

TODAY

Treatment options for
type 2 Diabetes in Adolescents & Youth

Not An Ordinary Day Birthdays, parties, proms, lock-ins, and sleep-overs!

Celebrating with friends is a part of life. There is no reason that your diabetes should keep you from having fun with friends.

GO to parties! GO to the prom! Go all-night bowling!

GO, GO, GO, GO, GO, GO, GO!

These are not ordinary days. These days will have different foods and activities. Don't forget your blood sugar target is 70-150mg/dl everyday.

Learn how to take care of your diabetes on these not-so-ordinary days. You will feel better. You will have more fun.

Master key to successful fun... PLAN AHEAD!

Parties and get-togethers mean FOOD & more FOOD so offer to help.

Take a food that fits your meal plan. Take sugar-free sodas so you know you will have something to drink.

You're going to a new restaurant?

Menus may not tell how food is cooked. Ask about foods you plan to order. This will help keep your blood sugar near target. A sauce or gravy you did not think would be on your menu can cause high blood sugars.

Schoolwork may also cause an unplanned all-nighter of studying. Those quizzes, reports, and tests all seem to creep up and cause a **not-so-ordinary night**. Planning ahead cannot help now. So, while up at 2 in the morning remember to eat and drink foods on you meal plan. Also, test you blood sugar more often. You are not usually up at this time and do not know what to expect with blood sugars. Then remember the day after. Do not sleep away the day and miss medication or meals.

Ask your family to help you stay on a near normal schedule the next day. **Hey! That sounds like planning ahead!**





Not An Ordinary Day Worksheet

A day that is not ordinary may be full of fun or work:

My last not so ordinary day was:

Other not so ordinary days for me are:

Master key to success is planning ahead:

On a not-an-ordinary day I can help keep my blood sugars near target by planning ahead to:

Another way to plan ahead to help take care of my diabetes on a not-so-ordinary days is:

**Don't let a not-so-ordinary day put
a crimp in your future!**