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!!!

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. 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.

Interview by Cindy Triplett
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)