

OFF THE CHAIN[®] IT'S ALL ABOUT DIABETES

REAL ANSWERS[®]
REAL ISSUES

PROACTIVE PARENTS/GUARDIANS GUIDE

Spray painting is fresh. Graffiti art is fly. Defacing public property is lame. Keep it on the canvas.



National
Urban League

TESTING
EATING HEALTHY
EXERCISE

THIS JUST IN...

Diabetes is no picnic. If you've had to deal with it yourself, this shouldn't come as news to you. Having a teen with diabetes can be challenging as well. But with the right treatment and care, your son or daughter can lead a normal life. We created the book OFF THE CHAIN[®]: It's All about Diabetes to speak in a fresh, straightforward way to the teen that may be facing the condition for the first time.

This Parents/Guardians Guide to that book will guide you in helping your child learn how to handle the daily challenges of having diabetes. Diabetes is not a curse. It's just a condition that takes some understanding, patience and courage. And that's where you come in.

DISCLAIMER. This book provides general information about diabetes and related issues. The information does not constitute medical advice and is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting with a licensed health professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual issues or health needs and to professionally address personal medical concerns.

OFF THE CHAIN[®]

IT'S ALL ABOUT DIABETES

REAL ANSWERS[®]
REAL ISSUES

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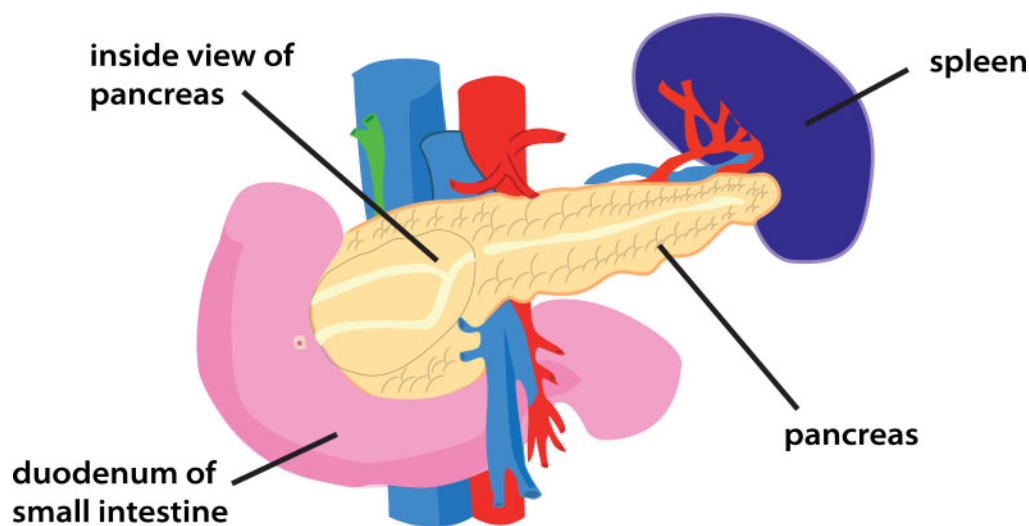
UNDERSTANDING DIABETES

KNOWLEDGE IS POWER

You're a parent or guardian of a child with diabetes. There's going to be a lot you both will have to learn and know. That's where OFF THE CHAIN[®]: It's All About Diabetes and this book come in. The first rule of order is to learn what diabetes is and what it isn't.

WHAT IT IS

Simply put, diabetes is a disease that causes high blood sugar. The pancreas can't make any or enough insulin, which causes high levels of glucose in the blood.



Blood glucose: also called blood sugar, it's the sugar found in the blood and the body's main source of energy.

