

My Name is Izze and I have Type 1 Diabetes (T1D)



I should start by introducing myself. My name is Isabel (Izze) Halbesma and I am 12 years old. I wanted to share with you my journey this far after being diagnosed with Type 1 Diabetes. I see the struggles my parents go through to pay for my many supplies and I personally want to raise awareness so people can help fund T1D and find a cure.

It all started on December 28, 2017. I had went to the doctor because I had been drinking a lot more water than usual. I expected them to tell me I was dehydrated, but when the doctor told me that I had type 1 Diabetes I was a nervous wreck. My heart had stopped and I felt as if I forgot how to breathe. My heart was beating so hard in my chest. Immediately, I thought it was my fault, but after the doctor explained what T1D was, I felt a little better. On the car ride to the ER I just sat in the back of the car crying. I had cried myself to sleep that night and wondered what I had did that was so bad that made me get this disease, but I did know that others had way harder than I did. I had a family who was there for me, friends that worried and prayed, and a community of people that wanted to help.

I was afraid to go back to school wondering if people would truly understand. I decided that I would have an assembly where I could show a JDRF video and explain what T1D is. I brought in Rufus and showed how I would be getting shots. The kids gave me many blank stares, but after I was done I got a big round of applause and some older and younger students came up and hugged me. After that I felt comfortable talking about T1D and teachers and friends felt comfortable looking for warning signs of hypoglycemia or hyperglycemia.

A couple of months after diagnosis, I got a CGM called Dexcom. I had always hated pricking my finger so the CGM helped me a lot. It was less finger pokes than I used to do (I used to do about 6-8 pokes a day). So after that I was determined to find a cure. I had heard about the JDRF walk and wanted to host one at my school. The school was excited to get involved. After that a volunteer from JDRF had come in and talked about doing a walk at our school for JDRF. We had to try to collect as many donations as we could. In the end we raised about three thousand dollars for JDRF. I felt so proud and happy to be making a difference.

This summer my family is hosting a golf outing to help raise money to find a cure for Type 1 Diabetes. The outing is August 16th at 1pm. The price is \$90 per person and includes golf with cart, steak dinner and a free drink coupon. With your help we can make this outing a success.

Thank you for reading my letter.

Sincerely,

Isabel Halbesma
Age 12
W2183 St. Peter's Rd
East Troy, WI 53120

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