WHY DO I LOOK AFTER MY DIABETES?

Gwent Children's Diabetes

I look after my diabetes so that my whole body works as normally as possible, and I can live my life to it's fullest potential

I look after my diabetes so that I can avoid ketoacidosis and spend more time out of hospital

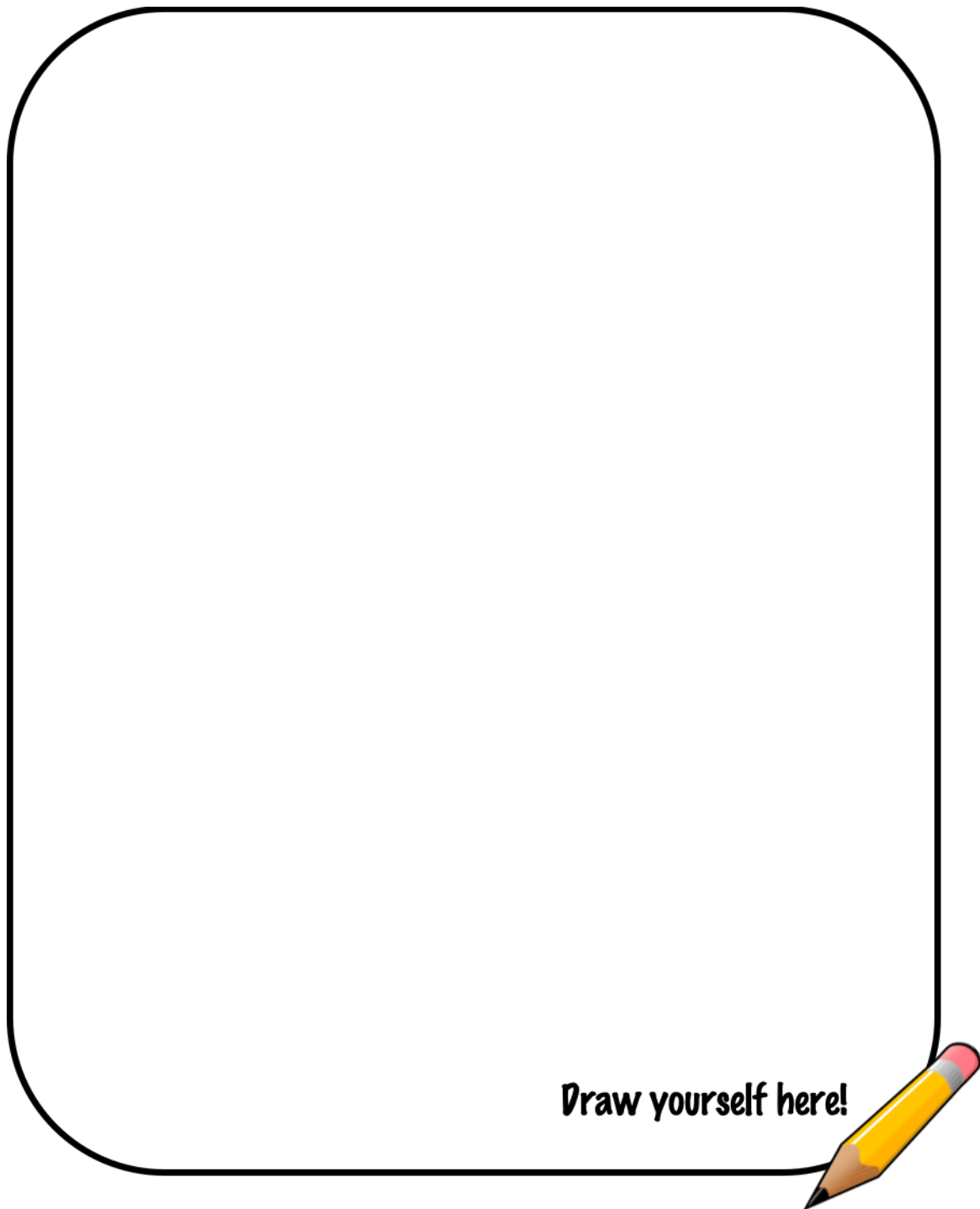I look after my diabetes so that my blood stays as healthy as it can

I look after my diabetes so that my gums and teeth stay healthy

I look after my diabetes so that my heart stays healthy and I can live a long and happy life

