Adventures from Sugarland!

Starring Constance Eatrite

Darby Boingg
Skip Drive-Thru
Clare Springs
Snack-King

Dr. Von Wheezles
Spike Armstrong
Pre-Test

Take the pre-test with Darby! Answer the questions true or false.

1. Kids with diabetes should never exercise.
   - true [ ]
   - false [ ]

2. Too many sweets could make your blood sugar go too high.
   - true [ ]
   - false [ ]

3. Kids with type 1 diabetes need insulin because their pancreases can’t make it.
   - true [ ]
   - false [ ]

4. Diabetes is like a cold that you can catch from others.
   - true [ ]
   - false [ ]

5. A single drop of blood can tell your blood sugar level.
   - true [ ]
   - false [ ]

We’ll find the answers at the end of our adventure!

DISCLAIMER. This book provides general information about diabetes and related issues. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified physician or health care practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical, nutritional or medical concerns. You should consult a qualified medical professional before beginning any exercise program.

© 2012 Centene Corporation. All rights reserved. All materials are exclusively owned by Centene Corporation and are protected by United States and international copyright law. No part of this publication may be reproduced, distributed, displayed, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of Centene Corporation. You may not alter or remove any trademark, copyright or other notice.
Darby cared about his friend, but he was confused...

No, Darby. It’s dia-bet-es! Say it like dye-uh-be-tuss!

Oops, sorry! I get it. dye-uh-be-tuss!

I’m a bit different from you, Darby. I have to be a little careful about what I eat and when.

Dr. Von Wheezles explained it to me this way...

The food we eat gets turned into sugar and enters our bloodstream.

This sugar is called glucose. It travels to all of our cells through the bloodstream.

PANCREAS

Insulin

Our cells need that glucose from our food to grow and get energy.

For people with type 1 diabetes, the pancreas can’t make enough insulin. So there’s too much glucose running around wild in the bloodstream!

It is most important to control the level of glucose in the blood.

People with diabetes have trouble controlling that. You can tell your blood glucose or sugar level by just a tiny drop of blood.
Darby thought of himself as tough, but the word “blood” made him nervous for Constance.

Blood? That worries me, Constance!

Oh Darby, it’s just a little drop.

I have to monitor my blood sugar levels a few times a day!

By doing that and keeping on track, I can do the same things you can, Darby.

So Constance explained that one tiny drop of blood can tell you if your blood sugar level is too low, too high, or just right.

Darby was proud that Constance knew so much about her health and had listened to Dr. Von Wheezles.

LOW BLOOD SUGAR (HYPOGLYCEMIA)
- Sweating
- Trembling
- Hunger
- Fast heartbeat
- Confusion

You might feel these things when blood sugar levels fall below normal.

Having a piece of candy or some fruit juice can help.

Diabetes can feel like a roller coaster, but not if you work hard to control it.

Constance was keeping her diabetic ride under control by remembering what to do when her blood sugar got too low.

Eat something healthy like...

- Juice
- Milk
- Glucose Gel
- Glucose Tablets

I know what to do!

Does it hurt?

Not really.

You get used to it!

Even though I have fun, I can’t forget about my diabetes.

I can sometimes have different reactions and feelings, just like riding a roller coaster!
Darby was curious what happens to Constance when her sugar levels are too high!

It’s not good to have blood sugar levels that are too high either!

HIGH BLOOD SUGAR (HYPERGLYCEMIA)
- Hunger & thirst
- Frequent urination
- Blurred vision
- Sleepiness
- Weight loss
- Dry mouth

Darby was starting to catch on, but he was also getting mighty hungry.

I need some fuel in my tank! Can a person with diabetes have sweets?

Sometimes, but in order to control my blood sugar, I have to say no.

Cookies? Donuts?
Pie? Candy?
Ice cream?

No thanks.

Darby admired Constance for eating right to help control her diabetes, but he still had questions...

Can you run and exercise?

