



Speaking from Experience Young People & Type 1 Diabetes

Transcript for chapter 3 of 8: Self-management & insulin

Andrea 19, diagnosed 12: Before I got diagnosed, I was terrified of needles. When I had my blood test at the doctors before I got diagnosed, mum literally had to hold me on the bed when the doctor took the blood because I was just so scared of needles. After a week being in hospital I got used to the needles. The nurses did it and my mum and dad had to take turns in doing it too. I really surprised myself actually, because I was so scared of needles, but after a week out of hospital, I started doing my injections by myself. Ever since, I've done them by myself.

Rachel 19, diagnosed 7: I manage my diabetes with an insulin pump. So, I've just got that on me all the time. It's pretty easy. I just put into it how many carbs I've eaten and it gives me the right amount of insulin. I only have to change it every three days. It's a lot easier than being on the injections, which I was on up until four years ago.

Scott 19, diagnosed 4: In the early days, I wasn't petrified of needles, but I didn't like them and I would cry, being a little kid.

Michael 18, diagnosed 16: It doesn't really hurt. That's the thing that after doing it, you come to grips with. The injection itself doesn't really hurt that much. It was all psychological.

Scott: I had those days where I sort of fell in a heap. You know, like why me, why did I have to get diabetes, why is it me? I felt like I was the only one. But mum was always there to reassure me, and dad was there as well.

Rachel: I think it's the type of thing, with looking after yourself; you really get out of it what you put into it. Like if you're really diligent with doing your finger pricks and having your injections and really keeping on top of it, then you're going to feel a lot better. But, if you're really slack and you don't do anything, you're going to feel sick and it will be your own fault. You have to be really proactive with looking after yourself.

Tori 19, diagnosed 6: The stage that I slacked off, it was probably 13-14 or maybe even 13-15, for a few years. I was a teenager and I just didn't really want to think about it. I had other priorities that seemed more important then. Now, I've realised that diabetes is a really big priority in my life. Obviously, it's my health, so I had to change that, and now I take good care.

Michael: If you're not managing it well in the short term, you can have hypoglycaemia. If you have hypoglycaemia too often, symptoms for hypos wear off, or they become more normal. You can fall unconscious and those sorts of things. That's a negative of poor management.

Tori: I basically came to a point in my life when I knew that I have to live with this. There's nothing I can do about it, I have to make sure I have good control, so that I look after myself when I'm older.



Kayla 15, diagnosed 11: I've always managed it by myself. I used to watch my pop do his. So, when I ended up with diabetes, I got used to doing it by myself. Testing my own sugars and giving my own needles.

Andrea: If you can take the initiative to do it yourself you have a lot more freedom as well. If you learn to control your own insulin, as well as with the diabetes educators, you have the freedom. Like, if you want to go over to your friend's house, you can. If your parents are doing it, that's fine, but if you can do it yourself, you have the freedom to go on school camps and go to your friend's houses without having anyone else have to administer it to you.

Marlon 10, diagnosed 6: My mum taught me how to do my needles myself, so that I can sleep over at my friend's houses and go to camps.

Kayla: At first, I didn't feel that confident, but now that I've done it for a long period of time, I have more confidence in what I'm doing.