

**LEARN OUR LINGO!**

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)

**KNOW THE SIGNS**

**HIGHS**

- SLUGGISH
- THIRSTY
- RED/FLUSHED
- HEADACHE
- USE RESTROOM ALOT
- IRRITABLE
- BLURRY VISION

**LOWS**

- SHAKING
- FAST HEART RATE
- MOOD CHANGE
- WEAK
- DIZZY
- CONFUSED
- PALE
- SWEATING

**OUR LIVES CAN SAVE SNACKS**

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.

**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, bruiise, & 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."

**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.

FOR MORE HELPFUL GUIDES AND WAYS TO GET INVOLVED, VISIT [WWW.DIABETESRESEARCHCONNECTION.ORG](http://WWW.DIABETESRESEARCHCONNECTION.ORG)

**HOW TO BE A T1D BESTIE**

Your Ultimate (and Actually Helpful) Guide

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**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 SUGAR OR 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.

# One-Page Zine

## Folding Instructions

### 1. Fold the paper.

Fold your paper in half the long way and press the crease. Open it up.

Fold it in half the long way again and press the crease. Open it up.

Now fold the paper in half the short way and press the crease. When you open the paper, it should be folded into 8 boxes.

### 2. Cut the middle.

Find the solid line in the middle of the paper from the diagram.

Fold the paper in half the short way again.

Carefully cut along the solid line on the fold. Stop at the end of the line.

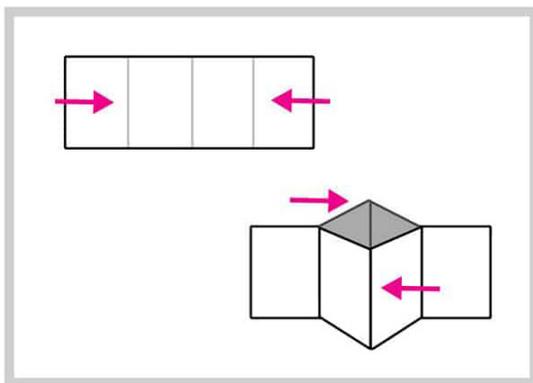
### 3. Make the mini-zine.

Open the paper. Hold the paper at both ends and gently push the ends toward the middle.

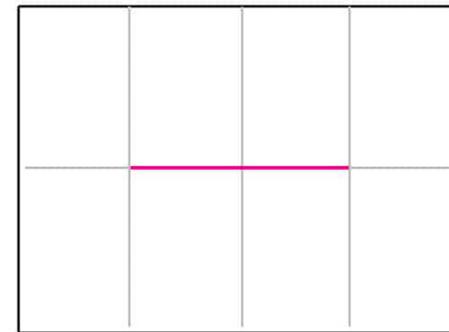
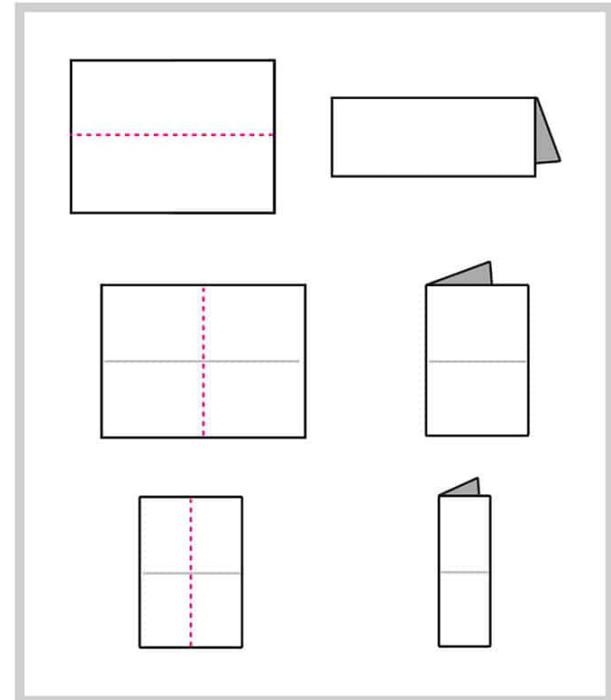
The cut part will pop open. Pinch the pages together in the center, then fold everything flat.

Your mini-zine is ready!

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