I look after my diabetes so that my eyes stay healthy

I look after my diabetes so that my kidneys stay healthy and I can keep doing all the fun things that I love
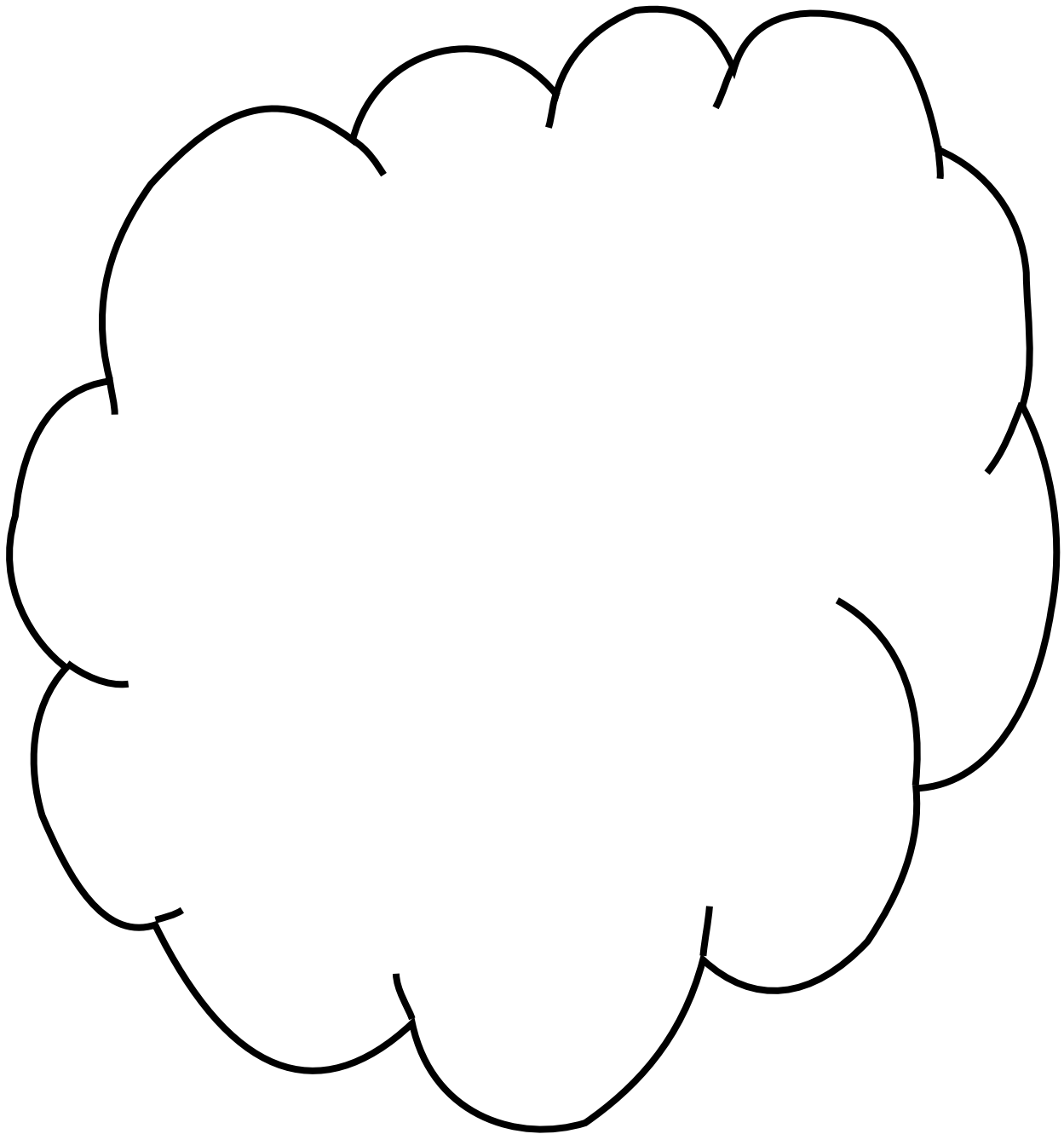
I look after my diabetes so that I can avoid hypos and hypers

