



Speaking from Experience Young People & Type 1 Diabetes

Transcript for chapter 4 of 8: Hypos

Scott 19, diagnosed 4: Having a hypo is something that is hard to explain. It varies in lots of different people. There are the common symptoms, like being shaky, and you feel weak or tired, you start getting sweats, you can't concentrate and you don't know where you are. To explain it to a person my age, I would say that it's a lot like being drunk. You just don't know what's going on. You feel like you're in a dream.

Andrea 19, diagnosed 12: I shake and my stomach rumbles and I get a bit sweaty. I just start to feel unwell and my body shakes a little bit. I start to feel a bit fatigued and a bit tired.

Tori 19, diagnosed 6: Your words start slurring and I get really angry and grouchy, that's how my parent's always know to tell me to test my blood sugar, when I get really angry and out of character. I just feel like I'm in a dream. I'm good at recognising hypos as soon as they come on, I can feel it. Some people aren't like that, so that's probably why I've never been to hospital for one, because I can treat it right away because I know it's coming on.

Rachel 19, diagnosed 7: Everyone has different symptoms, but my symptoms are that I'll get really hot and sweaty and confused. My friends can pick up on it, because I'll get really grumpy and be really bitchy, so they'll say, "Rachel, you're having a hypo."

Scott: I was at work and I'd just finished my shift apparently I swore at the next life-guard, I told him to get stuffed or whatever...

Tori: I know that as soon as I start yelling at my friends or start yelling at my parents, for things that are just not important, I need to get some sugar.

Scott: ...I finally got some juice into me and sat down, I went down to the pool later on and they asked me if I was OK, and I said that, no I was having a hypo. They thought something was wrong. I told them that if it ever happens again, just grab me and make sure everything is alright.

Michael 18, diagnosed 16: During sport, for me, it was hard to tell if I was going to have a hypo or not. It wasn't until after the match or the game that I'd come down afterwards. So, it's a delayed hypo, they call it. When I'd test at half-time at a footy match, I'd be 14, but half an hour after the game I'd be 4.2. It was a real drop after the game. Once I'd stop the activity, I'd have a hypo.

Marlon 10, diagnosed 6: I need to check my sugars before I play a game of football, so that it's not low.

Andrea: Sometimes, if you're doing sport, you need to have some sugar before. Sometimes, afterwards, because you release adrenaline and other stress hormones, it can give you a false high blood-glucose reading. Just have some water and give it 20 minutes before you go and try to compensate for that by giving yourself more insulin. Just have some more water and let yourself settle down a bit. It can be a false high. If you inject yourself with



insulin, you might find that an hour later you're just plummeting to a low, which is something that I've found.

Michael: You've just got to manage before, during and after. So, it's a full-time job.