

# The Type 1 Diabetes Starter Kit

## Everything You Need to Thrive



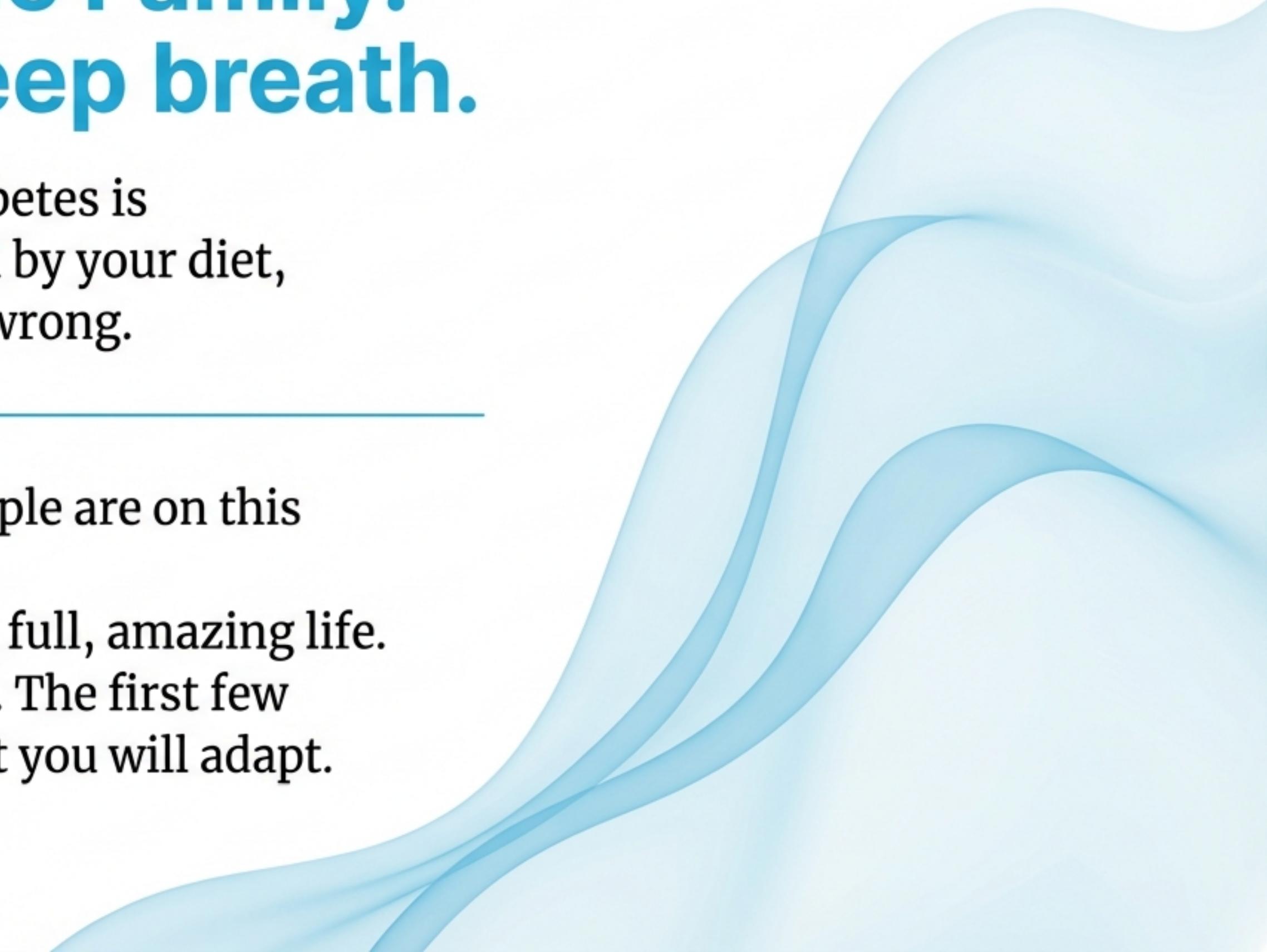
HEALTH GHEWARE

# Welcome to the Family. First, take a deep breath.

It is **not your fault**. Type 1 Diabetes is autoimmune—it is not caused by your diet, lifestyle, or anything you did wrong.