Insulin: a hormone made by cells in the pancreas that helps the body use glucose for energy

When blood sugar gets out of whack you can feel sick. For a teen, controlling blood sugar and diabetes now could mean not having to deal with these conditions later:

- Damaged heart and blood supply
- Kidney failure
- Eye damage and blindness
- Nerve damage
- Heart disease
- Stroke

THERE ARE THREE KINDS OF DIABETES:

Type 1 (juvenile onset) usually develops in kids or young adults. Requires: injections of insulin every day to control the blood glucose levels. If people with type 1 diabetes don't get insulin, they will die.

Type 2 (non-insulin dependent or adult-onset) accounts for at least 90% of all diabetes cases. It can occur at any age. It may be associated with obesity or being overweight, which can lead to high blood glucose levels. Teens with type 2 diabetes can often manage their condition through exercise and diet at first, but over time most people will need oral drugs and/or insulin.

Gestational diabetes consists of high blood glucose levels a woman can have during pregnancy.

COLD HARD FACTS #1:

Both type 1 and type 2 diabetes are serious. There's no such thing as mild diabetes.

WHAT IT ISN'T

A lot of people think diabetes is caused from eating too much sugar. It's actually a product of genetics and lifestyle factors.

Diabetes doesn't mean your teen can never again have sweets. Most people with type 2 diabetes can have sweets in moderation. A small amount can still be in the mix, as long as a healthy eating and exercise plan is the main focus.

Being overweight doesn't cause diabetes either. A body mass index (BMI) over 25 is just one of many risk factors, but there are a lot of overweight people who don't ever get type 2 diabetes.

But being obese—with a BMI of 30 or higher—is a major risk factor. That's why a careful diet is so important in both preventing the disease and helping to treat it.

CHECK IT OUT!

American Diabetes Association®: Diabetes Myths:

<http://www.diabetes.org/diabetes-basics/myths>

DIABETES BY THE NUMBERS

8.3: Percentage of the U.S. population with diabetes. That's a total of 25.8 million children and adults.

1910: Year in which physiologist Sir Edward Albert Sharpey discovered insulin.

11,700: Annual healthcare cost in dollars for each person with diabetes in the U.S. in 2009.

215,000: Number of people in the U.S. under the age of 20 with diabetes.

7 million: Number of people with diabetes that has gone undiagnosed.

245 billion: Total cost in dollars of diagnosed diabetes in the U.S. in 2012.

COLD HARD FACTS #2

Diabetes is the leading cause of new cases of blindness in 20–74 year old adults.

CHECK IT OUT!

American Diabetes Association®: Statistics about Diabetes:

<http://www.diabetes.org/diabetes-basics/statistics>

RISKS AND HAZARDS

GET SERIOUS

Because diabetes is the leading cause of kidney failure, leg and foot amputation, new cases of blindness, heart disease and stroke, it's a disease that has to be taken seriously. The Centers for Disease Control rank diabetes seventh in its Top 10 Causes of Death in the U.S., behind heart disease, cancer, respiratory diseases, stroke, accidents and Alzheimer's disease.

RISK FACTORS

While there is no one cause of type 2 diabetes, many risk factors can play a part in its development:

WEIGHT

Being overweight is a main risk factor. The more fatty tissue, the more resistant cells become to insulin.

FAT DISTRIBUTION

Storing fat mainly in the abdomen raises the risk of type 2 diabetes more so than if stored elsewhere, such as hips and thighs.

INACTIVITY

Less activity = greater risk. Physical activity helps control weight, uses up glucose as energy and makes cells more sensitive to insulin.

FAMILY HISTORY

The risk increases if a parent, brother or sister has type 2 diabetes.

RACE

It's not known for sure why people of certain races are more likely to develop type 2 diabetes than whites are.

AGE

The risk increases as one gets older, especially after age 45. This is most likely because people tend to exercise less, lose muscle mass and gain weight as they age.

PREDIABETES

Blood sugar levels are higher than normal with this condition, though not high enough to be classified as diabetes.

GESTATIONAL DIABETES

Having gestational diabetes while pregnant can increase the risk of type 2 diabetes later in life. Giving birth to a baby weighing more than nine pounds also raises the risk.

