

Izzy's Story: Type 1 Diabetes

We started to notice like a lot more intense behavioral issues, just seeing things that were out of the norm for her. Very high emotions and I was like, "Okay, like that's really weird. And she was also having accidents during the day. I thought that she had a UTI, and we took her into urgent care, and then we found out she has type 1 diabetes. It was really shocking.

Hi, my name is Andrea Bilello. And I'm Ryan Bilello and we have four children. Izzy is probably the most independent of our children. She loves to craft or play as far as cutting and taping and coloring and quite honestly, she could do that for hours in her own world. And the world is her canvas.

Learning how to help her with her diabetes right away, we were at children's hospital for like a four-hour training and they were walking us through, here's a needle, here's how you do insulin, here's what ketones are, here's what you do on a sick day. Here's all the apps you need, here's how you count carbs like it was. Like a lot.

Full immersion into the world of a child with type 1 diabetes, which was really cool that they don't mess around. It wasn't like, "Call us," it was, "Jump in." It's a lot of information so at first you're like, "How am I going to do all of this?" But it really is muscle memory. Once you get the routine down, it becomes a little simpler.

But then it's really, I think, as far as the hard part is acclimating all the other adults that care for Izzy into our lives and going, "Okay, we've had kids with extra needs "or different needs our whole life. "Now, this is not a mental thing anymore. "This is a physical thing that requires constant attention "because it's not, 'Oops, I didn't take my ADHD medication "'and I'm a little bit more hyper during the day.' "It's they need insulin and if it gets too high "or too low, it could result in an ER visit.

When the siblings found out about the diagnosis, I think they didn't really fully understand what that would mean for a bigger picture. Now, that we've kind of been six months into it, they're starting to understand and we're trying to have healthier habits as a family. So it's kind of changed us in a lot of ways to be kind of together around the food thing.

We look at what we eat now, you know, looking at the back of a box, looking at the nutrition facts, understanding what a serving is, understanding what carbohydrates are. We do need to be more proactive and purposeful with the food we eat or the foods we're not eating, or how much is in this meal as opposed to this meal.

Or I'm gonna have this snack versus this snack. It's stuff that we had all taken for granted for the most part up until Izzy's diagnosis.

My 14-year-old Jeremiah, when he found out, we came home with the paperwork in the binder, and we had so much information and he sat and he read the whole binder.

And it just like touched me a lot because he really wanted to know about what was going on with his sister. And he had a lot of questions and he's old enough to understand and I just thought that was really sweet.

It is manageable, it is possible to get back to a level of normalcy in your life. I wanna say I'm really proud of Izzy. She has really taken on a lot for a kid. This is a huge life change for a child and sometimes half the battle, or most of the battle for children is like the needles and having them get used to it.

Izzy's Story: Type 1 Diabetes

She's poking herself, she's checking her blood sugar, she's taking control of her health. And I think I was super worried in the beginning that we're never gonna be able to convey the seriousness of this, we're never gonna be able to teach her how to do X, Y, and Z. She's not gonna be able to grasp this. And she has risen like to the occasion and gone beyond.

She's owning that it's her diabetes, it's in her body, she has to take care of it. And she has just taken it all in stride.