

Maya and Her Diabetes



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ILLUSTRATIONS: SURESH KUMAR

Meet Maya, a ten-year-old who has diabetes. She loves to play, sing, dance and have fun with all her friends.

She is just like other kids, but her body works a little differently. She has to take regular injections, which help her to keep the level of insulin and blood sugar normal. Equally, she keeps track of what she eats and exercises regularly.



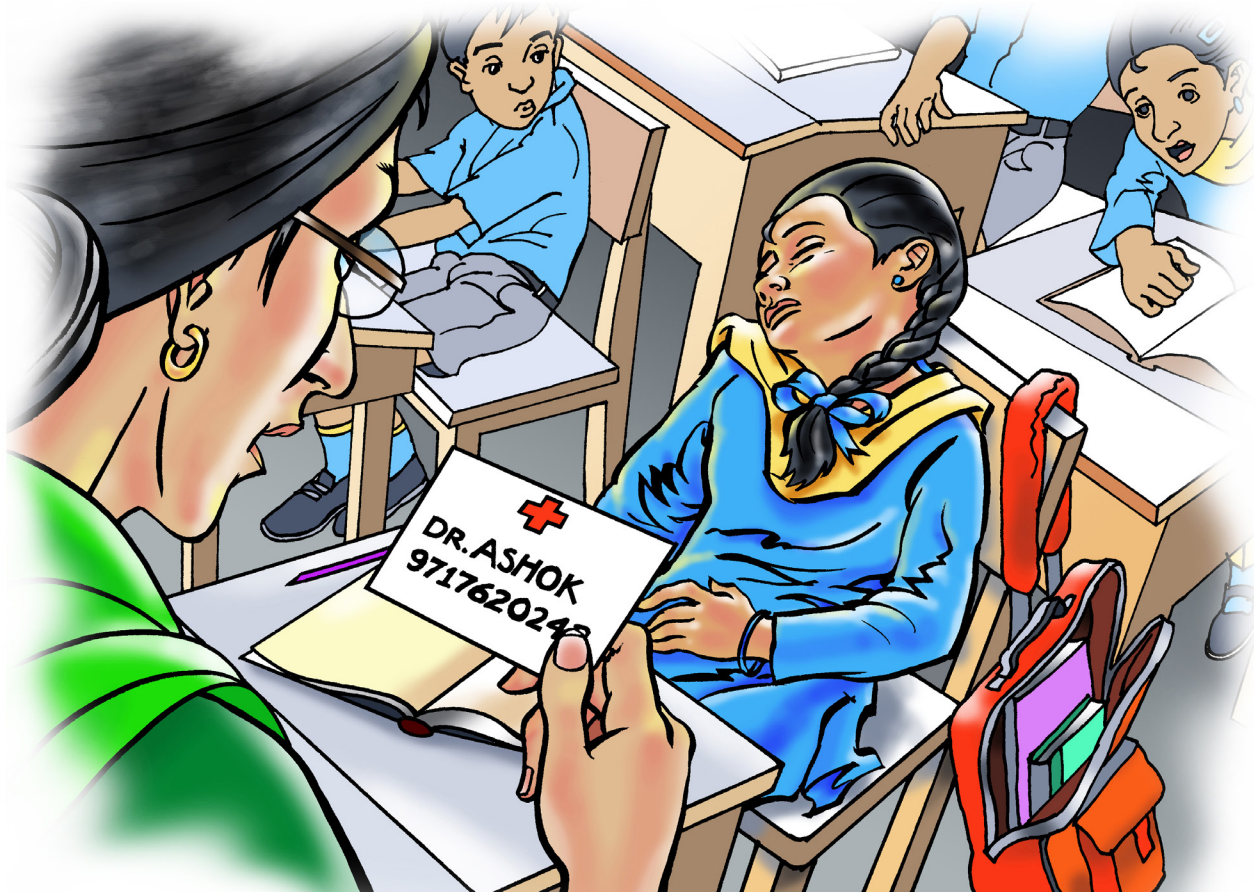


Maya is a bright child who is good at studies and sports.

With diabetes, she continues to give her 100% to all activities. Her medical condition does not hold her back. Her relatives and many of her friends are aware of it too.

One day, while the class was on she suddenly felt dizzy.

