

Some of my story

By Jessica Burton

The beginning

- Diffuse CHI
- Pancreatectomy x 2
- I am diabetic - Type 1 ? Type 3 or 4 ?

First memories

- All seem to be diabetes related
- C-peptide test in GOSH
- Remember first hypo feeling



Growing up

- ▶ Am 15 and starting final GCSE year
- ▶ Applying to sixth form colleges
- ▶ Thinking about university and the future



- ▶ I can do anything - same as my friends
- ▶ It all takes a bit more planning though
- ▶ Spontaneous is sometimes hard, easier with a pump but I need to make sure I have everything with me

A diabetes day *(although this is every day)*



- ▶ 8 to 20 BG tests in a 24 hour period
- ▶ Minimum of 3 bolus' through pump
- ▶ 18 large Creon - a minimum
- ▶ 4 Gabapentin (*apparently due to pancreatectomies, mild gastroparesis, dyspepsia*)
- ▶ 3 or 4 calibrations of sensor/pump (*but only when BG is level*)
- ▶ Insulin pump / CGM alarms when I go above 10 and below 4 and actually in between
- ▶ Carb count everything that goes in my mouth
- ▶ If no carbs, then play 'guess the insulin for protein' as that affects levels without carbs, oh and fat as well
- ▶ Being attached to my insulin pump 24/7
- ▶ Having a cannula in me 24/7 and changing it myself every 2 or 3 days
- ▶ Having a CGM sensor in me 24/7 and changing that every 6 days unless it misbehaves

PS And then I have to go to school in between all that

PPS I haven't even mentioned hypos and hypers on top of all the above

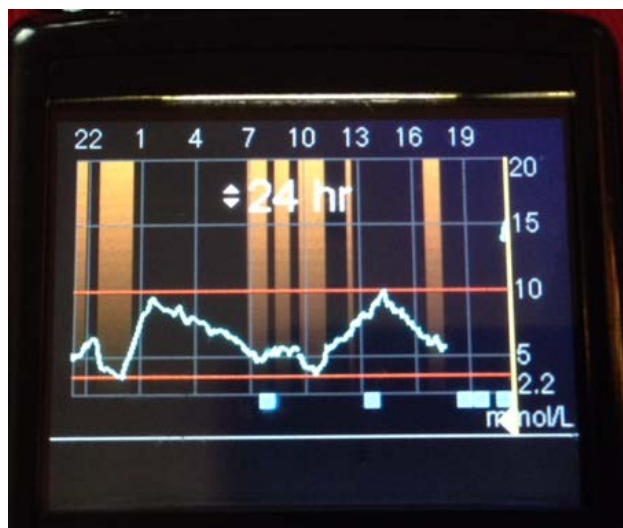
Friends

- ▶ I learnt that my friends have listened and picked up so much over the last 4 years at secondary school.
- ▶ I had a conversation about ketones with a friend and asked her how she knew about them, she said she had learnt from me.
- ▶ Another friend and I were talking about alcohol and I spoke about blood sugars and he said he sometimes forget I was diabetic
- ▶ My friend Rachel and I had a celebration over straight line on my pump, not many people, except my friends would understand the joys of a straight line
- ▶ I am happy that my friends know



A good day

And then.....



Italy

- ▶ It's not just my friends who have been good to me, my school has been amazing.
- ▶ I went with the school for a week to Italy in May this year.
- ▶ How many teachers are willing to help night test and then function the next day and repeat this for a week
- ▶ All the staff were fully trained and my friends lived with me and the condition for the week without any complaints or mentioning it except to ask if I was ok if my pump alarmed.
- ▶ Wherever I go, my personal pharmacy follows 😊
- ▶ These teachers now chat to me about my levels as we pass which is kind of nice



Immediate future

- ▶ Manage revision without too many hypos
- ▶ Passing all my exams
- ▶ Getting into college and passing those exams
- ▶ Attending university for 6 or 7 years
- ▶ Not allowing my mum to move into the Halls at the uni with me !
- ▶ Passing all those exams
- ▶ Joining the big bad world

- ▶ That's the plan

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the frame, leaving a large white central area. The shapes are layered, creating a sense of depth and movement.

The End