OTHER CONDITIONS

High blood pressure, high cholesterol, a family history of the disease and other conditions can make the odds of developing type 2 diabetes greater.

COLD HARD FACTS #3

African-Americans, Hispanic Americans, Asian-Americans and American Indians are at higher risk of diabetes than are Caucasians.

GET MORE SERIOUS

If your teen is now dealing with the reality of diabetes, it's time to get really serious. Heart disease, kidney failure, blindness and the loss of feet and legs are very real complications, courtesy of type 2 diabetes. Learning how to self-manage the disease will be a must for your teen. Your help will be invaluable.

CHECK IT OUT!

WebMD: Type 2 Diabetes Risk Factors:

<http://www.webmd.com/diabetes/guide/risk-diabetes>

WHO'S IN CHARGE HERE?

DIABETES SELF-CARE

TEAM CAPTAIN

Your teen is in charge of his or her own diabetes care. That's the bottom line, black and white, plain truth of the matter. The sooner he learns that no one can help him through this disease better than himself, the sooner a routine can be established and relief can begin.

There's a lot you can do to help. But making sure your teen understands the importance of taking control should be at the top of your list.

OFF THE CHAIN®: It's All About Diabetes will introduce your teen to the self-care concepts of:

- Getting to know their healthcare team
- Blood sugar testing
- Blood pressure testing
- Healthy eating
- Insulin injections
- Exercise and activity
- Emotional care and stress relief
- The impact of smoking, drinking and doing drugs

We'll touch on these subjects in the following pages so you can get your teen on the road to effective diabetes self-care.

CHECK IT OUT

The book ***OFF THE CHAIN®: It's All about Diabetes*** contains a self-care checklist that your teen can use to take charge of his or her own diabetes care. You can help by making sure your teen uses this checklist daily.

TEEN SELF-CARE CHECKLIST

Check your blood glucose (blood sugar) one or more times every day. Check more often if you are type 1. Write down your numbers. There's a chart in this book you can use. Be sure to take this record and your meter to your doctor when you visit.

Use your diabetes meal plan. Don't have one yet? Ask your doctor or nurse to hook you up with a Registered Dietitian or Health Coach to help you.

Make healthy food choices like fruits and vegetables, fish, lean meats, chicken or turkey with no skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese.

Bake, broil or grill your fish and lean meat and poultry. Keep portion sizes to about three ounces (or about the size of a deck of cards).

Eat foods that have less fat and salt.

Eat foods with more fiber, like whole grain cereals, breads, crackers, rice or pasta.

Stay physically active for 30 to 60 minutes on most days. Brisk walking is a great way to move more.

Stay at a healthy weight.

Ask for help if you feel down. A mental health counselor, support group, friend or family member who will listen to your concerns may help you feel better.

Figure out how to cope with stress. Stress can raise your blood sugar. It's hard to get rid of all stress from your life. Sometimes it's enough to just learn to handle it.

Stop smoking. Get help if you need it.

Take your medicine even when you feel fine.

Check your feet every day for cuts, blisters, red spots and swelling. If you find any sores that don't go away, call your doctor.

Brush your teeth and floss every day. This will help keep your mouth, teeth and gums free from problems.

Check your blood pressure if your doctor says to.

Let your doctor know about any changes in your eyesight.

THE IMPORTANCE OF TESTING

DO IT DAILY

If the reality of type 2 diabetes is something your teen is now dealing with, you'll need to stress the importance of blood sugar testing every day.

Make sure your son or daughter knows that a blood glucose meter is a medical device that reads the amount of glucose in the blood. It's a key part of home monitoring. Glucose test strips are used with the blood glucose meter. Your teen will place a small drop of blood on the strip, read the results and then throw it away. The healthcare team will show you how to find these necessary items and figure out which ones are best for your teen, as well as how to use them.