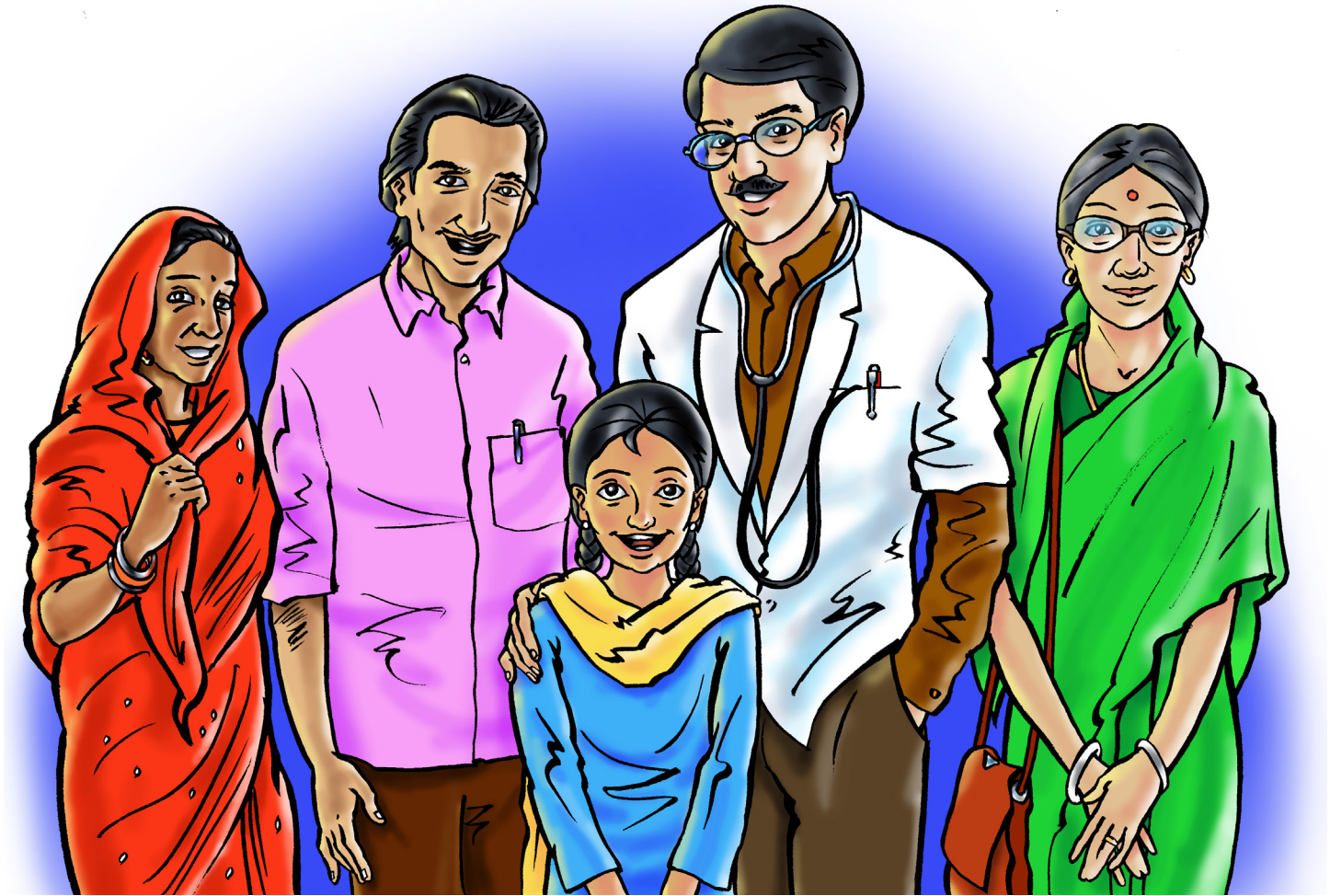
The teacher turned around from the blackboard to find that she had fainted. She rushed to her side, but Maya was not responding. Luckily, Maya was carrying her Diabetic Emergency Card with details about her family doctor, Dr. Ashok. The teacher called the number immediately.





