

Diabetes can affect children at any age.



Frequent urination



Weight loss



Lack of energy



Excessive thirst

Support
children with
diabetes,
manage diabetes
while at school

If any child shows these signs, seek immediate medical attention¹

“Ensure that blood glucose level of that child is checked”

Dear Teacher,

Greetings from Changing Diabetes In Children - Team India.

Type 1 diabetes is one of the most common endocrine and metabolic condition encountered in childhood; incidence is rapidly increasing especially among the younger children. This is a disorder and not a disease, which means, it's not contagious and needs only to be managed. You will agree, education is an important stage of every child's growth and starts very early in their life. During this important stage of their development they spend most of their wakeful time under the watchful care of their school teachers. With increase in incidence, there is a likelihood that you may come across a child with type1 diabetes in your work place. We believe, your awareness on some basic and key aspects of this disorder can go a long way in helping a child manage his or her diabetes well in school.

Here are some simple & important facts on type 1 diabetes in children to aid you identify & support a child in need and help them seek timely medical attention.

- Type 1 diabetes is a lifelong disorder where the pancreas stop producing insulin.
- Without insulin, the body is unable to utilize the blood sugar which builds up in the bloodstream.
- The children with type1 diabetes need external insulin² regularly to keep their diabetes in check and avoid future complications.
- These children when given proper care can lead a very normal life like other children and study and participate in all activities.
- Despite all precautions, sugar can go high or low on some days.

A little understanding and support is all they need from you to manage their diabetes better, when they are in school.

Your support can make a big difference

Permit the child with diabetes:

- To eat a snack to prevent **hypoglycaemia (low blood glucose)**
- To use the rest room for frequent urination in case of acute **hyperglycaemia (low blood glucose)**
- To check blood glucose levels and take insulin when needed



You can make a
huge difference in
their lives, thank you
for all your support
to these children
having type 1
diabetes

1. <http://www.idf.org/signs-and-symptoms-diabetes> accessed on 19 September 2016. 2. <http://care.diabetesjournals.org/content/28/1/186> accessed on 19 September 2016

NB: In case you have any specific query or clarification please feel free to write to us at: diabeteseducatorindia@novonordisk.com

For more information on diabetes, you can visit us at: www.nnef.in or www.novonordisk.co.in