

Type 1 diabetes occurs because the immune system damages the insulin producing cells in the pancreas. This damage can result in less insulin being produced, insulin is necessary to keep the blood sugar levels normal. Your child was found to have elevated levels of diabetes associated immune system cells (antibodies) which means, your child's risk of developing diabetes has increased.

It is very important for you to be aware of the signs and symptoms of diabetes and to be able to test your child if you are concerned.

Symptoms:

**Increased thirst**

**Increased urination**

Irritability

Bed-wetting in a previously dry child

Weight loss

Decreased appetite for solid food but increased thirst

Decreased energy

Yeast infection with rash, especially in the diaper area for young children

Vomiting without diarrhea

Fruity smelling breath

Labored breathing

We would like you to test your child's blood sugar level every day for one week and report the blood sugar levels to Dr. Brigitte Frohnert, Dr. Andrea Steck, Dr. Kimber Simmons or the Physician on call. Nights and weekends: Answering Service 303-388-2626, pager 303-266-2400

We would then like you to test your child's blood sugar level once a week, bring the results with you to your next clinic visit. **You should test more if you notice any of the symptoms or if your child is ill.**

**Remember to wash your child's hands with soap and water before testing.**

Normal blood sugar levels should be:

Fasting, (before eating) < 126.

All other times  $\leq$  175-200

If any of the blood sugar testing is >200 call the DAISY Study nurse at 303-724-7555, to set up further evaluation.

Please call the DAISY Study nurse anytime you have concerns or questions at 303-724-7555.