Be friends with diabetes, along with

Mishti

in the New Year

changing diabetes™ in children

NOVO NORDISK EDUCATION FOUNDATION

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Hello Friends!

Hello! I would like to wish you all a happy and healthy New Year.

On 25th December, my friends and family were having Christmas party. All were having cake and I felt sad about it. I decided not to tell any one about it and remained silent. I was surprised how mommy came to know about it. She came to me with a small piece of cake and told it is 'ok' sometimes to have it and then we can always dance to burn this sugar. She also told me, "Mishti, this time I can judge what is happening in your mind, but every time I cannot. It is always better to share your feelings with your mother, sometimes it would make you feel better." After having cake I felt good and decided that this would be my New Year's first resolution that I will tell whatever I feel to my mommy, papa and my closest friends. I will tell when I feel low, I will tell when I want to eat my favourite sweet and also when new questions about myself arise in my mind.

Along with that I made 4 more resolutions, let me share all with you.

1. I will try to eat at proper time especially when I am playing or studying to prevent low blood sugars. One more thing in this year what ever mommy will prepare I will eat. So I will eat all vegetables now.
2. I will monitor my sugar regularly and write it truly. You know, sometimes I feel I should not check my sugar or when my sugar is high, I feel that this particular result I will not write in my sugar diary. I will not do that.
3. Apart from my study books, I will read at least 10 new books this year and my papa says that I should read at least one small book on diabetes so that I can manage it better.
4. I will make more friends especially friends having diabetes, would learn from them and would help them. My mommy says that it is the best way we can help one another.

You all must have made your New Year resolutions. Please do write to me about them. We will try our best that this year we are going to make them our habit and way of our life.

In Mishti's school, sports day is announced

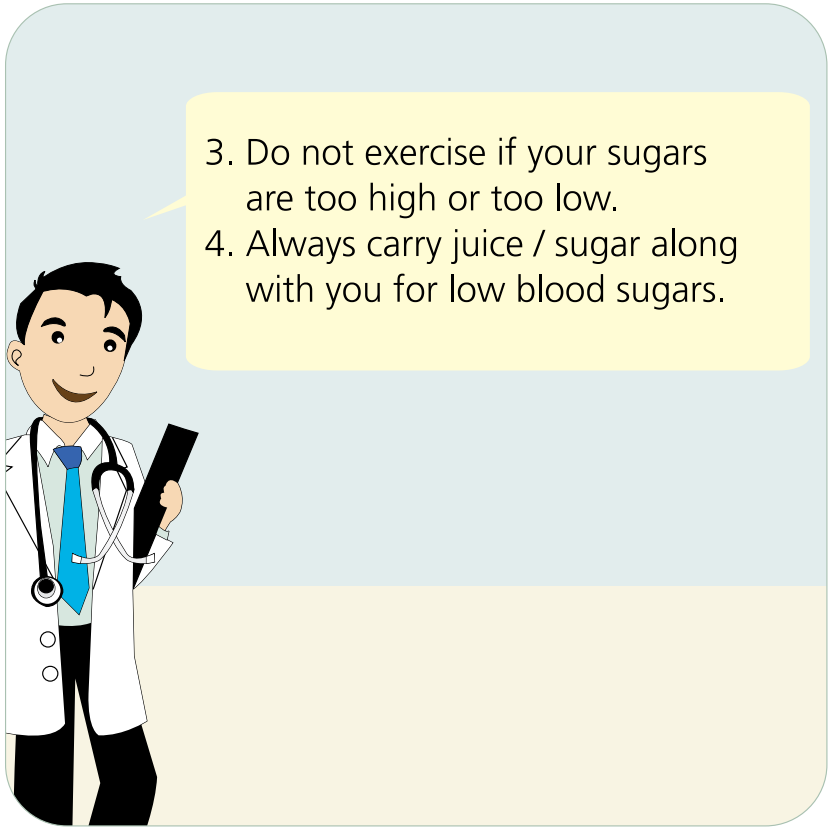
It is good that you want to participate but would you be able to do so much strenuous exercise?

Yes madam. I exercise regularly and I have been participating in sports competitions and I can do it.

