



# Teenagers with Type 1 Diabetes : A Curriculum for Adolescents and Families

*Michigan Diabetes Research and Training Center*

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Living with diabetes is never easy--especially as a teenager. Learn how to give your patients the tools they need to be better able to make more informed decisions, make necessary adjustments in their treatment, and take an active role in their own care. You'll find 5 core modules, each with 7 sections--5 for health care professionals, and 2 for teens.

Modules Include:

- Making Choices
- The Ups and Downs of Blood Sugar
- Keeping Your Diabetes on Track
- Changing Your Insulin Dose

Toolbox Contents Include:

- How to Handle Sick Days
- How to Treat Low Blood Sugar Reactions
- How to Use Glucagon, and How to Get Better Results Using Blood Sugar Testing

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