

Anticipation Guide for Type 1 Diabetes

Prior to the lesson: Read each statement and place a checkmark by each if you believe the statement is true. Leave it blank if you believe the statement is false.

After the lesson: Revisit each statement. Place a checkmark by the statements you now know to be true.

Before lesson	Statements	After lesson
	1. Most children with Type 1 Diabetes will check their blood sugar up to 10 times a day and have usually three (3) – five (5) shots of insulin a day.	
	2. If blood sugar is too low, there is a risk of seizures, coma, brain damage and even death.	
	3. Type 1 Diabetes is caused by eating too much sugar.	
	4. Type 1 Diabetes can be cured with the right diet.	
	5. If blood sugar is too high there is a risk of heart attack, heart damage, eye damage and nerve damage.	
	6. The pancreas of a person with Type 1 Diabetes does not produce insulin.	
	7. Type 1 Diabetes was formerly known as “Juvenile Diabetes.”	
	8. Type 1 Diabetes is preventable.	
	9. Insulin is needed by the body to allow sugars (glucose) from food to enter cells.	
	10. Individuals with Type 1 Diabetes struggle each day to try to listen to their body's cues to balance their blood sugar.	

After the lesson complete the statement below:

The most important thing I learned about Type 1 Diabetes is: _____

_____.