

A “Type 3” is someone who cares and shows support for a person with diabetes.

You have been given this card because you are important in the life of someone with diabetes. This card will give you some diabetes basics and ideas of how to support your loved one.

It would help the person you care about who has diabetes if you would:

1. Carry some sugar in your pockets or purse in case of an emergency
2. Learn the basics about diabetes
 - Insulin brings the blood sugar down
 - Food makes blood sugar go up
 - Exercise can make blood sugar go up or down
3. When the person who has diabetes is having a bad day, blame it on “that darn diabetes.” Don’t ever blame the person with the condition.

Diabetes Basics:

Blood Sugar Ranges

- High > 250 (Check for ketones)
- Normal 70-150
- Low < 70
- Dangerously low < 40

Symptoms of Low Blood Sugar

- Fatigue
- Shaking
- Confusion
- Anxious behavior Irritability
- Slow speech

Symptoms of High Blood Sugar

- Thirsty
- Frequently going to the bathroom
- Irritability
- Nausea and vomiting
- Dry mouth

Your Emergency Action Steps:

Remember: Calm actions, a reassuring voice, and humor will help your loved-one the most!

1. Encourage the person with diabetes to check their blood sugar.
2. Show calm, encouraging support and don't over react at the number. (Chaos will cause the person with diabetes to panic).
3. Choose fast acting carbohydrates like fruit juice, candy or glucose tablets to treat **low blood sugar**.
4. Reassure the person who is low to be calm. Show loving support and talk about the action you are taking.
5. Don't ask too many questions or ask the person who is low or high to make decisions.
6. To treat **high blood sugar**, the person with diabetes should take insulin and drink plenty of water.
8. When a person has a high blood sugar, this may not be the time to have a conversation about important decisions.
9. "You may want to establish a "Time Out" system with the person with diabetes. This helps develop a routine of making sure diabetes is considered when doing activities or having important discussions."
10. Do not make the person feel overwhelmed with your support. Empower them, but don't smother them!



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Created by: Nicole Johnson, DrPH, MPH, MA and Stephanie Melton, PhD, MPH, MA

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