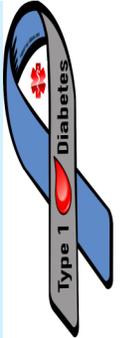




A WORD... Dear Will County Black Diamond Top Ladies of Distinction, November is National Diabetes Awareness Month. Diabetes is one of the most serious health problems that the African American community faces today. Often we hear about Type II diabetes and we as a community make concerted efforts to keep the disease at bay. However, less is discussed about Juvenile or Type I diabetes. In this issue, there is information about diabetes, but we also feature the story of one of our Teens In Waiting who was recently diagnosed with Type I diabetes. Again, this issue is not an exhaustive, but provides a snippet of information. We hope this information raises awareness of Type I and Type II Diabetes and as always remember to BE WELL and SHINE BRIGHT LIKE A DIAMOND!!!



In Her Words . . .

Allyse Hopkins...



Hi, my name is Allyse Hopkins I am 14 years old and I have **Type I** diabetes. I was diagnosed in November, 2014. Since being diagnosed I have drawn a few conclusions as to why things used to happen to me. For instance, I used to have headaches, I was nauseous, and had flu like symptoms. But, since my diagnosis, I learned that because of diabetes I have a weakened immune system and sickness occurs more frequently than others. I can honestly say not much has really changed for me besides eating healthier, monitoring my blood sugar, and taking medication. It's all worth it and I feel so much better than before.



Insulin Pod

I currently use an insulin pod that releases insulin for me. When people find out I have diabetes they tell me about people they know with diabetes. Sometimes they ask, 'what is it like having diabetes?' I tell them "I still do the same activities since I don't have a lot of restraints." I feel like I'm the exact same person.

Teens Living With Diabetes

About 208,000 young people under 20 years of age have diagnosed diabetes. Most of them have Type I diabetes. As obesity rates in children continue to soar, Type II diabetes, a disease that used to be seen primarily in adults over age 45, is becoming more common in young people. Children with diabetes and their families face unique challenges when dealing with diabetes.

Retrieved from—<http://www.diabetes.org> <http://ndep.nih.gov/teens>

What Is Diabetes?

Diabetes, is a group of diseases characterized by high blood glucose levels that result from defects in the body's ability to produce and/or use insulin.

Most of the food you eat is turned into glucose, or sugar, for your body to use for energy.

The pancreas, an organ near the stomach, produces a hormone called insulin. This hormone is necessary for the body to be able to use sugar or glucose, the basic fuel for cells in the body. Insulin's role is to take sugar from the blood into the cells.

When your body does not produce enough insulin and/or does not efficiently use the insulin it produces, sugar levels rise and build up in the bloodstream. When this happens, it can cause two problems: one, right away, the body's cells may be starved for energy and two, over time, high blood glucose levels may damage the eyes, kidneys, nerves or heart.

There are two main types of diabetes: Type I diabetes and Type II diabetes. Both types may be inherited in genes, so a family history of diabetes can significantly increase a person's risk of developing the condition.

Retrieved from— <http://www.cdc.gov/media/presskits/aahd/diabetes.pdf>

Things you should know....

Insulin is a naturally occurring hormone secreted by the pancreas. Many people with diabetes are prescribed insulin, either because their bodies do not produce insulin (Type I diabetes) or do not use insulin properly (Type II diabetes).

Emotional support, while not often initially considered, plays a key role in diabetes care. Connecting with other people living with diabetes that understand the daily grind of counting carbohydrates, testing blood glucose multiple times each day and dealing with the various highs and lows (both physical and emotional) of life with diabetes can make all the difference.

Insulin can be given thru the following....

- Needle Injections
- Electronic Pump
- Insulin Pod

For more information, call 1.800.DIABETES (800.342.2383)

Retrieved from: <http://www.diabetes.org> <http://ndep.nih.gov/teens>