DO THIS!

You can help by making sure there is always a good supply of test strips on hand. Order more when the supply starts to get low.

YOUR TEEN'S TARGET BLOOD SUGAR LEVELS

Before meals: 90 to 130 mg/dl (milligrams per deciliter)

2 hours after the start of your teen's meal: Less than 180 mg/dl (milligrams per deciliter)

BLOOD SUGAR LOG

OFF THE CHAIN®: It's All About Diabetes contains a blood sugar log that your teen can use to track levels. Here is a sample of that log. Have her test her blood sugar levels as the doctor prescribes and write down the results every day. You can help by providing copies of this log and making sure you bring the completed logs with you to the doctor. Ask the health staff if they can download the meter. This makes tracking even easier.

DATE

BEFORE BREAKFAST #

AFTER BREAKFAST #

BEFORE LUNCH #

AFTER LUNCH #

BEFORE DINNER #

AFTER DINNER #

BEDTIME #

DATE

BEFORE BREAKFAST #

AFTER BREAKFAST #

BEFORE LUNCH #

AFTER LUNCH #

BEFORE DINNER #

AFTER DINNER #

BEDTIME #

DATE

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BEDTIME #

The American Diabetes Association® provides a printable version of this blood glucose log. They came up with this chart and these target levels of blood glucose (milligrams per deciliter) for your teen to use.

ADA TARGETS FOR BLOOD GLUCOSE	MY USUAL RESULTS	MY TARGETS
Before meals: 70 to 130 mg/dl	to	to
2 hours after start of a meal: below 180 mg/dl	Below	Below

DO THIS!

Order a medical alert ID bracelet, necklace or anklet for your teen. These contain a person's important information. Diabetes IDs are often worn to alert rescuers, first-aid staff and medical pros of the right action to take during an emergency.

COLD HARD FACTS # 4

Diabetes is the leading cause of kidney failure.

CHECK IT OUT!

The American Diabetes Association®

<http://www.Diabetes.org>

American Medical ID: Medical IDs and Diabetes:

<http://www.americanmedical-id.com/extras/diabetesbuildpage.php>

OTHER TESTS

There are other tests that will help your teen keep his or her condition in check.

THE A1C TEST

This test shows blood sugar levels for the last three or four months. Where daily blood sugar testing only shows levels at that given time, the A1C test gives an overall view of blood sugar levels over an extended period. The goal for most teens with diabetes:

- Type 1 = A1C below 7.5%
- Type 2 = A1C below 7%

DO THIS!

Encourage your teen to have his or her doctor regularly do the A1C test and track the results.

THE BLOOD PRESSURE CHECK

A blood pressure check measures the force of blood against artery walls. High blood pressure makes the heart work too hard. That can harm the heart, kidneys, eyes and blood vessels. It can cause heart attack, stroke, kidney disease and blindness. Teens with diabetes should keep their blood pressure at 130/80 mmHg or less. This is said as “130 over 80.”

DO THIS!

Make sure your teen knows that there are ways to combat high blood pressure. Regular exercise and eating less salt helps many people with diabetes keep their blood pressure below 130/80. There are medicines that can help to lower it, if your teen’s doctor recommends.

THE CHOLESTEROL TEST

Your teen’s doctor can do a simple blood test to find out the levels of certain fats in the blood. This is a cholesterol test. It measures...

- LDL cholesterol: A type of fat found in the blood. Sometimes called “bad” cholesterol. It can build up in artery walls and clog arteries that carry blood through the body. Think of it as “L” means “lousy.”
- HDL cholesterol: Known as “good” cholesterol, it keeps the arteries from getting clogged. Think of it as “H” means “helper.”
- Triglycerides: Another type of fat found in blood. They too can clog arteries.

High cholesterol can clog arteries and lead to serious health problems like heart disease and heart attack, kidney failure, blindness and stroke.

LDL cholesterol should be **below 100**.

