



Mishti is a fictitious character. The content is meant for educational purposes and is not to be used as a substitute for professional medical advice. Always seek the advice of your doctor or other qualified healthcare provider with any questions you may have regarding a medical condition or medical treatment.

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# Mishti



and  
**sick**  
Day  
Rules



## Hello friends,

Hope my words find you in great health and spirit.

Yesterday was a great fun day when I had gone to the funfair with mommy and papa. I sat in the giant wheel. Once I was up in the sky and then back to ground. It was a bit scary; I felt it was somewhat similar to our sugars sometimes.

Few days back, I had 2 episodes of hypos in a single day and then my sugar level became high in the evening. I know you can understand how difficult it is. I felt, this is not fair at all. Why should this happen to me! That day I was not ready for my evening walk. I just wanted to do nothing. Papa came to me and said, "Doing nothing is never an option in life". Earlier I was sad, now I became angry. I was about to cry, then my younger brother Chintu came into the room. He was also upset. My father asked him what happened and he said in spite of playing well, they had lost their cricket match. Then my father said, "Highs and lows are with every one, whether it is your blood sugar readings, Chintu losing or winning a match, or me feeling bad when my boss says that I have done an average job even after putting best of my effort. We cannot stop for this." Chintu said, "Let's play carom board, as I want to win". For Chintu's sake, I started playing and within half an hour, I felt so much better. After that I went for a small walk too. I learnt many things that day from papa.



## Let me share what papa told me.

1. There are physical high blood sugar levels and low blood sugar levels which need to be treated appropriately. Once you are diagnosed with diabetes, you cannot run away from it. Try to find the cause for the fluctuations in the blood sugar and you can prevent it next time.
2. If you are feeling both physically and mentally weak, try to do something which you enjoy doing, like we played carom.
3. Do not blow out of proportion on why something happened, how it happened and what would happen.
4. Feeling high and low happens to everyone. Do not blame it on diabetes. Talk with someone you can trust or do something different. Appreciate all the good things you have.
5. Do not stop enjoying the things which you like from fear of high and lows. It never helps.

Please do write to me about your highs and lows, and how you conquered them. We can have a great life, not despite diabetes, but because of diabetes - by using discipline of diabetes to improve our health and life.

**You can also contact me at -  
[diabeteseducatorindia@novonordisk.com](mailto:diabeteseducatorindia@novonordisk.com)**



## Mishti tales

5 Golden Sick Day Rules. Mishti goes to meet her friend Ruma who also has Type 1 diabetes.







Aunty don't worry. Last month when I had fever my sugar level was also very high, doctor uncle told Mommy the 5 golden rules to keep in mind when I am sick.



Do you remember them?







Rule 2- Check the sugar level more often, preferably every 4 hours and take corrective doses of short acting clear insulin if required.



Rule 3- Even if you do not feel like eating, eat something – fruit, milk, kichdi, at frequent intervals. Drink plenty of fluids like butter milk, vegetable or lentil soup and lemon water, even if you are vomiting.

