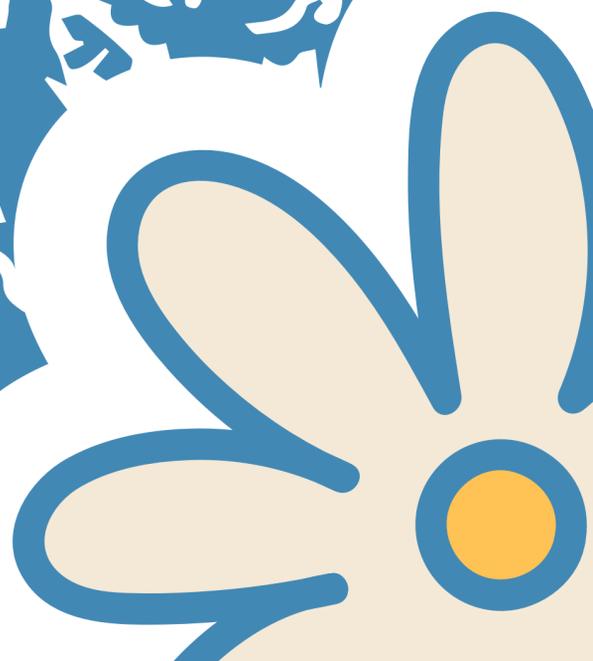




HOW TO BE A T1D BESTIE

Your Ultimate
(and Actually Helpful) Guide





SO...

YOUR FRIEND HAS TYPE 1 DIABETES

✦ **CONGRATS!**

YOU'VE OFFICIALLY UNLOCKED YOUR
HONORARY TITLE AS A T1D BESTIE.

✦ **DONT WORRY!**



✦ IT DOESN'T COME WITH MEDICAL EXAMS
OR INSULIN MATH - JUST EMPATHY,
SNACKS, AND A LITTLE ✦ EDUCATION. ✦

HERES A **CHEAT SHEET** TO BEING
THE BEST KIND OF FRIEND...



ONE WHO JUST GETS IT



LEARN THE **BASICS** NOT THE **STEREOTYPES**

TYPE ONE DIABETES IS NOT CAUSED BY
X SUGAR OR X LIFESTYLE CHOICES

Our immune system attacked the beta cells
in the pancreas that produce insulin
so we now have to do its job 24/7.

COUNT CARBS

CHECK BLOOD SUGAR

DOSE INSULIN

TREAT HIGHS & LOWS

What I eat, do, sleep, & stress affects me.
Every Diabetic manages it differently.
The best thing to do is ask questions 



PRO TIP! ASK ME:

HOW DOES YOUR PUMP WORK?

WHAT DOES LOW BLOOD SUGAR FEEL LIKE?

I'LL TELL YOU! WE KNOW ITS COMPLICATED, SO WHEN
YOU CARE TO LEARN OUR VERSION, WE FEEL SAFER.

RESPECT OUR DEVICES

Devices like a pump & CGM are not gadgets. They're part of our bodies as external organs and are what keeps us alive.



PLEASE DO NOT TOUCH THEM!!



They beep, buzz, bruise, & leave marks but give me a life that used to be impossible.

They're sacred in a way, the most vulnerable part of us since they literally control our health.

PRO TIP: IF YOU'RE CURIOUS:

YOU CAN ASK:

"I've always wondered what that does! if you want to explain, I'd love to learn."

SNACKS

CAN SAVE OUR LIVES



A juice box, fruit snacks, or glucose tabs may not look like medicine, but they are. When my blood sugar drops, sugar is literally what keeps me conscious

If you notice I'm not okay, offering to grab a snack or saying,

WANT ME TO GET YOU A JUICE?

is such a kind thing to do.



REMEMBER

We may not always have the energy or thinking ability in emergencies like these, so if we ask for your help, we really need it.

KNOW THE



↓ LOWS

SHAKING



FAST HEART RATE



MOOD CHANGE



SWEATING



CONFUSED



DIZZY



WEAK



PALE



↑ HIGHS

USE RESTROOM ALOT



IRRITABLE



BLURRY VISION



SLUGGISH



THIRSTY



RED/FLUSHED



HEADACHE



LEARN OUR



Some words & numbers are like a second language and we forget that it can be confusing or new!

Using terms like these make us feel understood and less alone

"LOW" I need sugar – fast.

"HIGH" i have too much sugar & need insulin.

"PUMP" the device that gives me insulin.

"CGM" continuous glucose monitor (the sensor on my arm that tracks my blood sugar 24/7).

"SITE" spot where my pump connects to my body



"BASAL" background insulin, constant steady drip

"BOLUS" insulin dose for food or a correction.

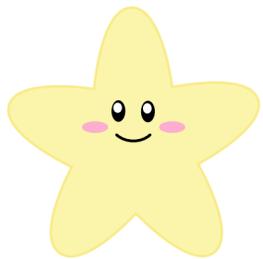
"CORRECTION" insulin dose that brings high BG down

"IN RANGE" 80-170: safe blood sugars (can vary)



MOST IMPORTANTLY..

SUPPORT US!!



1. Acknowledge our wins.

We count little victories like stable blood sugar days, remembering to change our site or refill insulin. Celebrate with us. It matters more than you know.



2. Be there on our tough days.

There will be mornings we don't feel good, burnout hits hard, or our numbers won't cooperate no matter what we do. Just be patient, gentle, and present.



3. Advocate and Educate!

If someone tiredly jokes "This'll give me diabetes," or misunderstands what Type 1 really is... your voice reminds us that our experience matters.



Say things like:

"Hey, Type 1 isn't caused by food, it's autoimmune."



When T1D days, walks, or fundraisers come up? Show up with us. Share the post. Wear the color. Not because you have to – but because you care about the cause because you care about us.