

Diabetes and Your Child

What is diabetes?

Diabetes is a disease in which the body cannot produce or respond to the hormone insulin. Insulin is needed to survive, therefore your child's insulin will need to be replaced.

What are the symptoms of diabetes?

Your child's symptoms will usually develop quickly over a couple of weeks and include increased thirst, frequent urination, increased hunger, weight loss, being tired, irritability, fruity smelling breath, blurred vision, or a yeast infection for girls.

Risk Factors

- Family history: If your child's parent or siblings have diabetes their risk of having diabetes is elevated
- Race: Type 1 diabetes is most common in white non-Hispanic children

When should I call the doctor?

You should call your doctor in the following situations:

- If your child has experienced the above listed symptoms

How is diabetes diagnosed?

- Diabetes is diagnosed by blood tests.
 - Random blood sugar test: Blood is drawn at a random time, regardless of when your child has eaten to determine what their blood sugar is at any random time.
 - Glycated hemoglobin (A1C) test: Blood is drawn and indicates what your child's blood sugar has consistently been over the last 2-3 months.
 - Fasting blood sugar test: Your child will fast overnight and will have their blood drawn the next morning to determine their fasting blood sugar.

Diabetes management?

Treatment for diabetes is lifelong. As your child grows and matures their treatment will also change. Receiving a diagnosis of diabetes for your child can be overwhelming. You are not alone; your child's diabetes treatment team is available and ready to help. Your child's diabetic team will consist of their doctor, diabetes educator, and a dietitian. Blood sugar monitoring and medications will be part of your child's diabetes treatment plan. Monitoring your child's diet to encourage healthy eating and physical activity are key components to managing your child's diabetes.