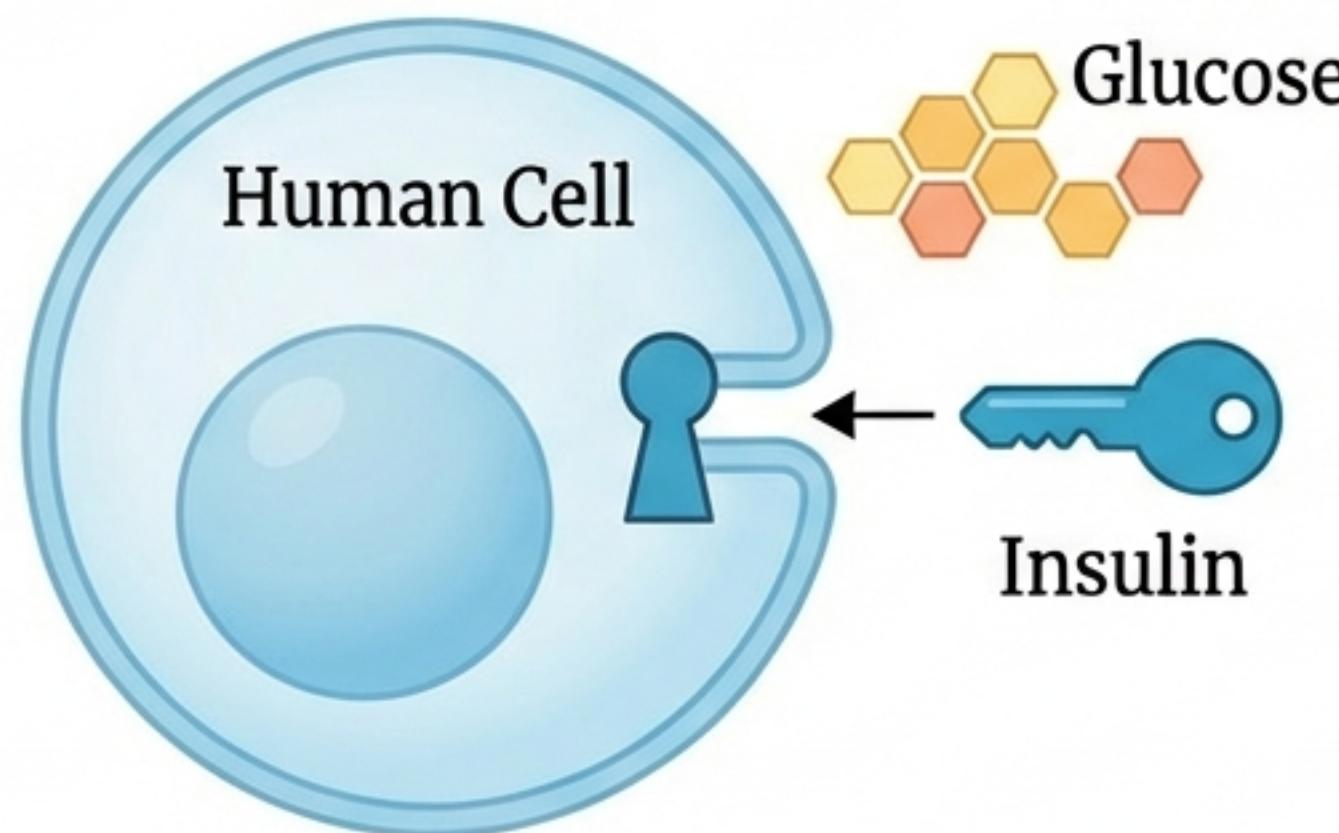
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- **The Reality:** Millions of people are on this journey with you.
- **The Promise:** You can live a full, amazing life.
- **The Timeline:** It gets easier. The first few months are the hardest, but you will adapt.



# What Just Happened?

## The Lock & Key Model



Insulin is the Key. Without it, energy (glucose) cannot enter the cell.