HDL cholesterol should be **above 35**.

Triglycerides should be **below 150**.

Total blood cholesterol should be **below 170**.

DO THIS!

Have your teen write down his or her cholesterol test numbers and keep track of them.

OTHER TESTS

Tests, shots and exams are a necessary part of your teen's treatment. Make these a regular part of your teen's treatment plan.

- Dental exam
- Eye exam
- Foot check
- Urine and blood tests
- Flu vaccine
- Pneumonia shot

CHECK IT OUT!

National Diabetes Education Program: Know Your Diabetes ABCs:

<http://www.ndep.nih.gov/i-have-diabetes/KnowYourABCs.aspx>

THE UPS AND DOWNS OF BLOOD SUGAR

It's important to know and understand the symptoms of high and low blood sugar for both your teen and your family. Recognizing these symptoms can help you figure out what course of action to take in an emergency.

HIGH BLOOD SUGAR

High blood sugar is known as **hyperglycemia**.

This can be caused by a lack of insulin, eating more than planned, stress from an illness like the cold or flu, stress from family or school conflicts, or from a surge of hormones the body makes in the early morning before dawn.

SYMPTOMS

- Need for frequent urination
- Drowsiness
- Nausea
- Extreme hunger and/or thirst
- Blurred vision

HIGH BLOOD SUGAR – WHAT TO DO

If your teen's blood sugar is high a lot of the time, or if he or she has the symptoms of high blood sugar, call the doctor. The doctor may need to change the diabetes medicines or meal plan.

CALL THE DOCTOR RIGHT AWAY IF YOUR TEEN...

- HAS A BLOOD GLUCOSE LEVEL ABOVE 240 FOR LONGER THAN A DAY
- FEELS SLEEPY THAN NORMAL
- HAS TROUBLE BREATHING
- CAN'T THINK CLEARLY
- THROWS UP MORE THAN ONCE
- HAS HAD DIARRHEA FOR MORE THAN SIX HOURS

LOW BLOOD SUGAR

Low blood sugar is known as **hypoglycemia**.

This can happen when a person with diabetes hasn't eaten enough food, or has too much insulin in his or her system. Too much exercise can also lead to low blood sugar levels.

SYMPTOMS:

- Shaking
- Fast heartbeat
- Sweating
- Anxiety
- Dizziness
- Extreme hunger
- Weakness and tiredness
- Irritability

LOW BLOOD SUGAR – WHAT TO DO

If your teen's blood sugar is less than 70 mg/dl, have him or her drink or eat one of these:

- 3 or 4 glucose tablets
- A serving of glucose gel (the amount equal to 15 grams of carbs)
- ½ cup (4 ounces) of any fruit juice
- ½ cup (4 ounces) of a regular (not diet) soft drink
- 1 cup (8 ounces) of milk
- 5 or 6 pieces of hard candy
- 1 tablespoon of sugar or honey

CHECK IT OUT!

TeensHealth: When Blood Sugar is Too High:

http://www.kidshealth.org/teen/diabetes_center/basics/high_blood_sugar.html

Teen'sHeath: When Blood Sugar is Too Low:

http://www.kidshealth.org/teen/diabetes_center/treatment/blood_sugar_low.html

THE INJECTION CONNECTION

INSULIN TO THE RESCUE

Because people with diabetes suffer from a condition of not enough insulin produced in the pancreas, sometimes it's important to take insulin injections. Getting insulin shots doesn't have to and shouldn't hurt. Your teen can learn good injection methods from the doctor and it will be just about painless.

You can help your teen learn the right way to do it:

1. Choose and clean the injection area
2. Firmly—but not too tightly—pinch an area two to three inches wide
3. Insert the needle at a 90-degree angle while still pinching the skin
4. Keep the needle in while relaxing the pinch
5. Slowly count to five
6. Remove the needle
7. Don't rub the area after the injection

Some people like to use injection pens instead of syringes. These consist of an insulin cartridge and a dial to measure the dose. Pen needles deliver the dose and are then thrown away.

