Managing Diabetes in College

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Managing Diabetes in College

- Graduated from college in May of this year
- Focused attention, time, and physical effort on managing diabetes
- Planning ahead is important
- Relationships are essential for good diabetes management
- Plan to continue applying this knowledge to my own life



Time and Attention

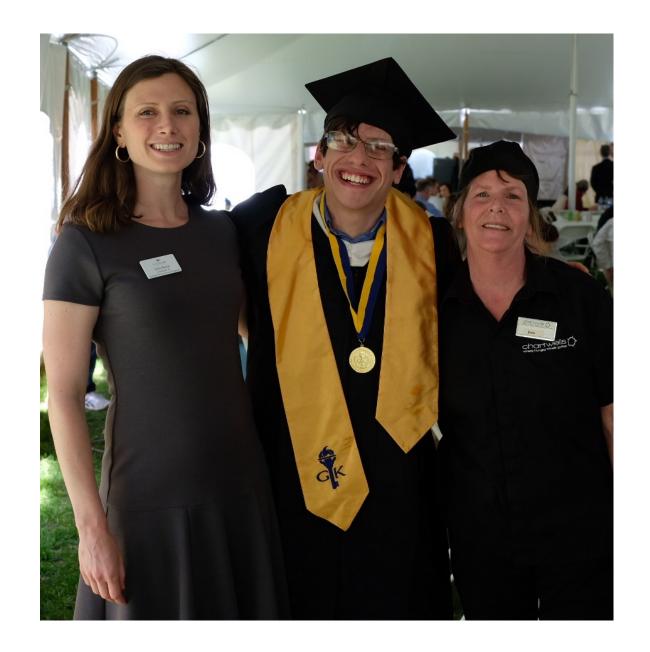
- Managing diabetes takes a great deal of time out of the day
- Managing diabetes also requires focus and attention
- It's important to be able to multi-task, for example:
 - 1. Paying attention to class lectures while testing blood sugar
 - 2. Doing homework in the library while having or treating high or low blood sugar levels
 - 3. Testing blood sugar while talking to friends

Good Planning

- I would sometimes be gone for the whole day and needed to make sure I had enough supplies for that amount of time.
- I always brought more than I planned on using and would often plan for the worst but hope for the best.
- Examples of good planning:
 - 1. Bringing enough supplies for long day trips with best friends
 - 2. Checking that my insulin pump battery is not low before leaving my residence hall

Support Network

- Managing diabetes is not a solitary process
- It's important to create a network of support, for example:
 - Supportive friends
 - Supportive faculty/staff
 - Supportive health and dining services



Other Strategies for Success

- Studied a lot for classes and was in regular contact with my professors about the curriculum and questions I had
- Did not socialize a lot during the week and prioritized homework
- Focused on my health, including sufficient sleep, and eating regular, healthy meals
- Also stayed away from harmful substances like drugs and alcohol

The Takeaway

- Managing diabetes in college is not an easy process
- It requires a lot of mental effort, time and planning
- Focus on your studies and health
- Create a support network
- It takes a long time to master

