

# 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

