

Tips for Teens With Diabetes

Here are some tips to help you enjoy being with your friends and having fun, while still managing to keep your diabetes under control.

How do you take your insulin and supplies with you when you go out?

When you go to the mall, out on a date, to a football game or to the beach, remember these tips:

- Make sure your insulin doesn't get too hot or too cold; keep the insulin at a nice cool temperature. Get a small, insulated container that you can keep in your backpack.
- Try cushioning the insulin to prevent it from breaking; wrap a shirt around the insulated bag.
- Always have an extra bag with insulin just in case you lose one. (You don't want to ruin your day by going home or not taking your insulin.)
- You probably already know how small the glucose monitors are; they can fit easily in a small purse or backpack. Keep all your supplies for a day out in the monitor's case. Just remember to take enough.

Food Facts

You are probably on a meal plan that consists of three meals and two snacks with a set amount of carbohydrates per meal. You should try to eat a healthy, well-balanced meal as much as possible. Fast food and sweets can be included in your meal plan, but remember, these are not the healthiest choices.

What do you do when you want to eat at the mall? What can you eat without skyrocketing your blood sugar? It will not be easy; take your time and scan all the choices. Here are a few suggestions:

- Choose grilled meat sandwiches instead of fried
- Choose single versus double- or triple-decker burgers
- Choose salads with low-fat dressing
- Choose regular or small size fries (If you just have to have fries!)

The purpose of this patient education handout is to further explain or remind you about a medical condition. This handout is a general guide only. If you have specific questions, be sure to discuss them with your health care provider. This handout may be reproduced for distribution to patients.

- Choose thin-crust or hand-tossed pizza instead of thick, pan pizza
- Choose low-fat frozen yogurt

Summertime

Summer is great, but there are one or two rules to follow.

- Stay cool and stay hydrated.
- Even if you are in the water all day, your body still sweats; drink plenty of water.
- If you start feeling like your blood sugar is low, don't ignore it; your body is telling you something; Test your blood sugar.
- Your insulin dose may need to be changed depending on your level of activity in the summer.

Playing Sports

Enjoy yourself; exercise is great for your body.

- Stay hydrated and don't overdo it. (If you have never played a full four quarters of soccer, now is not the time to do it. You need to work your body up to it over time — several weeks not hours.)
- If you feel faint or as if your blood sugar is low: Stop! Test your blood sugar and treat it if it is low. Take a break.
- You may have low blood sugar for up to 24 hours after a very active day; continue to monitor.

Driving a Car

With diabetes, you have to take a couple of extra precautions for your safety and for the safety of everyone else.

- Always test your blood sugar before you get in the car.
- Carry your blood sugar testing machine with you.
- Carry something to treat a low blood sugar.
- If you don't feel well while driving, pull over and test your blood sugar.
- Wear your medical identification.

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