

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 recommend or endorse any specific tests, products, procedures, or medical treatments.



Mishti

goes

on a

field

trip





Hello Friends!

I wish my words find you in best of health and spirit. Two weeks back, I was very upset when Arnav, one of my friend was calling me as Ms. Sugary. I decided, I will never talk to Arnav and will not go to his birthday party. When I told mommy about it, she said, "Mishti you are a very smart girl, so how can you be so unreasonable?" I could not understand what mommy wanted to tell me. Then she told me, "Mishti when you can name your best friend Kavya bookworm as she is always reading books, your friend Anil as Giraffe as he is tall and Shruti as touch-me-not because she is moved to tears easily then, why cannot they call you Ms. Sugary?" My mother also told me that the meaning of the word Mishti is also sweet. She was right as we had funny names like tubelight, Mr. Bean and many others for almost everyone in the class. She told me that it is very necessary to take things sportingly.



I also joined Arnav's birthday party

I was back to normal mood and I joined the birthday party. It was great fun. Few things which doctor uncle told me and helped me while having a great party were:

- I checked my sugar levels before and after the party.
- I avoided the cold drink but had a small piece of cake. This helped me in keeping my blood sugar under control and also enjoy the delicious cake.
- I had almost every snack which was served in the party but kept a watch on quantity and I accepted the sweets which were served to us but brought them home for my brother Chintu.

However, I had an episode of hypoglycaemia next morning. Doctor uncle told that it was because we played a lot last evening and I missed my snack of 10:00 PM. So, I will keep this in mind for next time.

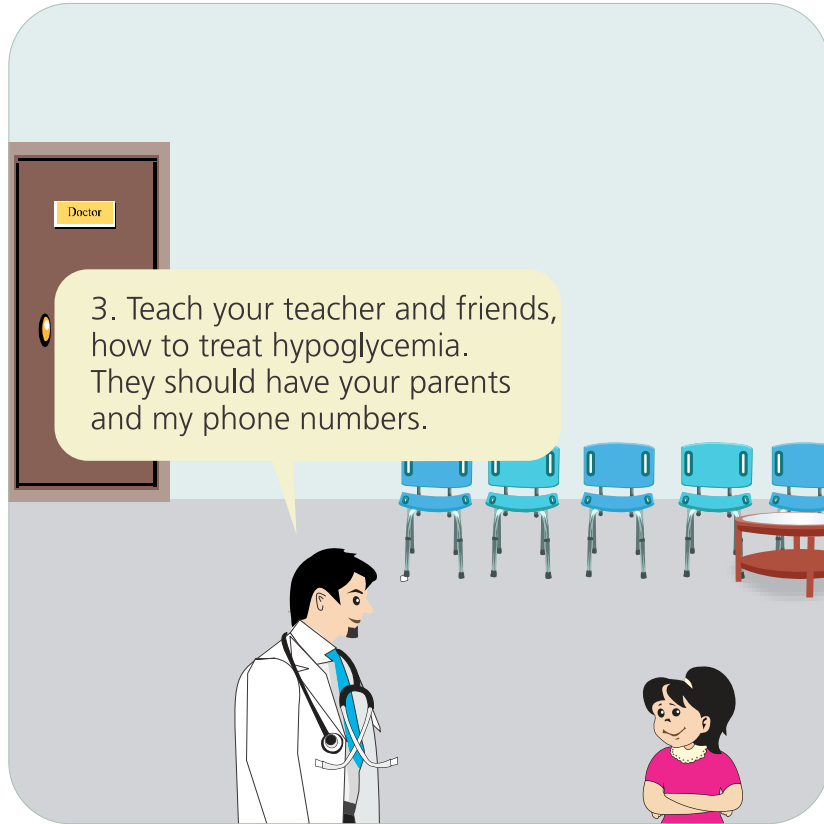
Take care of these small things. Listen to your parents and doctor and I am sure that you will also have a blast at the next party you attend.