I look after my diabetes so that my feet stay healthy and I can continue to walk with ease
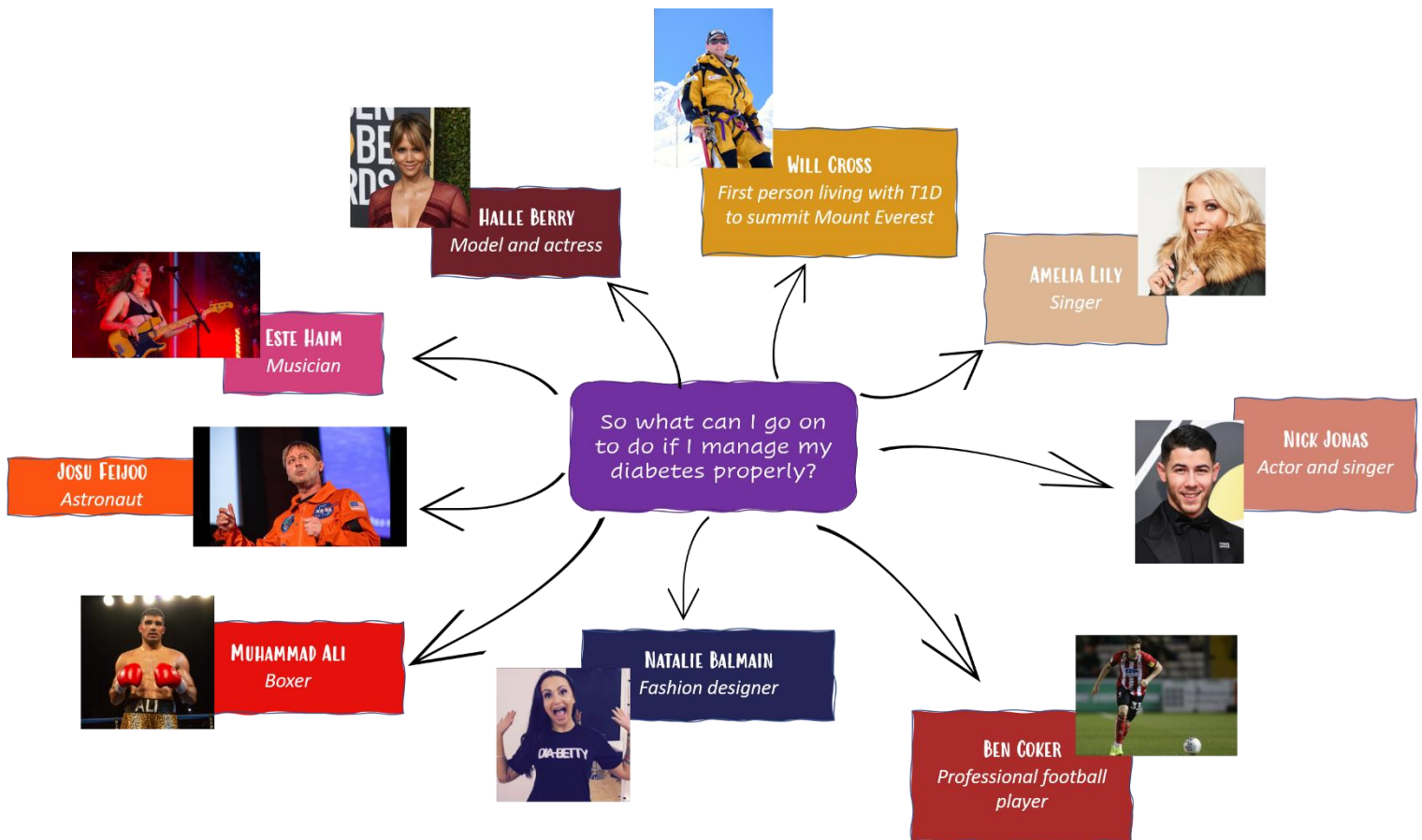
Draw yourself here!

While you are drawing yourself, try to think about the different reasons that people look after their diabetes.

What are the reasons you look after your diabetes? Write them in the bubble!

"I asked the club doctor 'what does this mean?' And he said 'We'll get the best advice, but this isn't going to stop you doing what you want to do.' So from that moment on, because of his confidence, I was sure then that I was going to do everything I wanted to do."

Will Cross
First person living with T1D to summit Mount Everest

Halle Berry
Model and actress

Amelia Lily
Singer

Este Haim
Musician

Nick Jonas
Actor and singer

Josu Feijoo
Astronaut

So what can I go on to do if I manage my diabetes properly?

Muhammad Ali
Boxer

Natalie Balmain
Fashion designer

Ben Coker
Professional football player

"As long as you manage your diabetes you can do whatever you want."

Here are some websites and blogs that celebrate the amazing things that individuals with Type 1 diabetes have accomplished! The websites include stories from celebrities, sports people, adventure seekers and travellers, and people going about their daily life.

www.beyondtype1.org
www.diabetes.org.uk
www.jdrf.org.uk
www.lifesportdiabetes.co.uk
www.shootuporputup.co.uk
www.pumptasticscot.co.uk

Don't forget, you can do anything you put your mind to, from running a marathon to climbing Mount Everest!