



Speaking from Experience *Young People with Diabetes* (family perspective)

Transcript for chapter 7 of 11: Hypos & general illness

Janine and Justin - He has a jar of jellybeans on his teacher's desk at school, in case he has a hypo and his blood sugar level is low and he needs those.

Lauren and Kirsty (daughters of George and Betty) - You don't know what you're doing and you're just going everywhere. If you don't tell people then they're just going to leave you and then you'll be having a hypo all by yourself.

Alison - It's hard to explain for someone who's never had one. Obviously, there are the outside signs. I go very pale and my hands start to shake. But I get this feeling on the inside, it's like shaking on the inside.

Lauren and Kirsty - They're not scary or anything. Mine aren't like Lauren's, because I know when I'm having a hypo and I can go and get everything.

George and Betty - My main concern was, what if they get sick when I get them home. Because when they get sick, they can get really sick pretty quickly. But then again, they bounce back just as quickly.

Joanne - If he gets bugs, we can cope with it a little better because we're used to the diabetes. We can tell, if he doesn't eat, what's going to happen. We're used to the affects it will have on his blood sugars.

Janine - Justin, fortunately, is a very healthy child. So, he hasn't, touch wood, been back to the hospital since he was diagnosed - apart from going to clinic every 3 months. The diabetes educator at the children's hospital is wonderful. So, she's been terrific for any time we've needed help.

Joanne - They're only a phone call away. Even at the hospital, while we've had different things happen. If he's been sick, we get extra advice on how to change his insulin dosage to suit. The hospital has always been there. I'd say they're our greatest support.

Janine - On the whole, they've been terrific and we've been able to keep Justin's blood sugar at a really good rate, overall. I think they've been pretty happy, so it's been ok.

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