

**Biomedical Breakthroughs and My Life**

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Have you ever thought of how it would feel like if you had to poke yourself several times a day, take shots, and not being able to eat all the things that you want. Well, those are things that my sister has to do everyday of her life. My sister is seven years old and she has type 1 diabetes. She was diagnosed on August 25<sup>th</sup>, 2005 when she just turned five years old.

Type 1 diabetes will be with you for the rest of your life. It is not curable. When you have type 1 diabetes you have to be very careful about your health. With type 1 diabetes you have to watch the sugary foods and drinks you eat, your blood sugar, and how much insulin you take. With diabetes you have to take the right amount of insulin for how you eat. You can't always eat what you want when you have diabetes. You have to look on the nutrition facts to see if you can eat the food. There are three types of diabetes. They are type 1 diabetes, Type 2 diabetes, and gestational diabetes.

If someone who has been diagnosed with type 1 diabetes and does not take any insulin and is not aware that you have diabetes you may be in grave danger. That person could lapse into a life-threatening diabetic coma also known as diabetic ketoacidosis.

Type 2 diabetes is now being diagnosed in children and young adults but can be diagnosed at any age. Type 2 diabetes can be caused in many ways. Type 2 diabetes can

be caused by older age, obesity, family history of diabetes, previous history of gestational diabetes, physical inactivity, and ethnicity.

Gestational diabetes is caused only during pregnancy. Gestational diabetes often occurs in African- Americans, American- Indians, American- Hispanics, and among women with a family history of diabetes.

My sister is now on the insulin pump from Medtronic Diabetes. She is still training I think but does not have the sensor. She has to check her blood sugar on a special monitor made for the pump. The pump is a small electronic the size of a computer mouse. The special monitor is important to have because whenever we check her blood sugar it will show up on the screen of the pump. Then if it's too high or low it will start beeping to tell you that.

With the insulin pump my sister has to change a needle that is put in her skin to give her insulin. The needle is connected to a thin tube that is connected to the syringe of the insulin pump. She has to change the needle every three days. When my mom changes it she has to be very careful not to hurt her.

With the insulin pump it's a lot easier to take care of her. But to know how the insulin pump works it takes a lot of training.

Now let's talk about animals and diabetes. Some people don't know this but animals could get diabetes too. And it's hard to take care of animals with diabetes. And it's mostly with animals that are overweight.

Researchers still haven't found a cure for diabetes but I really hope they do. Because a lot of people will then have a real part of their life back.

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## Reflective Paragraphs

I have a little sister who's seven years old. She has type 1 diabetes. She has had diabetes for almost three years. It's really been hard on her now because changing the long sharp needle. She has to be very delicate with the pump to not let it fall because she is a very active person.

Aden (my sister) is such a young girl who doesn't deserve this but we still don't know why she got it. Nobody in our family has diabetes except for my father who has type 2 diabetes because of his age. But, this is still a mystery.

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