COLD HARD FACTS #5

In the year 2025, the number of adults with diabetes in the world is expected to be 300 million.

CHECK IT OUT!

Drugs.com: Giving an Insulin Injection:

<http://www.drugs.com/cg/giving-an-insulin-injection.html>

GOOD FOOD FOR GOOD HEALTH

EATING HEALTHY

This is a big one. A healthy meal plan is essential to managing diabetes. If your teen makes poor food choices and has an unhealthy diet, caring for his or her diabetes is going to be more of a challenge.

Smart food choices can help your teen...

- Feel better
- Lose weight, if needed
- Control blood sugar, blood pressure and cholesterol
- Lower risk of heart disease, stroke and other health problems

There is a lot of good information in **OFF THE CHAIN®: It's All About Diabetes** you and your teen can use to create a healthy meal plan. Here are a few brief tips:

- Work with your teen's healthcare team to create a healthy meal plan that works best for him or her.
- Eating a good mix of carbs, protein and fat every day helps keep blood glucose at an even level.
- Eating too many carbs at once can cause blood sugar to spike. Eat the right amount at snack times and meals, and choose carbs high in fiber.
- Protein helps build strong bones and muscles, and makes you feel less hungry. Good sources of protein are white-meat chicken and turkey, fish, low-fat cheese, eggs, natural peanut butter, tofu, lean beef, veal, pork and wild game without the fat.
- Fats are good sources for fuel, but eating too much fat can quickly add unhealthy weight.

HEALTHY FOOD GUIDE

Use this Healthy Food Guide to help your teen construct a meal plan. These portions are fitting for girls 11 to 17 and boys age 11 to 14 who get 30 to 60 minutes of physical activity each day.

VEGETABLES

Choose orange and dark green veggies as much as you can.

Target: 2 1/2 to 3 cups a day. These choices equal 1 cup:

- 1 cup cut up raw or cooked vegetables
- 2 cups leafy salad greens
- 1 cup vegetable juice

MILK, YOGURT, CHEESE

Target: 3 cups a day. These choices equal 1 cup:

- 1 cup nonfat or low-fat milk or yogurt
- 1 1/2 ounces cheese

FRUITS

Choose fresh whole fruit whenever you can.

Target: 1 1/2 to 2 cups a day. These choices equal 1 cup:

- 1 cup cut up raw or cooked fruit
- 1 cup fruit juice
- 1/2 cup dried fruit

BREADS, CEREALS, RICE, PASTA

Choose whole grain foods for at least 3 of your 6 choices

Target: 6 to 7 ounces a day. These choices equal 1 ounce:

- 1/2 cup of cooked cereal
- 1/2 cup cooked rice or pasta
- 1 cup ready-to-eat cereal
- 1 slice of whole grain bread
- 1/2 small bagel or 1 small muffin

MEAT, POULTRY, FISH, DRY BEANS, EGGS, NUTS

Target: 5 to 6 ounces a day. These choices equal 1 ounce:

- 1 ounce lean meat, fish or chicken
- 1 egg
- 1 tablespoon peanut butter
- 1/2 ounce nuts
- 1/4 cup cooked dry peas or beans such as kidney, white, split or blackeye
- 1/4 cup tofu

HEART-HEALTHY FATS

You get most of the fat you need from other foods you eat. Choose only a few extra servings of these each day.

One serving is equal to:

- 1 teaspoon vegetable, olive or canola oil
- 1 teaspoon tub margarine
- 5 large olives or 1/8 avocado
- 1 tablespoon low-fat mayonnaise
- 2 tablespoons low-fat salad dressing

REGULAR SODA, CANDY, COOKIES, DESSERTS

Target: Only a very small amount and not every day.

CHECK IT OUT!