## Type 1

Autoimmune

Requires insulin

Sudden onset

Often young (~10%)

## Type 2

Insulin resistance

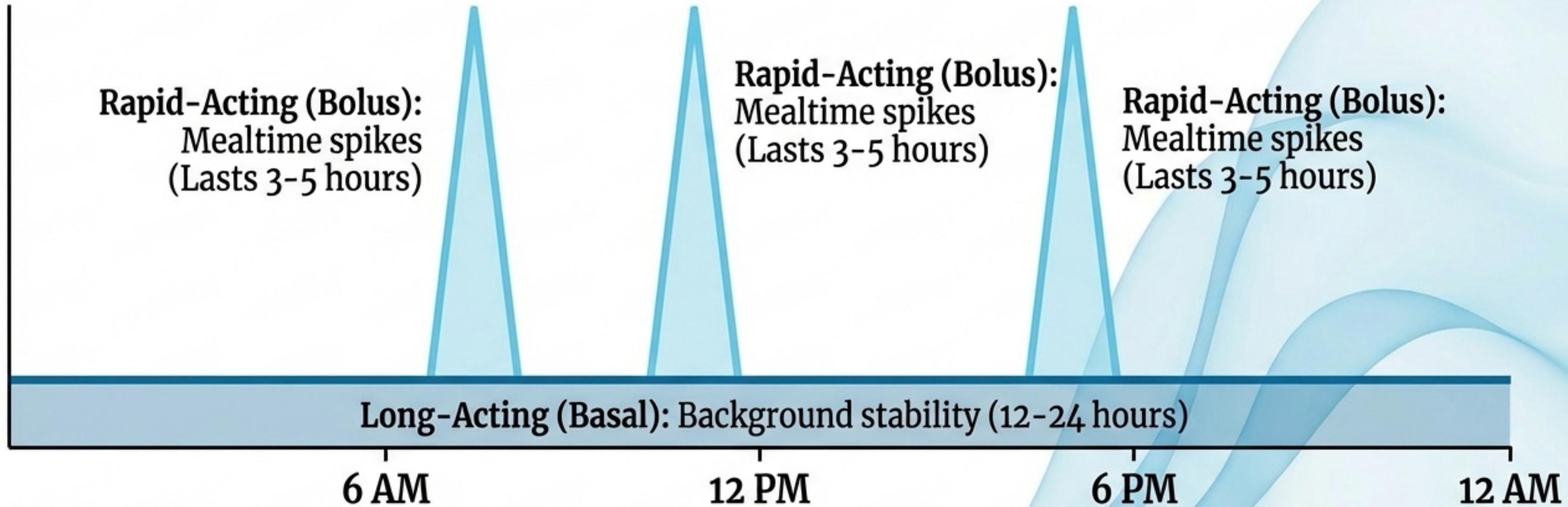
May not need insulin

Gradual onset

Usually adults (~90%)

Modern insulin and technology make excellent control possible.

