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Sophie's Low Blood Sugar

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Sophie's Low Blood Sugar



Written and illustrated by Kelsey Willardson

Author's Note

This story is for all of the children who are learning to cope with type 1 diabetes. There are many kids going through the same thing you are. You are not alone. You are still the hero of your own story.

This is Sophie. Sophie is a type 1 diabetic.



Sophie has a lot of tools she and her parents use to care for her diabetes.



Sophie always needs her glucose meter, insulin pump, and snacks.



Sophie brings her supplies with her to soccer practice in her backpack.



Sophie has to pay special attention to how she feels.



Sophie's parents talk to her coach so he knows to watch for her symptoms, too.



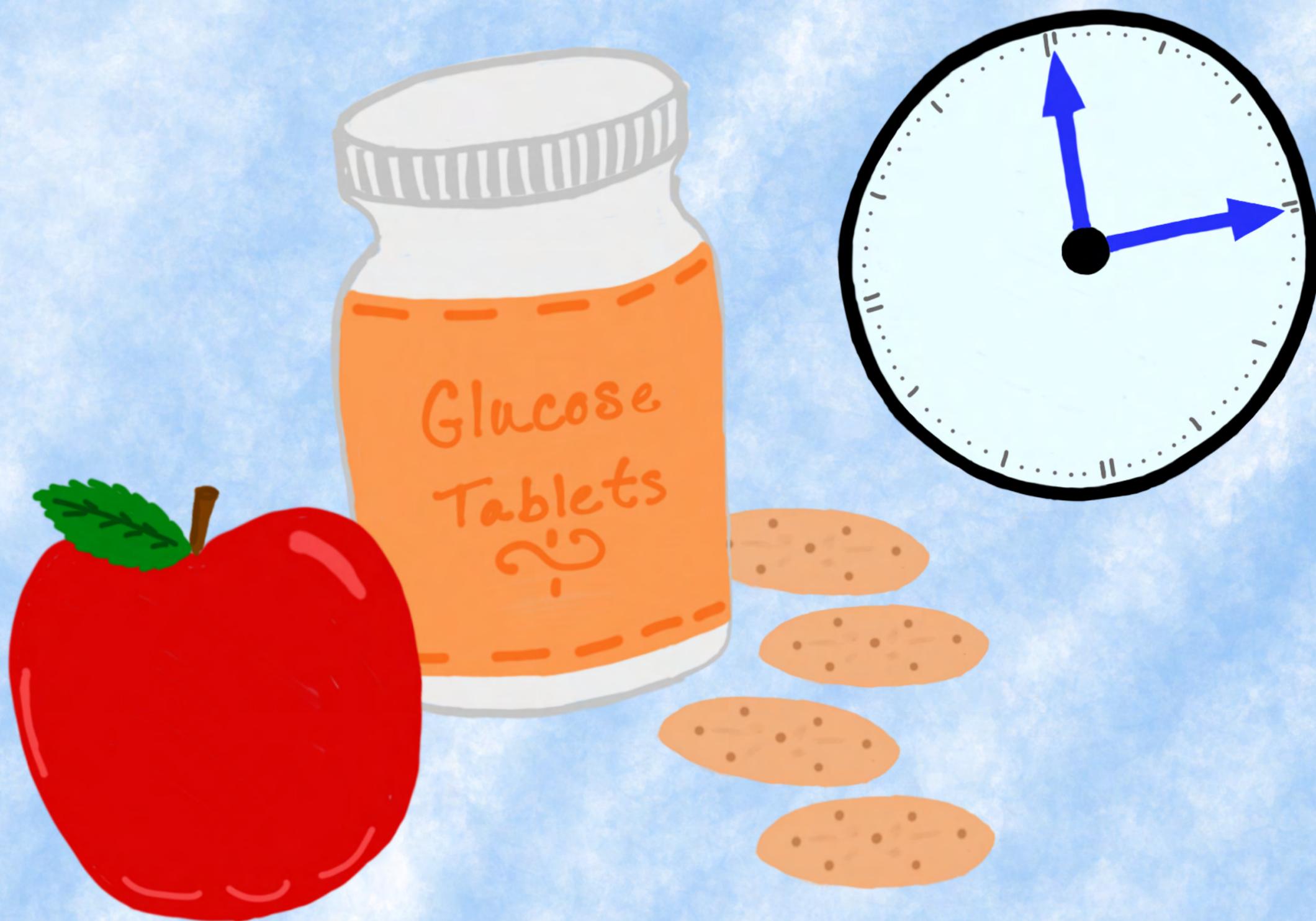
Sophie also tells her friends. She explains that when she has a low blood sugar she sometimes feels tired, shaky, hungry, sweaty, or grouchy.



Sophie feels shaky. She checks her blood sugar.



