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
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 End