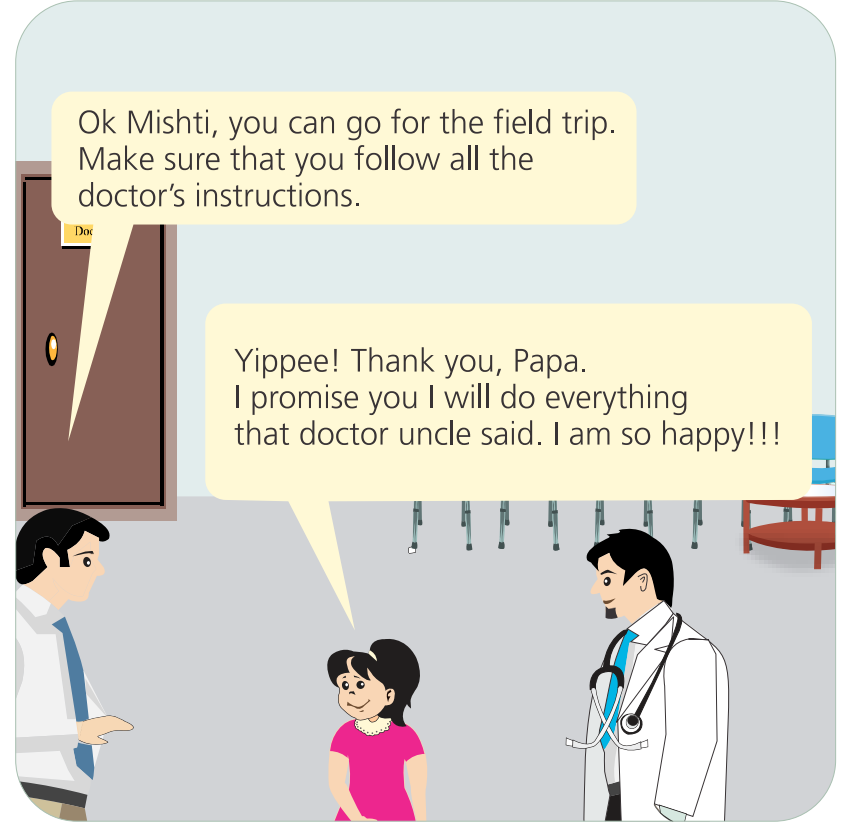














Mishti's Father Speaks

Hello, I am Mr. Rohit. I am Mishti's father. When Mishti was diagnosed with diabetes, I was shocked. For some months it was difficult for me to understand diabetes. Now, when I see Mishti growing like any other child, I thank God. Like every father I was over protective for Mishti and would not allow her to be out of my sight. For overall benefit of the child, sometimes, we have to take bold decisions in life. It was difficult for me to allow Mishti to go for the school trip but she returned hale and hearty. I feel glad, when I see my responsible and confident Mishti. I would request all parents reading this book to have faith in the potential of your child and support them to fulfil their dreams. All you need to do is, to work along with your physician's directions.

Today, I have accepted that Mishti can do anything in the world. All she needs to do is to take insulin in recommended dose at the correct time. I am proud of you Mishti.

Inspiring Story

Elizabeth Hughes Gossett (August 19, 1907 - April 21, 1981) the daughter of U.S. Politician, Charles Evans Hughes was one of the first patients treated with insulin. Elizabeth developed diabetes in 1919 at age of 11. She was treated initially by Dr. Frederick M. Allen, who put Elizabeth on a strict diet. The diet was typically as low as 400 calories per day. By the winter of 1921-22 her health was deteriorating seriously. She had lost weight from 75 pounds to a mere 45 pounds from 1919 to 1922. Elizabeth was put on insulin in 1922 after which her health improved dramatically. She returned to school in 1923 and graduated from Barnard College in 1929.



In 1930 she married William T. Gossett, a lawyer and former vice president and general counsel of the Ford Motor Company. They lived in Bloomfield, Michigan and had two daughters and a son and she lived to see the births of her seven grandchildren. Elizabeth Gossett was active in civic affairs in the Detroit area. She was best known as the founder of the Supreme Court Historical Society in 1972 and served as its president until 1979. Elizabeth Gossett died of pneumonia at the age of seventy-three.

http://en.wikipedia.org/wiki/Elizabeth_Hughes_Gossett 1. accessed on 3rd May

<http://badpancreas.wordpress.com/2010/07/01/imagining-elizabeth/> accessed on 3rd May

<http://diabetesinsight.ie/2012/02/90-years-of-insulin-the-story-of-elizabeth-hughes/> accessed on 3rd May