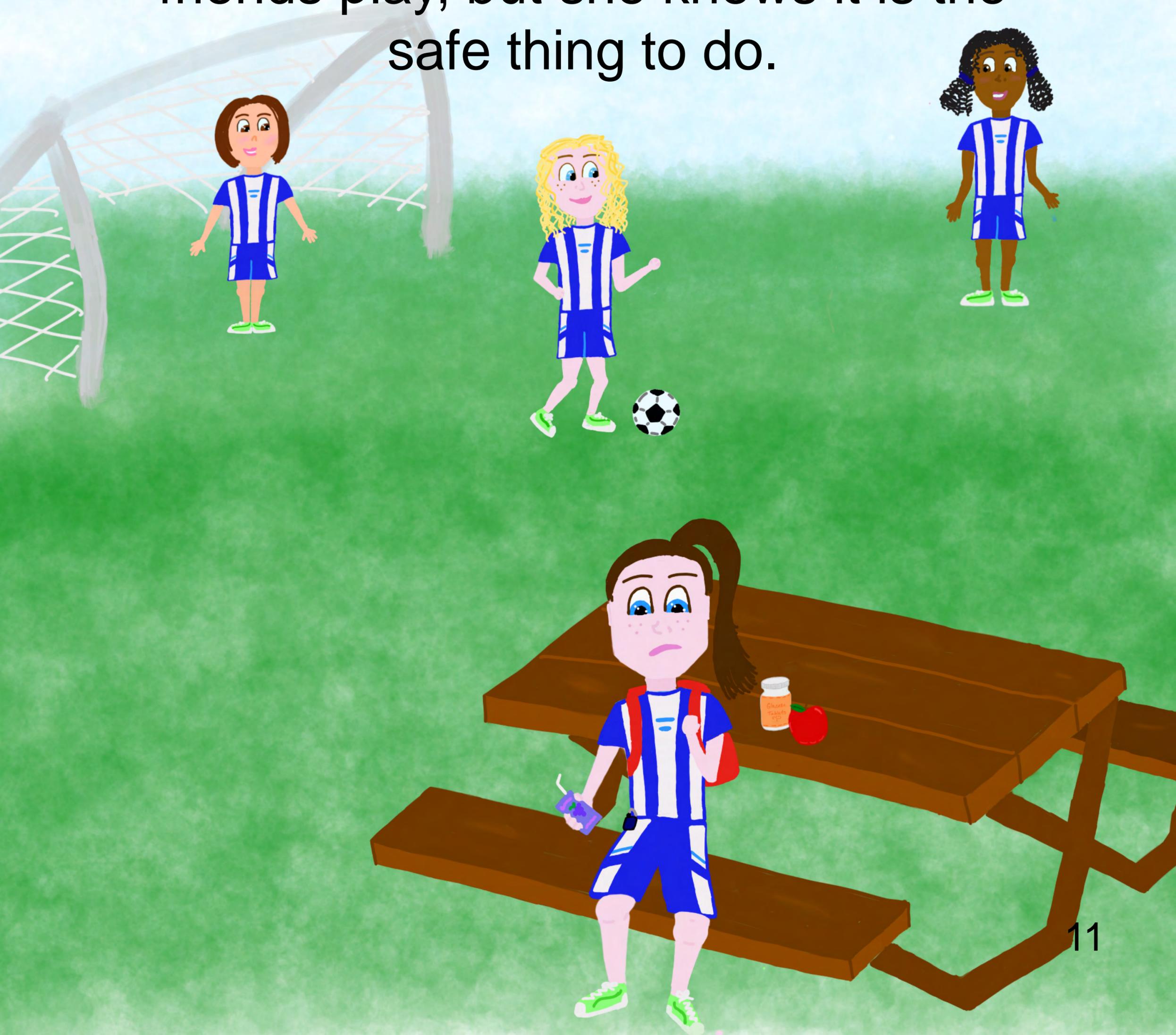
Sophie's blood sugar is low.
She has a snack and waits 15 minutes.



After 15 minutes, her blood sugar is still low. Sophie needs a second snack.



Sophie does not like waiting while her friends play, but she knows it is the safe thing to do.



Then Sophie checks her blood sugar again. Now it is better!
She can go back to soccer practice.



This is how Sophie takes care of herself.
She has a lot more work to do than
other kids, but Sophie is strong.



Sophie feels good when she takes care of herself. She feels like a superhero! She still even gets to have fun at soccer practice!



Things to know about Hypoglycemia and Exercise

Exercise improves insulin absorption and can contribute to hypoglycemia, or low blood sugar.

Many symptoms of hypoglycemia are similar to reactions to exercise. Feeling tired, sweaty, and having an increased heart rate can all be caused by both hypoglycemia and exercise. This is why it is important to closely monitor blood sugar to detect any major drops.

Blood sugars may continue to fall for several hours after exercise. This should be considered when dosing insulin and counting carbohydrates.

Every body responds to exercise differently, so it is important to know how your child's body reacts to different forms of exercise. This will help you plan and prepare for active days and help your child live a healthy and active lifestyle.



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