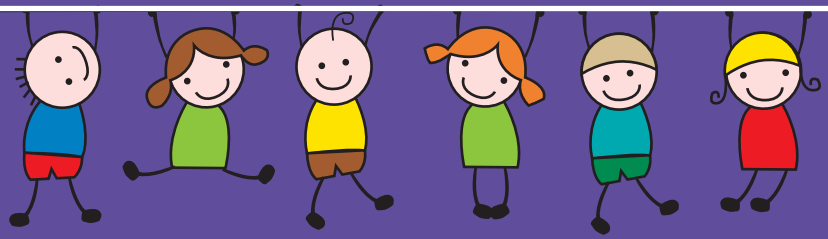
wellion®

Your AUSTRIAN health brand

CHILDREN WITH DIABETES



Information sheet with valuable tips



wellion
CALLA light



- BIG DIGITS
- MEAL MARKERS
- EASY TO HANDLE

MED TRUST
THE MEDICAL SERVICES COMPANY

It is important to know, that children with diabetes are allowed to have fun too and participate all exciting games and activities, and they do not wish to be seen as „ill". Even children with diabetes do not have to give up everything.

- Diabetes type 1 is not the result of poor nutrition.
- Diabetes is not contagious.
- Diabetics can have a normal life due to lifelong insulin treatments.

If you are unsure whether you are able to manage the visit/care of a diabetic child in your circle of friends – arrange one or two visiting dates in the beginning together with the child's parents. So you can relaxed observe the situation in advance and the parents can give you tips during your conversation and when observing the children.

What is diabetes?

Diabetes mellitus is a metabolic disorder, whereby the pancreas produce **too little** or **no insulin**, although this body's own hormone is essential for the body and responsible for the blood sugar regulation.

There are different types of diabetes, children normally have **type 1 diabetes**, in which the body does not produce any insulin at all (absolute lack of insulin). The lack of insulin causes that the body is not able to metabolize the sugar of the body or of the ingested food. The body is missing energy, that's why it starts reducing body fat. If the insulin deficiency is not remedied as quickly as possible, thereby accruing degradation products would lead to a poisoning of the organism. For this reason diabetics have to be treated with insulin delivery several times a day throughout life, so that glucose can get into the body cells. These are injected into the fatty tissue under the skin with an insulin pen. Some children use an insulin pump. Also a **well-balanced diet** and **physical activity** are very important for the children.

Contrary to healthy children, where the body produces the right amount of insulin, children with diabetes have to adjust the meals with the insulin. To check this, the blood glucose is measured with a blood glucose meter several times daily and especially before each insulin delivery. For children with diabetes this is part of everyday life and becomes a routine after a while.

wellion
CALLA mini



NO CODE

123

- NO CODING
- SMALL & TRENDY
- BIG DIGITS

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Influences on blood glucose – important to know

- Insulin **LOWERS** the blood glucose
- Physical effort **LOWERS** the blood glucose (during play times small snacks should be planned, to avoid low blood glucose)
- Carbohydrates **INCREASE** the blood glucose

Eating and drinking

Children with diabetes do not need a special nutrition or food labelled for diabetics. The diet should consist of **healthy food**, also small amounts of sweets are allowed.
To prevent misunderstandings, it should be discussed with the parents of the child about that.

Food can be divided in two groups:

1. **Carbohydrate-rich food**, which is calculated in bread units. 1 bread unit is about 12g carbohydrates
2. **Food, which include little or no carbohydrates.**

   The amount of insulin, which is given to the child, has to be adjusted with the amount of carbohydrates.

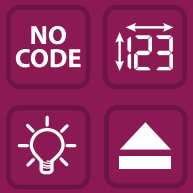
Carbohydrates are for example contained in:

- Grain and food manufactured from grain/corn (bread, noodles, granola, pizza, ...)
- Potatoes, rice
- Fruits, fruit juice, dried food, jam, stewed fruit (compote)
- Milk, yogurt and dairy products
- Sugar, honey, sweets, cookies, cakes, ice cream and sweetened drinks

Following food does not (or just slightly) increase the blood glucose levels. Attention when giving large quantity of this food to the child, as then it could also lead to a rise of the blood glucose level.