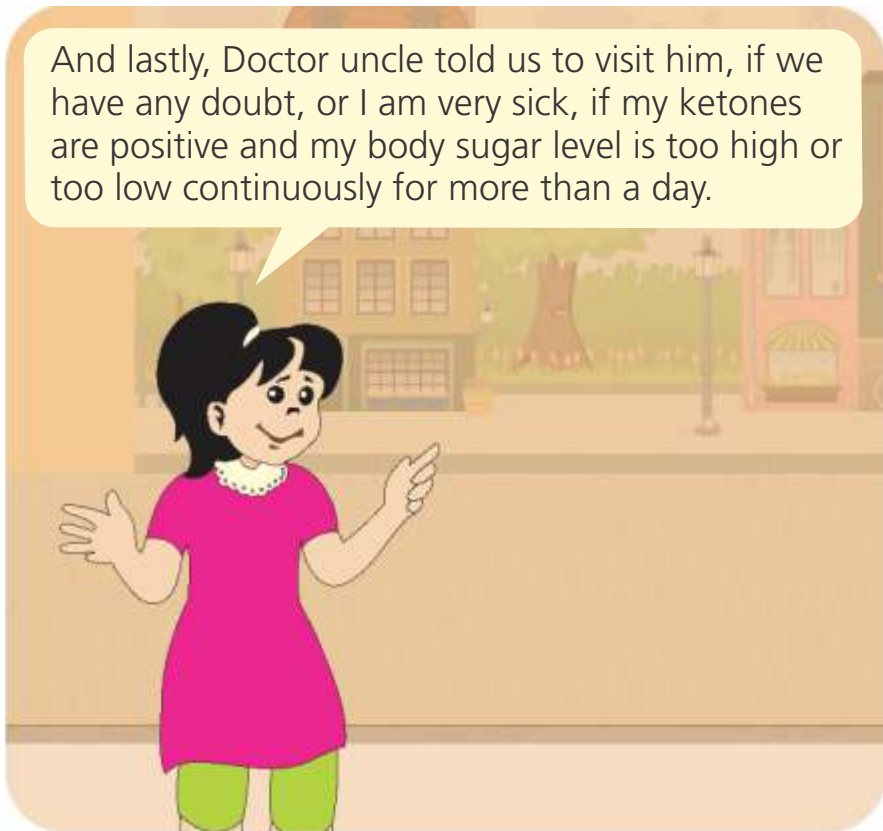








And lastly, Doctor uncle told us to visit him, if we have any doubt, or I am very sick, if my ketones are positive and my body sugar level is too high or too low continuously for more than a day.



Thank you Mishti. You are really a very intelligent girl. Thanks a lot for your tips.

You are welcome aunty. I will come tomorrow to meet Ruma.





## Mishti's Doctor speaks

Mishti is a wonderful girl. I understand that it is sometimes difficult to accept the fact that your child has diabetes. When I see Mishti and her parents, I can surely say that despite difficulties type 1 diabetes can be managed, and the child and their families can live a normal life.

Few facts about Type 1 Diabetes which we need to understand are:-

### Type 1 Diabetes

- Is not caused by unhealthy diet or lifestyle
- Is yet not preventable
- Is definitely not contagious
- Is something you cannot outgrow
- Is not curable till now. Insulin is required until a cure is found
- Needs to be controlled by use of insulin along with right diet, exercise and monitoring

(Children with type 1 diabetes can grow into normal, long lived healthy adults. My wonderful children with type 1 diabetes need your support not sympathy).

## I found it inspiring

### Indy Lights Racer Charlie Kimball Doesn't Let Diabetes Slow Him Down



Charlie Kimball is a successful young American racing driver forging a career in the highly competitive world of open wheel racing, who has proven that his High Performance Career is Possible with Diabetes. Kimball, who began racing go-karts at age 9, was diagnosed with Type 1 diabetes in 2007 and was forced to abandon his racing program mid-season. Kimball returned to the cockpit the following year and claimed a podium finish in his first race back in the car.

He has spent the last few years racing in some of the most competitive racing categories in the world including British Formula 3, Formula 3 Euro series and the World Series by Renault. Kimball continues to compete in one of the most competitive racing categories in the world, proving that living with diabetes does not have to restrict him from traveling at speeds of more than 200 miles an hour and fulfilling his dream. Today Kimball drives the No. 83 car for Novo Nordisk Chip Ganassi Racing in the IZOD IndyCar Series and is the first licensed driver with diabetes in the history of IndyCar. Charlie is a role model for anyone who feels inhibited by diabetes as he continues to accomplish remarkable achievements with the disease. He proves that with today's treatment options, diabetes can be managed even in the most challenging circumstances. With the combination of insulin and delivery devices, he had shown that daily diabetes management and glucose control can be easily and successfully integrated into busy life both on and off the track.