American Diabetes Association®: Making Healthy Food Choices:

<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices>

GET ‘EM MOVING: DIABETES AND EXERCISE

GET MOVING

Everyone needs physical activity to function and stay fit. For people with diabetes, it’s an absolute must. Make sure your teen knows how important this component of diabetes management is.

Being active will help your teen:

- Lose weight
- Have more energy
- Relax
- Sleep better
- Lower blood glucose
- Make their insulin work better
- Be more alert
- Build stronger bones and muscles
- Feel better

NOT SO FAST, CAPTAIN FITNESS!

There are a few things to make sure your teen does before rushing out the door to run his or her first marathon.

1. Talk to the doctor to help figure out which physical activities would be best suited for your teen.
2. Have your teen monitor blood glucose before the start of an activity. Do it again afterwards.
3. Make sure your teen is wearing his or her medical ID bracelet.
4. If he or she takes insulin, make sure blood glucose levels don’t go too low after the activity.
5. In case of low blood sugar, make sure your son or daughter has fruit juice, glucose tablets or a light snack after the activity.

DO THIS!

Create an exercise log for your teen to use and make sure he or she records all daily exercise activity.

HOW ACTIVE?

If your teen is not used to physical activity, have him or her start out with just a few minutes each day. It may be tough at first, but gradually she should work up to at least 60 minutes every day. A pedometer can count steps. Have her keep track of laps or reps on a chart and clipboard. Make it fun and make her keep moving.

BODIES IN MOTION

Exercise doesn't have to mean running five miles or spending a couple of hours in a gym. Let your teen know that these activities can be just as effective:

- Walking
- Hiking
- Skateboarding
- Rollerblading
- Ice skating
- Dancing
- Basketball
- Baseball
- Softball
- Golf
- Tennis
- Volleyball
- Bowling
- Martial arts
- Swimming
- Biking

TIPS FOR THE LESS ACTIVE

If your teen is less active or easily winded, have him or her try these ideas to spark movement:

- Do sit-ups, push-ups, lift weights or jump rope while watching TV
- Jog around the block
- Walk quickly around the mall a few times
- Do yard work or other chores
- Take the stairs instead of the elevator
- Walk the dog
- Ride a bike instead of getting a car ride

CHECK IT OUT!

TeensHealth: Sports, Exercise and Diabetes:

http://www.kidshealth.org/teen/diabetes_center/treatment/sports_diabetes.html

DANGER X 3: DIABETES AND SMOKING, DRINKING AND DRUGS

AS IF DIABETES WEREN'T ENOUGH!

If your teen smokes, drinks alcohol or does drugs, or if you suspect him or her of these habits, it's time to go into superhero mode and save the day, as well as your teen's health! People with diabetes face far more dangers from smoking, drinking or doing drugs than those who don't have the disease.

Here's a breakdown of what these high-risk habits do when combined with diabetes:

THE EFFECTS OF ALCOHOL

- Lower blood glucose
- Higher blood glucose
- Stimulated appetite that can lead to overeating
- Interfering with oral diabetes meds or insulin
- Increased blood pressure
- Faster heart rate
- Nausea
- Slurred speech

If not used to the effects of alcohol, a teen may be unable to recognize the symptoms of low or high blood sugar.

THE EFFECTS OF SMOKING

- Heart disease
- Lung cancer
- Other cancers
- Kidney damage
- Blindness
- Nerve damage

The nicotine in cigarettes is largely to blame for these risks.

COLD, HARD FACTS # 6

Smoking can cause type 2 diabetes to develop. For women smokers, body fat and fluctuating weight can make the disease more likely. Once diagnosed, it can be tougher to manage.

THE EFFECTS OF DRUGS

- Lower blood glucose
- Higher blood glucose
- Impaired judgment
- Increased appetite
- Altered reality

If your teen has diabetes, it's extra important for you to discuss the dangers of smoking, drinking and doing drugs.

DO THIS!

