



NOVEMBER IS: DIABETES AWARENESS MONTH

What is Diabetes?

Type 1 diabetes (T1D) is a life-threatening autoimmune disease in which insulin-producing beta cells in the pancreas are mistakenly destroyed by the body's immune system. Its causes are not fully known, and there is currently no cure. People with T1D are dependent on injected or pumped insulin to survive. Type 2 Diabetes is a different disease and the two are often confused.

Some people with T1D use technology to help them manage the disease like continuous glucose monitors (CGMs) that track the body's sugar levels and insulin pumps that deliver insulin. Both are devices that someone wears on their body. Sometimes they're hidden by clothing and sometimes they're worn openly.

How can you learn more about Diabetes with your class?

- [1] Share Facts About Type 1 Diabetes
- [2] Read A Book
- [3] Ask a friend with Diabetes



Resources:

Type 1 Diabetes Facts:

<https://www.jdrf.org/t1d-resources/about/facts/>

Books for Elementary School

- **Taking Diabetes to School** by Kim Gosselin
- **T1D Superhero: Origins** by Emily N. Goff

Books for Secondary School

- **Living with Diabetes: Nicole Johnson, Miss America 1999** by Nicole Johnson
- **My Beloved World** by Supreme Court Justice Sonia Sotomayor

Famous people with T1D:

- Nick Jonas (Singer)
- Mary Tyler Moore (Actress)
- Sonia Sotomayor (Supreme Court)
- Jay Cutler (NFL)
- Max Domi (NHL)