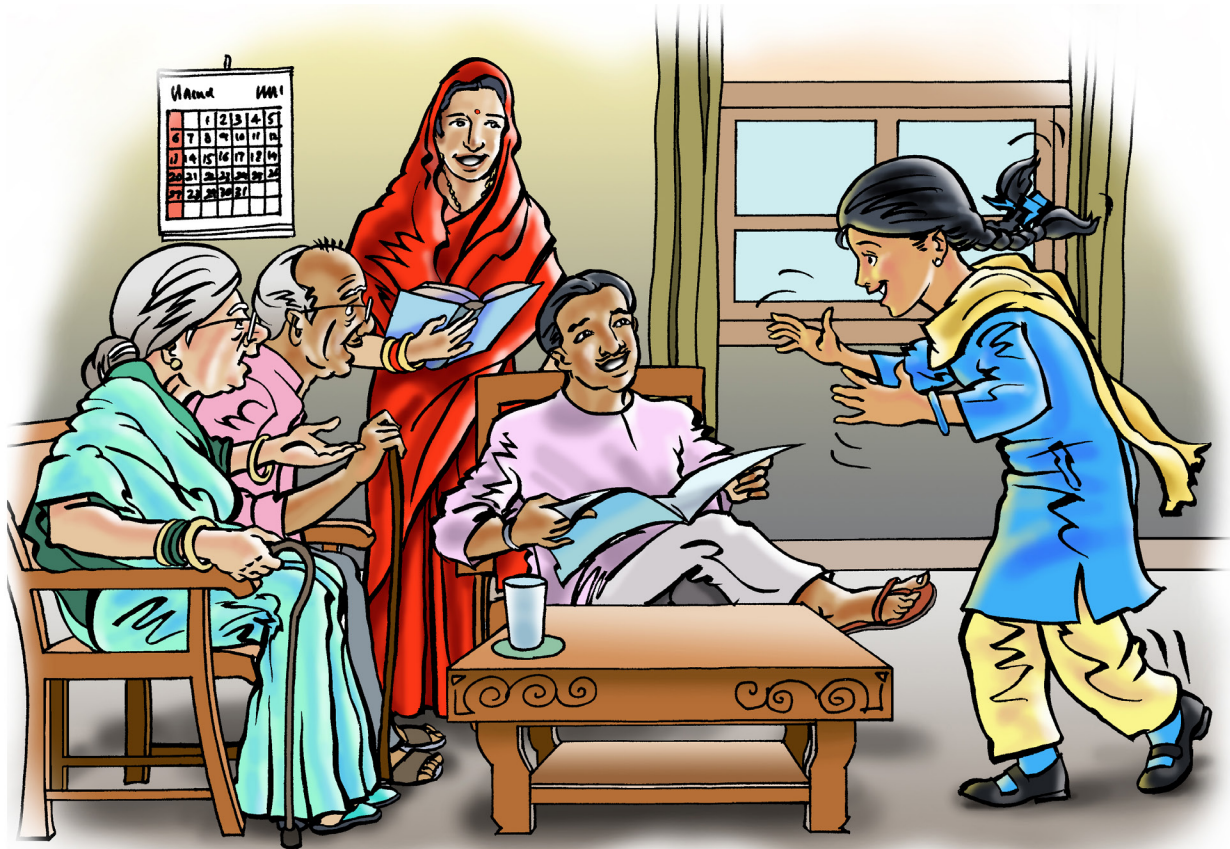
Dr. Ashok treated Maya.

Maya's parents and the teacher accompanied her to the doctor. He did a complete examination to suggest how Maya should manage her diabetes.



Maya is better and looks like she is back to normal.

Dr. Ashok praised Maya and reminded her of the importance of carrying the Diabetic Emergency Card. Her parents thanked the doctor and teacher.