- Ask your teen's diabetes health team to talk to him or her about the dangers of these substances.
- Talk to your teen about peer pressure and its damaging effects.
- Remind your teen to always wear a medical ID bracelet or necklace.
- Stress that drinking, smoking and doing drugs is illegal for their age group, and that treating their condition could be even tougher if they're incarcerated.
- Always listen closely and let your son or daughter know you're there to help.

JUST SAY WHOA!

Teach your teen these responses when offered alcohol, smokes or drugs:

- "No thanks. I'm cool."
- "Nope. I'll be the designated driver."
- "Sorry. I have diabetes and that stuff can really mess me up."
- "No way, man. I'm trying to keep myself alive as long as possible."
- "Whoa. That stuff and my diabetes don't play nice together."

CHECK IT OUT!

American Diabetes Association®: Teens & Parties:

http://www.kidshealth.org/teen/diabetes_center/treatment/sports_diabetes.html

THE EMOTIONAL SIDE OF DIABETES

FEELINGS MATTER

When dealing with all the physical challenges of diabetes, like injections, meal plans and blood sugar levels, it's easy to forget there's an emotional side too. Make sure that your teen knows he or she isn't alone in this. The support and education from you and other loved ones, a professional health team, friends and support groups will help your son or daughter adjust to the emotional stress that the disease can cause.

The key is to have your teen take charge and self-manage the diabetes. Doing so will mean feeling better, fewer health tests and treatments, and being able to participate in more events with everyone else.

SIGNS OF DEPRESSION

Watch for these warning signs in your son or daughter:

- Sleeping a lot
- Not sleeping enough
- Eating a lot
- Eating too little/no appetite
- Feeling sad or mad for long stretches of time

DO THIS!

Let your son or daughter know you're always there to listen, with good advice at the ready and a plan of action for any situation. In your absence, trusted doctors, relatives, teachers and counselors can help guide your teen out of depression and teach him or her how to deal with the emotions.

REMEMBER THIS!

You're a good parent or guardian. Your teen knows this and appreciates it, even if he or she can't always tell you. The bond you share is stronger than anything diabetes can do to try to tear it apart. Be strong. You can make it.

CHECK IT OUT!

WebMD: Diabetes and Emotions

http://www.webmd.com/diabetes/diabetes_emotions

RESOURCES

American Diabetes Association

<http://www.diabetes.org>

Academy of Nutrition and Dietetics

<http://www.eatright.org>

CDC: Diabetes Public Health Resource

<http://www.cdc.gov/diabetes>

Diabetes Health Hotline

1-800-342-2383

National Diabetes Education Program

Activity Tracking Form:

<http://www.ndep.nih.gov/resources/ResourceDetail.aspx?ResId=426>

MedicineNet: Diabetes Supplies: What Medicare Covers

<http://www.medicinenet.com/script/main/art.asp?articlekey=21534>

USDA

<http://www.ChooseMyPlate.gov>

President's Council on Fitness, Sports & Nutrition

<http://www.fitness.gov>

Smoke Free

<http://www.smokefree.gov>

<http://www.teen.smokefree.gov>

PROPS & RESPECT TO:

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Jennifer Allen

Dana Oliver

Kathy Sedlet

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Created by MICHELLE BAIN
Designed by DMITRI JACKSON



Spray painting is fresh. Graffiti art is fly. Defacing public property is lame. Keep it on the canvas.

Whoa.

This could change everything.

If you're the parent or guardian of a teen new to dealing with diabetes, this little book could hold the answers to questions you didn't even know you had yet.

Don't stress.

Off the CHAIN[®] has you covered with info on blood sugar testing, insulin, meal plans, exercise and a lot more.

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MADE IN THE USA



WE'RE DOWN FOR KEEPING TREES UP. THIS BOOK WAS PRINTED ON RECYCLED PAPER.

**BLOOD SUGAR
INSULIN**