chips, but...

You know, having diabetes doesn't mean you have to feel guilty about eating snacks.

You just need to count the carbs and take insulin for the carbs you eat.

You can choose a snack that doesn't raise your blood sugar, such as a "free" food.

Or not.

Fair enough. But don't think about a high reading as a "bad" number.

Think of it as a series of choices that led you here last night.

Listen Marco, we know how difficult it can be to control your diabetes.

And nobody likes to see "bad" numbers. But poorly controlled diabetes can lead to long term complications. Let me show you.

Oh, you didn't know?! Neutrino here can shrink down to a molecular level.

Like Ant Man? Cool!

Diabetes can cause damage to large blood vessels in the heart, brain, and lungs, as well as damage to small

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blood vessels that can cause complications with eyes, kidneys, feet, skin, and nerves.

Diabetes can be managed. It's about choices. And we're here to help you! So remember what we told you.

Monitor my glucose, count my carbs, take insulin for the carbs I eat...

...and try to add more "free" foods into your diet. And get daily exercise.

And if your glucose level gets over 300 again, call your doctor right away if you have moderate to large ketones.

And if you have small or trace ketones, drink water hourly until they clear.

I will. But I'm going to try really hard to make sure my numbers never get that "bad" again.

Right on!

You can do it Marco.