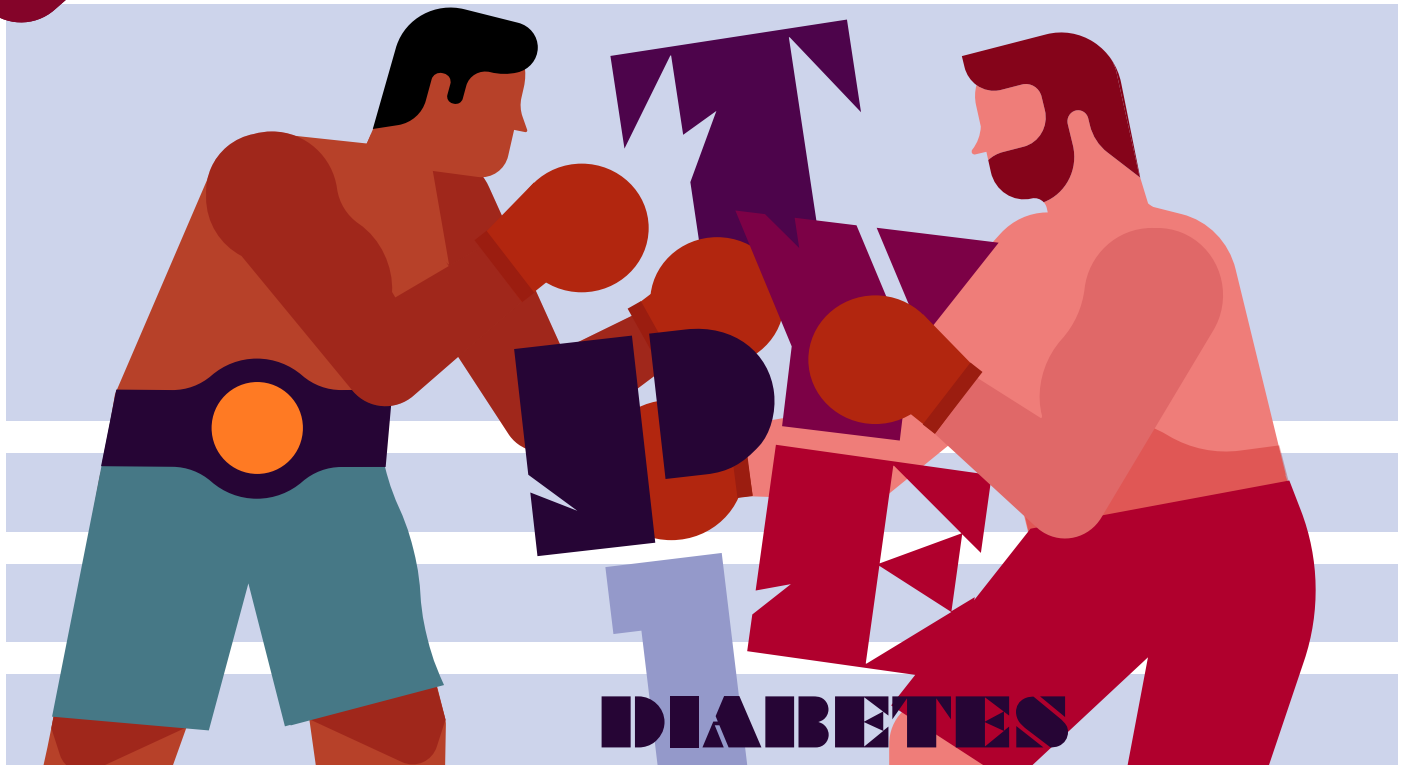


TYPE 1 DIABETES

the Prizefight of Your Life



DIAGNOSIS: THE FIGHT BEGINS.

Remember the movie “Rocky”? Rocky Balboa was picked from a list of common boxers and given an opportunity to fight for the heavyweight title. He didn’t seek it out... it just happened. Rocky took advantage of the opportunity and overcame tremendous odds to “go the distance” against the champ.

You certainly didn’t ask to get type-1 diabetes. You didn’t do anything to make it happen. It was a foul-up on the part of your immune system that led to the destruction of the part of the pancreas that produces insulin. Most people with type-1 diabetes have defective immune system from the day they were born. It takes

It takes a special set of conditions to trigger the immune system to attack the pancreas, including faulty genetics, environmental factors, and other illnesses.

a special set of conditions to trigger the immune system to attack the pancreas, including faulty genetics, environmental factors, and other illnesses. Regardless of the exact cause, type-1 diabetes sets you up for a lifelong fight against day-to-day and long-term complications. But it is a fight that you can win.

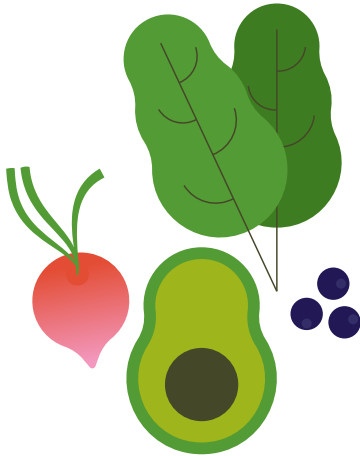
In the early rounds, diabetes might go easy on you. The pancreas may still produce some insulin on its own. This is called the

“honeymoon” phase. But don’t be fooled: When the pancreas finally wears down, diabetes can be especially tough to manage. It likes to bob and weave, and can become unpredictable at times. Sometimes, the high and low blood sugars can make you feel as if you’ve been knocked out. But every time you get back up, you can learn from the experience and come back smarter and stronger.



