Do you know any kids who have diabetes (di-uh-BEE-teez)? Maybe a child you know has had a槭糖 blood sugar during the school day. Or maybe someone in your family is diabetic.

Now: November, National Diabetes Month. The Mini Page talked with an expert in the treatment of diabetes to find out about this disease that affects many kids.

What is diabetes?

Our bodies need energy so we can sleep and live and grow. We get our energy from the food we eat. In our bodies, some food turns down into a natural sugar called glucose. Glucose gets its name from the Greek word for honey, which shows the sweet taste of this sugar.

But people with diabetes have a problem with their pancreas. For some of them, certain cells in the pancreas are attacked by the body. When that happens, the body makes less insulin, so glucose can’t get to the other cells in the body to provide energy.

Type 1 diabetes

Type 1 diabetes is the main type of diabetes. Type 1 is sometimes called juvenile or childhood diabetes.

Unfortunately, kids don’t grow out of diabetes. Type 1 is the first thing insulin to people about any child they know who has diabetes.

Type 2 diabetes

Type 2 diabetes is much more common than Type 1. It has been called “adult-onset” diabetes, but kids can get Type 2 diabetes, too.

Type 2 diabetes works a little bit differently than Type 1. Instead of the extra glucose in the blood, the body either doesn’t make enough, or it doesn’t use insulin as well as a body of a person with Type 2 diabetes.

People can control Type 2 diabetes by choosing healthy foods and exercising more. Others have to take insulin to control their blood glucose.

What does it feel like to have diabetes?

Children who are living with diabetes feel just like you do! They like to run and play and enjoy being with their friends. The main difference is that they need to manage diabetes.

Did you know?

Type 1 diabetes is taking insulin to replace the insulin the body can’t make. Treatment includes eating the right amount of carbohydrates and doing physical activity to help control blood glucose levels.

About 15,000 kids in the United States are diagnosed with diabetes each year. A diabetes diagnosis means that a child will have to manage the disease every day — usually at least before each meal and before bed.

Testing blood glucose

Testing blood glucose levels is one of the most important parts of managing diabetes. Healthy levels are between about 70 and 130 milligrams per deciliter (mL) of blood. It is important that they can give you the right type and amount:

Yikes! Shoots!!

For people with Type 1 diabetes, insulin must be injected into the skin. Some kids fear when they think of taking several shots a day. Fortunately, most needles are so short, and most kids with diabetes become so good at giving themselves the shots.

Insulin has to be taken each time a person eats. There are a couple ways this can happen:

• People might use a needle and syringe, similar to what a doctor gives a shot.

• Others might use an insulin pen, which makes it easy to give a shot. It has a little more. Either way, the person must figure out the right dose for the right time. They aren’t going to get you.

Do the pump

A pump is a new-type machine that delivers insulin directly into the bloodstream. It is designed to mimic the natural release of insulin from the pancreas.

Science to the rescue

Researchers work every day to find a cure for diabetes. One area they’re working on is the body is having a hard time getting rid of the extra glucose in the blood.

Kidney function is the news to the rescue!

Kids with diabetes who get Type 1 diabetes are healthy before they get the disease. Scientists are not sure why some people’s cells suddenly begin to attack each other cell. This is called an auto-immune reaction.

Scientists are studying ways to prevent diabetes from ever developing. They want to learn why the body begins to attack the cells that give us insulin.

Type 2 diabetes is the other type of diabetes. Type 2 is usually diagnosed in kids over age 10. Kids who are overweight are at risk.

Causes of diabetes

About 95% of kids with diabetes get Type 1 diabetes. There is no way to know who will get diabetes.

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About Diabetes

More About Diabetes

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