# Insulin 101: Your New Fuel



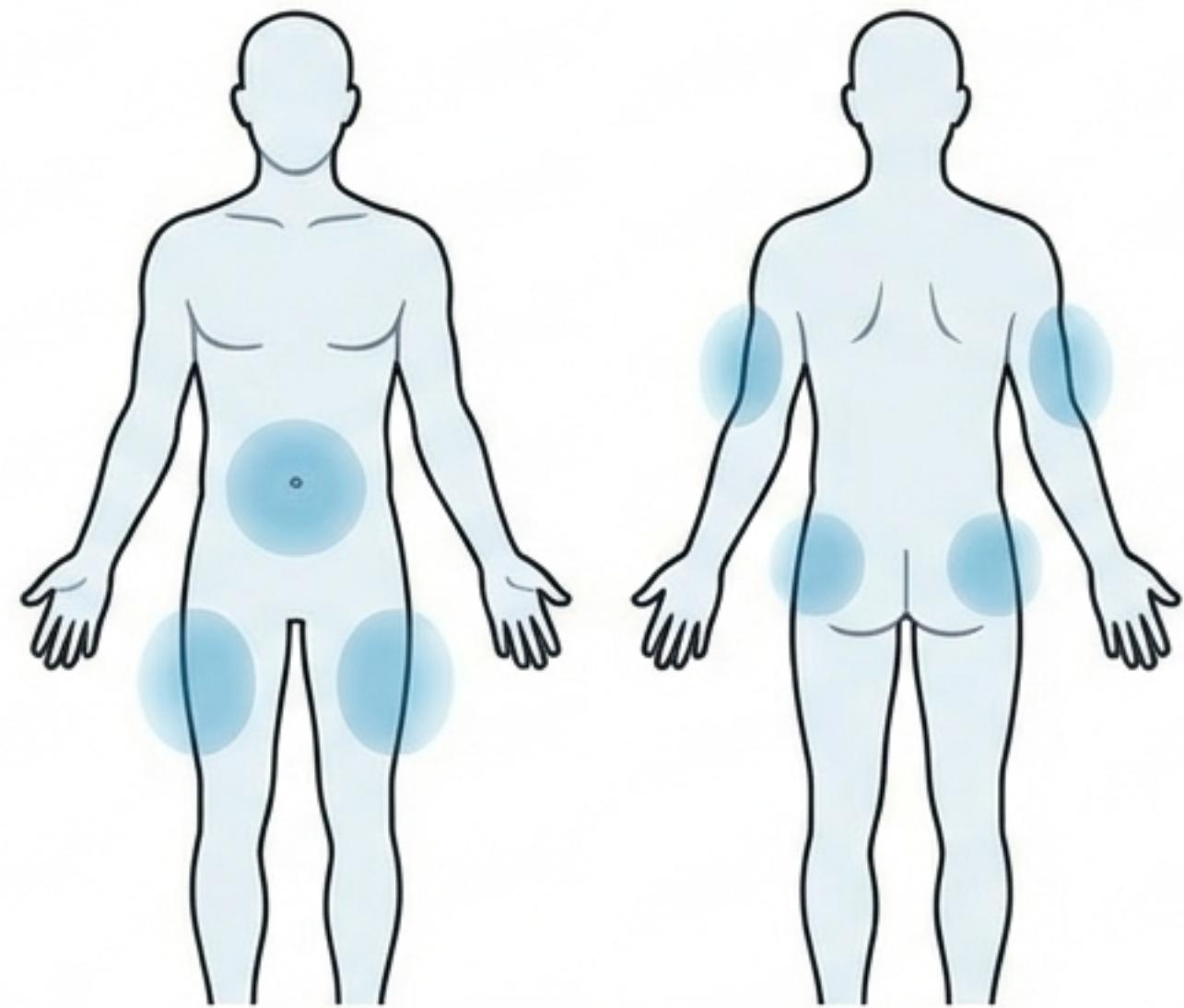
## Rapid-Acting

Novorapid, Humalog, Apidra. Taken for meals to handle carb spikes.

## Long-Acting

Lantus, Levemir, Tresiba. Keeps sugar stable between meals and during sleep.

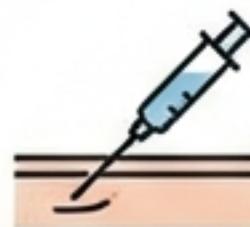
# The Art of the Injection



Safe Injection Zones



Pinch skin (subcutaneous).



Inject (avoid muscle).



Hold for 10 seconds.



Rotate sites to prevent lumps.

## Storage Rules

Unopened: Refrigerator (2-8°C). In-use: Room temp (up to 28 days). Never freeze.

# Carb Counting Simplified

## The Equation

**Insulin Dose = Total Carbs ÷ Insulin-to-Carb Ratio (ICR)**

**60g Carbs ÷ 10 ICR = 6 Units of Insulin**

**Common  
Reference  
(Indian Context)**



1 Roti (medium): 20g



1 Cup Rice: 45g



1 Cup Dal: 20g



1 Idli: 15g



1 Dosa: 25g



1 Apple: 25g

Use a food scale and read labels. Apps like MyFitnessPal can help.

# Knowing Your Numbers

## The Green Zone (70 - 180 mg/dL)



### Daily Targets

- Fasting: 80-130 mg/dL
- 2hrs Post-meal:  
<180 mg/dL
- Bedtime: 100-140 mg/dL

### Time in Range (TIR)

- Goal: 70%+ of your day in the Green Zone.

### HbA1c

- Long term 3-month average.  
Goal: Below 7%.