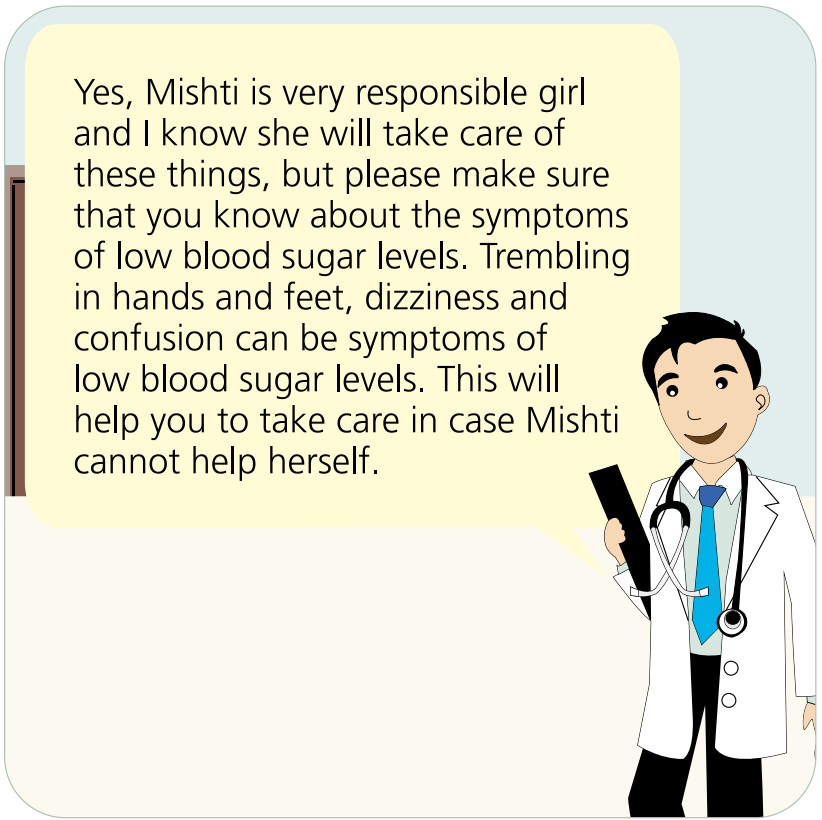
I believe in you Mishti, but before accepting your name, I will like to meet your doctor.

Sure madam. I will fix an appointment with my doctor on saturday evening.

On Saturday, at the Doctor's clinic...

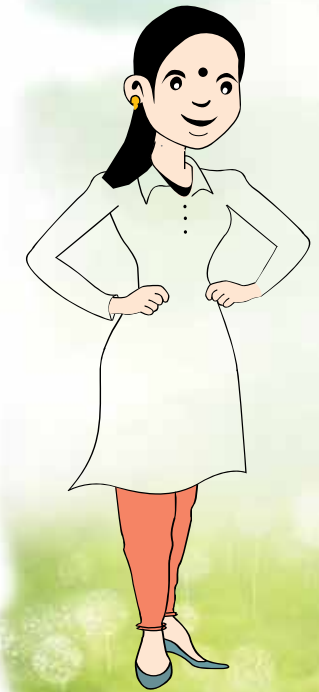

3. Do not exercise if your sugars are too high or too low.
4. Always carry juice / sugar along with you for low blood sugars.

Doctor, are these the only precautions? We always keep fruit, water and glucose for students who are doing sports practice.


Yes, Mishti is very responsible girl and I know she will take care of these things, but please make sure that you know about the symptoms of low blood sugar levels. Trembling in hands and feet, dizziness and confusion can be symptoms of low blood sugar levels. This will help you to take care in case Mishti cannot help herself.

Mishti, best of luck and do well.
Sure doctor, will do it. Thanks for your time.
end

Mishti's Mom Speaks



Hello, I am Mrs. Anuradha. I am Mishti's mom.

I would like to talk to you about few things to all parents reading this. 2 years back when Mishti was diagnosed with diabetes, we were frightened like you when your child was diagnosed with diabetes. First few months were tough for us, learning new things and accepting that our child has diabetes. We also tried some herbal powder for diabetes. Nothing works except insulin. I can share it with confidence that insulin is the best friend of your child's life as it is the only treatment for children with type 1 diabetes.

I Found it Inspiring

On July 10, 1922, five-year-old Teddy Ryder was among the first twelve people with diabetes to receive insulin. He lived until 1993 with more than 70 years of diabetes duration. He became a librarian in Hartford, Connecticut, where he enjoyed a long and active life.

Teddy Ryder, July 10,1922

Teddy Ryder, July 10,1923

Teddy Ryder, Toronto, 1990

http://archives.cbc.ca/health/medical_research/clips/4065/accessed on 4th jan 2011

http://www.multilingualarchive.com/ma/dewiki/en/Theodore_Ryder/ accessed on 4th jan 2011

Mishti is a fictitious character. The content is meant for educational purposes and is not to be used as a substitute for professional medical advice. Always seek the advice of your doctor or other qualified healthcare provider with any questions you may have regarding a medical condition or medical treatment. Never disregard professional medical advice or delay in seeking it because of something you have read. In case of a medical emergency, call your doctor immediately. We aim at providing unbiased information and don't reccomend or endorse any specific tests, products, procedures, or medical treatments.

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