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Breakthrough T1D®
Formerly JDRF

What I want my teachers to know about type 1 diabetes (T1D)

1	I didn't do anything to cause T1D and there is nothing I could have done to avoid being diagnosed. TID is an autoimmune disease and there currently is no cure.
2	My pancreas doesn't have the ability to produce the insulin my body needs to turn the carbohydrates from the food I eat into energy, so I have to take insulin injections or wear an insulin pump.
3	With a little advance planning, I can eat anything my classmates eat. I just have to check my blood sugar and adjust my insulin dose accordingly.
4	I have to check my blood sugar levels multiple times a day, either with a finger stick or by wearing a continuous glucose monitor. I need access to my diabetes technology at **ALL** times (and this may include my cell phone).
5	T1D is with me 24/7. I never get a break. Some of the things that affect my blood sugar levels that are out of my control include stress, hormones, growth, and illness.
6	When my blood sugar is too high or too low, I don't feel well and I may need extra time to complete a test or assignment after I feel better.
7	A high blood sugar may cause me to have a difficult time concentrating and I will probably need to use the restroom or drink water more often.
8	Low blood sugar can be dangerous and I will need to eat fast-acting sugar or snacks immediately to prevent or treat low blood sugar levels.
9	I don't want to be recognized as being "different" because of my diabetes.
10	You're an important part of my diabetes management team. **Thank you for your support and understanding.**

With your support, we are creating a movement to improve and change life with T1D, advancing breakthroughs on the way to cures.

To find out more, visit **BreakthroughT1D.org**.

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