# Managing Lows (Hypoglycemia < 70 mg/dL)



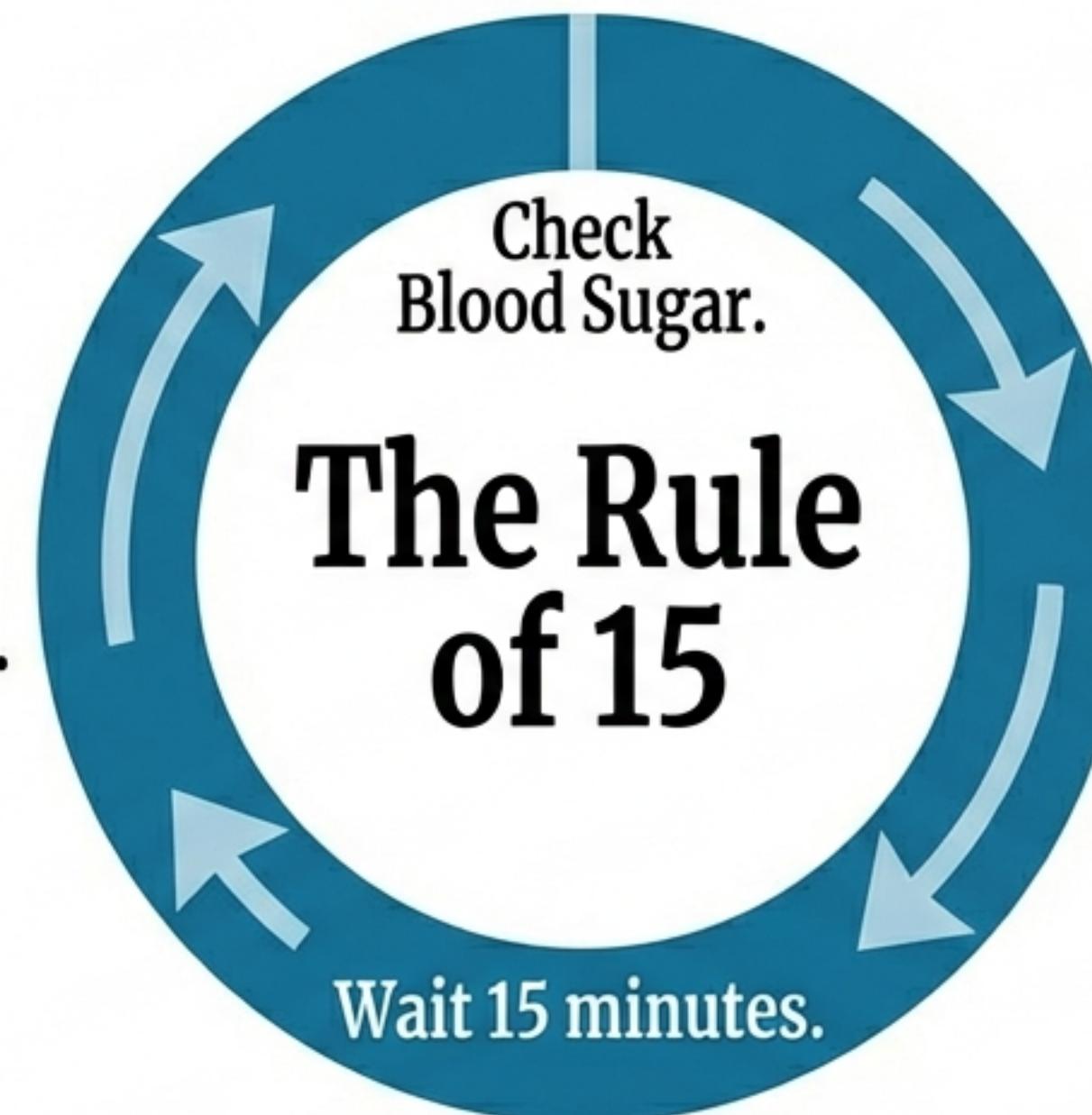
Sweating



Shakiness



Dizziness



Fast Heartbeat



Hunger

**Treat with 15g fast carbs.**  
4 glucose tabs, 1/2 cup juice,  
1 tbsp honey



**Severe Low:** If unconscious, do not give food/drink. Call emergency services. Requires Glucagon.

# Managing Highs (Hyperglycemia)

## Warning Signs



Thirst



Frequent Urination



Fatigue



Blurry Vision

## Troubleshooting Protocol

1. Check blood sugar.
2. If  $>250$  mg/dL: **CHECK KETONES.** 
3. Take correction insulin.
4. Drink water.
5. Recheck in 2–3 hours.



