
It provides a quick summary of each of the 28 chapters. It may be easier to begin learning from this book until you are ready to read the larger book.
blank
A FIRST BOOK FOR UNDERSTANDING DIABETES

COMPANION TO THE 11TH EDITION OF “UNDERSTANDING DIABETES”

H. Peter Chase, MD
BARBARA DAVIS CENTER FOR CHILDHOOD DIABETES
DEPARTMENT OF PEDIATRICS
UNIVERSITY OF COLORADO AT DENVER
AND HEALTH SCIENCES CENTER

CHILDREN’S DIABETES FOUNDATION
AT DENVER
This book is dedicated to
Dr. George Eisenbarth
who has done such an excellent job
as the Center’s third Executive Director.

SPECIAL THANKS TO...

- The staff of the Children’s Diabetes Foundation and The Guild of the Children’s Diabetes Foundation at Denver.
- Proof-readers Kate Bostick, Lisa Fisher and Alice Hower.
- Regina Reece for manuscript preparation, editing and proofreading.
- Scott Johnson for book design, graphics, and illustrations.
- MGM Consumer Products for allowing the use of The Pink Panther™.
  www.pinkpanther.com
- Additional copies of this publication may be purchased from the Children’s Diabetes Foundation at Denver. See available publications at the end of this book.
# Table of Contents

Chapter 1  The Importance of Education in Diabetes  1  
Chapter 2  What is Diabetes?  5  
Chapter 3  What Causes Type 1 Diabetes?  9  
Chapter 4  Type 2 Diabetes (Non-Insulin Dependent Diabetes Mellitus [NIDDM])  11  
Chapter 5  Ketone Testing  13  
Chapter 6  Low Blood Sugar (Hypoglycemia or Insulin Reaction)  15  
Chapter 7  Blood Sugar (Glucose) Testing  21  
Chapter 8  Insulin: Types and Activity  25  
Chapter 9  Drawing Up Insulin and Insulin Injections  31  
Chapter 10  Feelings and Diabetes  37  
Chapter 11  Normal Nutrition  39  
Chapter 12  Food Management and Diabetes  41  
Chapter 13  Exercise and Diabetes  45  
Chapter 14  Diabetes and Blood Sugar Control  49
| Chapter 15 | Ketonuria and Acidosis (Diabetic Ketoacidosis or DKA) | 53 |
| Chapter 16 | Sick-day and Surgery Management | 59 |
| Chapter 17 | Family Concerns | 67 |
| Chapter 18 | Responsibilities of Children at Different Ages | 71 |
| Chapter 19 | Special Challenges of the Teen Years | 75 |
| Chapter 20 | Outpatient Management, Education, Support Groups, and Standards of Care | 79 |
| Chapter 21 | Adjusting the Insulin Dose, Correction Factors, and "Thinking" Scales | 83 |
| Chapter 22 | Long-term Complications of Diabetes | 87 |
| Chapter 23 | The School and Diabetes | 91 |
| Chapter 24 | Baby-sitters, Grandparents, and Other Caregivers | 97 |
| Chapter 25 | Vacations and Camp | 101 |
| Chapter 26 | Use of Insulin Pumps in Diabetes Management | 105 |
| Chapter 27 | Pregnancy and Diabetes | 109 |
| Chapter 28 | Research and Diabetes | 111 |
| Author Bio/Disclosure | | 115 |