SURVIVING THRIVING THE FIGHT

There are many different “combinations” diabetes can throw your way. It takes training, good coaching, and daily execution of your plan to stay a step ahead of your opponent. To put yourself in the best position to succeed, here are some suggestions based on the AADE7 Self-Care Behaviors® for managing diabetes effectively:

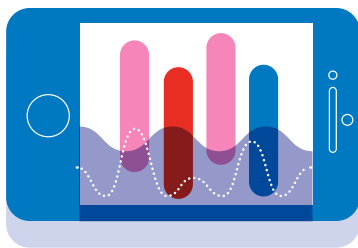
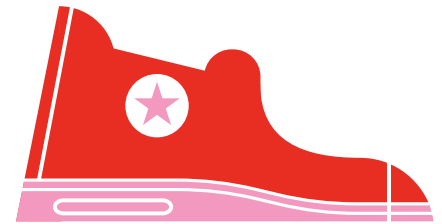


FUEL FOR THE FIGHT

Learn to match insulin doses to your food intake, and make a concerted effort to make appropriate food choices for long-term health and weight control.

KEEP IN SHAPE

Physical activity plays an essential role in making insulin work effectively and offsetting many of the health challenges imposed by diabetes. A combination of cardiovascular exercise, strength training, and general daily activity is optimal for most people.



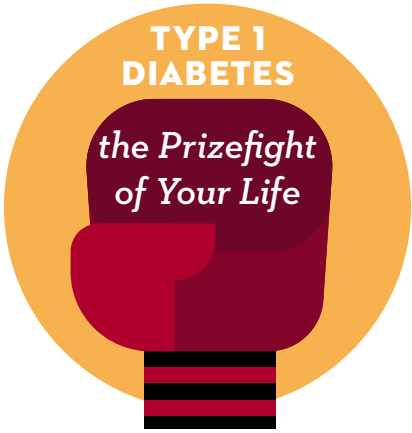
KNOW YOURSELF

Keep track of your blood glucose levels via fingersticks and/or continuous glucose monitoring. LOOK at your data and learn from it so that you can sharpen your management techniques.

TAKE YOUR MEDICINE

We’re not talking about steroids. Everyone with type-1 diabetes depends on insulin for survival. Learn how to self-adjust your doses in order to match your ever-changing needs.





LEARN TO COUNTER-PUNCH

Everyone with type-1 diabetes faces obstacles. Challenges can come from stress, illness, injury, travel, low blood glucose, device malfunctions, and a myriad of others factors. Whatever life throws your way, be prepared to handle it.

SET YOUR MIND ON THE MATCH

Success in any endeavor takes the right attitude and focus. Living with type-1 diabetes increases the risk of depression, anxiety, disordered eating, burnout, and a number of other disorders. Developing effective coping strategies and seeking outside help when necessary will enable you to put up the best possible fight.



DEFEND YOURSELF

An ounce of prevention is worth a pound of cure. Surround yourself with a solid healthcare team. See them regularly, take their advice, and follow through on their recommendations.

BE AWARE: In-fight adjustments are going to be necessary. Your insulin needs may change as you move through puberty, grow/gain weight (or lose weight), begin menstrual cycles, enter pregnancy / menopause, make lifestyle changes, and achieve an advanced age. Your diabetes management goals/targets may change as well, particularly if you lose the ability to sense low blood sugar on your own. Of course, you will want to take advantage of new technologies and management techniques as they become available.



GOING THE DISTANCE: WHAT THE FUTURE HOLDS

Thriving long-term with diabetes takes work, but it brings many rewards. The good news is that great things are right on the horizon. Better equipment and treatment options are entering the ring almost every day: from better insulin formulations to continuous glucose monitors to hybrid closed loop systems that automatically adjust insulin delivery. Before long, we may have fully automated multi-hormone systems that manage glucose levels around the clock with little-to-know work on the part of the user.

Researchers are working on ways to restore the body's own insulin production by accelerating beta cell replication and selectively blocking the immune system. Techniques are being perfected to encapsulate insulin-producing donor cells in a specially designed pouch that protects them from immune system attack. Efforts are



also underway to create “smart” insulin – insulin molecules that are activated by rising glucose levels and suppressed when glucose levels fall. Research is even uncovering ways to impede the development of type-1 diabetes in people at high risk.

Despite all the hope generated by this outstanding research, everyone with type-1 diabetes must be willing to get into the ring and face the diabetes management challenge on a daily basis. You may win some rounds, and you may lose some rounds. That’s OK. Nobody is perfect when it comes to managing this disease. Those who succeed are the ones who accept the challenge and give it all they’ve got. Just like Rocky.

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