Sure thing... I’m racing you to the roller coaster next!

Does it slow you down?

No way, I just have to take time to check my blood sugar levels a few times a day.

What do you want to eat for lunch?

Let's see what they have that will keep my diabetes on "track."

Does that mean you can’t ever have sweets?

No, I can have sweets, but I just have to watch my blood sugar levels and make good choices.

What do you want to eat for lunch?
Constance knew the things she should eat to feel well all day and give her the energy that she needed.

Oh, I see some of the things Dr. Von Wheezles told me I can eat up there.

Turkey
Peanut Butter
Blueberries
Milk
Apples
Yogurt
Carrots
Oranges
Chicken
Celery

At lunch, Darby and Constance saw their friends Spike Armstrong, Snack-King, Skip Drive-Thru And Claire Springs! They told Darby other tips about diabetes.

I was telling Darby about diabetes today!

Don’t forget to exercise! It’s important and can help you!

Some fruit juice when you’re feeling low can give you the boost you need!

Drinking water is always good!

Kids with diabetes can have some sweets, but they need to carefully monitor what they eat and try to eat healthy snacks.

After a healthy lunch, the group played frisbee and then raced to the roller coaster.

Constance knew she was going to have a great day with her friends at Sugarland, but she remembered the words of Dr. Von Wheezles...

Check blood sugars often.
See your doctor.
Eat healthy snacks.

You cannot catch diabetes from someone else.

Exercise daily.

Be careful about what you eat!

Have fun!
Put an “X” on the balloons that are not a good choice for you.

- Exercising
- Eating 3 ice cream cones
- Getting plenty of sleep
- Drinking water
- Monitoring Glucose levels

- Eating vegetables
- Watching a lot of TV
- Getting fresh air
- Going on a hike
- Jumping rope

- Riding your bike
- Entering a hot dog eating contest
- Getting angry
- Talking to your doctor
- Eating a whole cake

Say the name of each picture. Write each word on the line. Then circle the words hidden in the puzzle.

- diabetes
- insulin
- pancreas
- glucose
- exercise

---

O I N S U L I N V S
S G D U Y G R A J W
A D S G E F W X L E
E I G A H E A Y M E
R A T R B S N Q V T
C B S N L O U I O S
N E X E R C I S E C
A T N A S U Q X K O
P E K W R L P M I H
Z S R E L G T O D G
Help Darby, Constance and friends get to the Snack Hut.

Connect the dots to make a picture.

How fun!

Cool!
MAKE THE CARNIVAL COME ALIVE WITH COLOR!
Now leaving the Claytown Twister!

Circle ten differences between the two pictures!

Now let’s take the test again and see what we’ve learned!

Post-Test

Take the post-test and compare your pre-test answers!

1. Kids with diabetes should never exercise.
   - [ ] true
   - [ ] false

2. Too many sweets could make your blood Sugar go too high.
   - [ ] true
   - [ ] false

3. Kids with type 1 diabetes need insulin because their pancreases can’t make it.
   - [ ] true
   - [ ] false

4. Diabetes is like a cold that you can catch from others.
   - [ ] true
   - [ ] false

5. A single drop of blood can tell you your blood sugar level.
   - [ ] true
   - [ ] false

Flip over to see the answers!

Special thanks for their research and contributions to Myrto Frangos, a board-certified pediatric endocrinologist at Children’s Endocrine Care, St. Louis, Missouri, and to Patty Vickers, MS, RD, LD, CDE, BC-ADM, who is a Registered Dietitian with a Master’s degree in Food & Nutrition, is a Certified Diabetes Educator and is board-certified in Advanced Diabetes Management.
I have diabetes, which is special, you see.

I watch my diet closely and the things that I eat.

I just check my blood sugars to make sure they're cool!

I can do all the stuff that other kids do.

I pledge to take care of my body and self.

I pledge to focus on me and my daily health!

Take the Sugarland Pledge

and be part of the Super Crew!