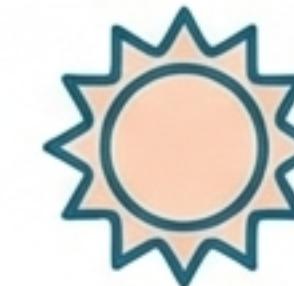
### DKA Emergency Signs:

Fruity breath, vomiting, breathing difficulty.  
Go to hospital immediately.

# Your New Daily Rhythm



Morning



Day



Evening

- Check sugar
- Basal insulin (if AM)
- ⌚ Calc carbs & Bolus
- กระเป๋า Pack supplies

- Check before meals
- Bolus for food
- 💧 Hydrate
- Carry snacks everywhere

- Bolus for dinner
- Basal insulin (if PM)
- ⌚ Bedside glucose ready

Weekly: Review logs, check inventory, inspect sites.

# School & Work: You Have Rights



## Your Non-Negotiable Rights

- Check blood sugar anytime, anywhere.
- Eat snacks whenever needed.
- Bathroom breaks without penalty.
- Time off for medical appointments.
- Exam accommodations.

Who to tell: Nurse/HR, Teachers, Supervisors, Close colleagues.

# Active Living & Travel



## Exercise Protocol

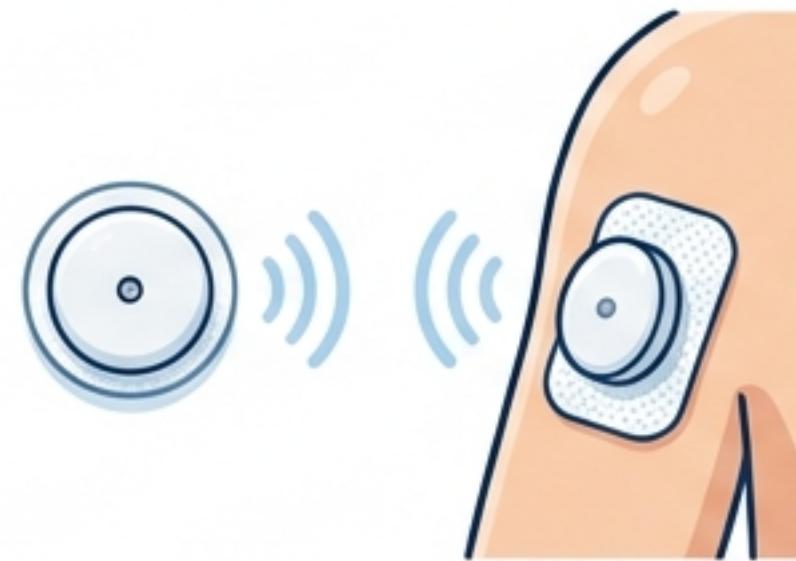
- Under 100: Eat 15-30g carbs before starting.
- 100–250: Good to go.
- Over 250 w/ Ketones: STOP. No exercise.
- Tip: Check every 30 mins. Watch for delayed lows.



## Travel Checklist

- Carry-On Only: Never check insulin into the hold.
- Pack Double: Twice the supplies you think you need.
- Cool Bag: Keep insulin protected.
- Prescriptions & Doctor's Letter.

# Tech & Tools: The Upgrade Path



## CGM (Sensors)

Libre, Dexcom.  
No fingersticks, real-time  
trend arrows, alarms.



## Insulin Pumps

Tandem, Omnipod.  
Precise dosing, no daily  
injections, lifestyle flexibility.



## Apps

Health Gheware, MySugr.  
Tracking and pattern  
recognition.

# Your Quick Reference Card

(Screenshot This!)

## My Settings:

Insulin-to-Carb Ratio: .....

Correction Factor: .....

Basal Dose: .....

## Emergency Contacts:

Endocrinologist: .....

Hospital: .....

## My Settings Contacts:

Insulin-to-Carb Ratio: .....

Correction Factor: .....

Basal Dose: .....

## Quick Protocol Recap:

LOW: 15g carbs → Wait 15 min → Recheck

HIGH: Correction dose → Water → Recheck  
in 2-3 hrs

# You've Got This! ❤

Endocrinologist • Dietitian • Educator • Eye Doctor • Mental Health Support

*Remember: Numbers are information, not grades. You are so much more than diabetes.*