- Raw vegetables (potatoes, kohlrabi, tomatoes, sweet pepper) and salads, herbs
- Meat, sausage, poultry
- Unsweetened fruit- and herbal teas, water
- Sweetened lemonades
- Sugar-free chewing gum and sugar-free bonbons





- **NO CODE**
- **KETONE MEASUREMENT**
- **ILLUMINATED TEST STRIP PORT**

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Hypoglycaemie – too low blood glucose

At a **hypoglycaemia** the blood glucose levels are much too low. Especially at sports and intensive exercise a low blood glucose level can appear quickly without small snacks.

Possible causes:

- Too much injected insulin
- Forgotten snacks
- Increased physical activity, without eating additionally
- Diarrhoea disorder



Typical symptoms:

- Lack of concentration to confusion
- Tremors
- Increased heartbeat
- Cold sweat
- Impaired balanced
- Unstable mood, bad temper, aggressivity

The signs are different, depending on how fast or how low the glucose drops.

Then it's time to give glucose quickly to the child, at first about 12-24 gramms rapidly available carbohydrates (for example invert sugar syrup, orange juice, coke, ... – NO light-products!), then control the blood glucose and optionally continue sugar intake.

If the diabetic child isn't able to swallow anymore or is even already unconscious because of the hypoglycaemia, no liquid or solid food should be given.

In this case place the unconscious child in the **recovery position** and inform the **emergency doctor** (diagnose: diabetes – severe hypoglycaemia with unconsciousness). Keep calm and stay with the child until the emergency

doctor arrives. He can help the child safely and quickly.

To avoid a low blood sugar (hypoglycaemia), children with diabetes should have the possiblity to eat or drink at any time, for example even if no break was planned at this time.

Hyperglycaemia – to high blood glucose

During a hyperglycaemia the blood glucose is too high, what means a long-term danger for a diabetic's health, as a high blood glucose level over a longer period damages blood vessels and nerves.

Untreated hyperglycaemia can lead to a diabetic c

Typical symptoms:

- Thirst
- Increasing urge to urinate
- Exhaustion/lethargy
- Tiredness



In diesem Falle sollte unbedingt sofort der Blutzucker gemessen und viel Wasser getrunken werden. Die Eltern des Kindes sollten verständigt werden und bei anhaltenden hohen Blutzuckerwerten sollte gegebenenfalls auch ein Arzt benachrichtigt werden.

Auch auf das Spritzen der vorgeschriebene Insulinmenge darf nicht vergessen werden.

NOTES

NOTES

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INVERT SUGAR SYRUP



10 Beutel,
ca 12-15g / Beutel



ca. 40 g



ca. 15 g

ORANGE with orange flavour

GOLD **1SHOT** with vanilla flavour

ENERGY SOURCE
Immediate and longterm effect due to 3 different types of sugar: Glucose, Fructose, Saccharose

IDEAL FOR SPORT
Provides quick energy, also quick absorbed with a dry mouth.

wellion®

FRIGO



FRIGO L	21 x 11 cm
FRIGO XXL	22 x 19 cm



FOR QUICK AND EASY INSULIN COOLING

ANTIBACTERIAL
Special antibacterial impregnation of the inside pocket

WITHOUT POWER SUPPLY
Activated with cold water, no electric power supply necessary.

WITHOUT FRIDGE
No need for a freezer or cooling elements.

QUICK AND EASY

IMPORTANT DATA AT A GLANCE, TO SET AID MEASURES:

Name of the child:

_____

Telephone number of the parents:

Father: _____

Mother: _____

Telephone number of the attending doctor:

_____

Other important telephone numbers:

_____

_____

_____

Normal glucose reading/Blood glucose level of the child:

_____

IMPORTANT DATA AT A GLANCE, TO SET AID MEASURES:

Measure blood glucose:

Please remind my child at _____ o'clock, to measure the blood glucose.

If the blood glucose is under _____ mg/dL(mmol/l), please give my child _____ gramm invert sugar syrup or _____ other carbohydrates/sweet juices.

If the blood glucose level is higher than _____ mg/dL (mmol/L), the parents necessarily should be informed.

Inject insulin:

At _____ o'clock following insulin deliveries should be injected into the thigh's or belly's fatty tissue: _____

At high temperatures outside (over 30°C) insulin should be stored cool (fridge or Wellion FRIGO cooler bag without electricity)

Meals, which should be absolutely adhered, to avoid a low blood glucose:

_____ O'clock: _____ _____ O'clock:_____

_____ O'clock: _____ _____ O'clock:_____

At **intensive physical activity and sports**, observe signs of low blood glucose and treat them:

- Give carbohydrates or invert sugar syrup to the child
- Measure blood glucose
- If necessary, give more carbohydrates to the child

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