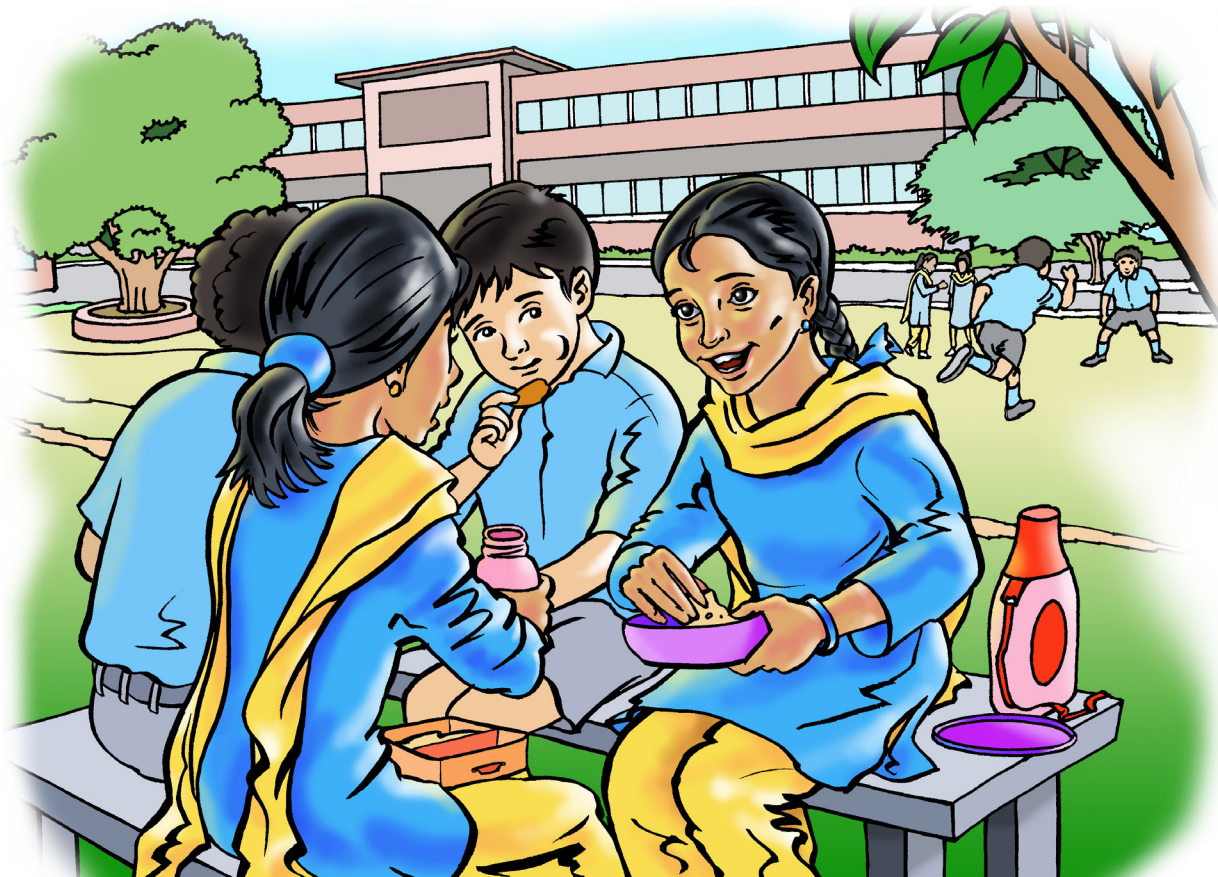


Dr. Ashok made some suggestions about Maya's diet and the family sat together for a discussion.

They all agreed that they would have to make some changes in the way they prepared food. Maya was happy to be home and surrounded by those who cared for her deeply.

Maya is back in her classroom, studying and playing with other children.

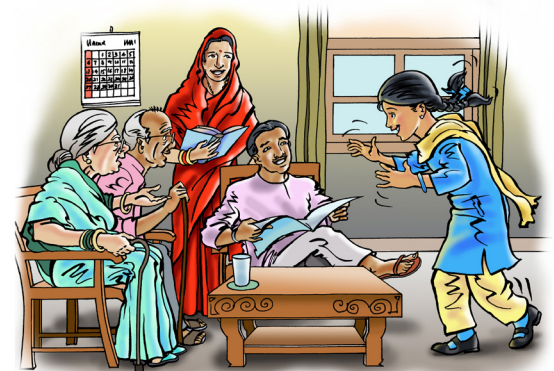
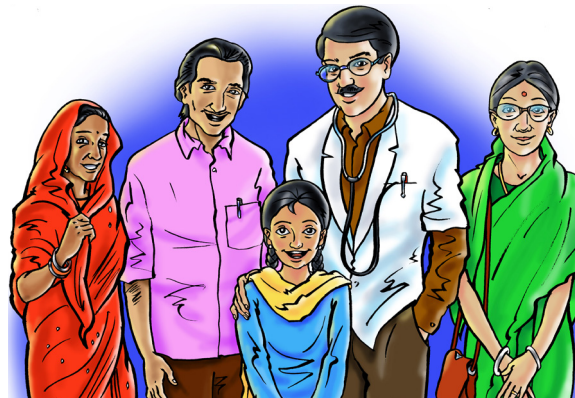
Many of them were curious and worried about what had happened to her. They asked her during break. She explained that in diabetes, a change in blood sugar levels can cause loss of consciousness. She joked that she had to make smart friends who could look up her Diabetic Emergency Card!





If you or someone you know has diabetes, tell them to fill a Diabetic Emergency Card and keep it with them at all times. Inform your friends, teachers and relatives so that they can help.

Remember, diabetes is tough but you are tougher!





DIABETIC EMERGENCY CARD

I have Type 1 diabetes

Name:

Blood group:

In case of an emergency, please contact my:

Doctor:

Parent:



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Did you know young people also get diabetes called Type 1?
Maya has Type 1 diabetes, but she does everything that you and I can.
How can Maya have diabetes and still lead a normal life?

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