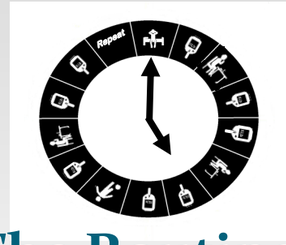
Managing Diabetes Is Not A Science, It's a Way Of Life

And In Life we All Need Help

This is Peters

"I just want to be normal and not told what I cant do but what I can."

Peter was told at the age of 4 he had type 1 diabetes and it was a massive shock not just to him but his whole family. He is now 7 and dealing well with his condition with big help from his family. He has to keep a routine in his life to insure he stays healthy and it revolves a lot around his blood sugars. He has to take his bloods at least 7 times but can be over 10 on any given day.



The Routine

Routine is key for peter he needs to stick to it to stay fit and healthy

Peter knows when he should be doing stuff is very important it allows him to deal with it a lot easier. He needs to keep to it including time he goes to bed and when he wakes up and eating meals at set times.

Family

"Trying to make you child feel they are in control at the same time as keeping a eye on them is hard."- Peters father

Peter and his family found it very hard for the first 6 months but it got easier in time but they still struggle with not being able to keep a eye on him when he is not around.

Equipment

"I don't like the stuff they gave me its boring and hard to use" - Peter

Peter got a blood sugar reader and insulin pen provided by the NHS, he even paid for a pump but that didn't work so went back to the pen.

NHS

"Once they leave us its up to them to keep on top and we cant kept track if they are."-NHS staff

The NHS are a big part of the first steps but once they have the equipment and training, it is then up to the child and family to ensure everything goes ok.

Friends

Peters friends don't care about his diabetes but he doesn't like to show he is different.

Peter has many friends and not one cares that he has diabetes. He does most things they do but he just has to keep track of his blood sugars sometimes he struggles as its all on paper and sometimes he forgets.

School

The school some time struggle with Peter as he is the only child in the school with type 1 diabetes

Peter hates fact he has to go away and be told what he needs to take and when. Peter has no control and is being told what too do. But at the same time peter knows he cant work out what he needs.