Sam’s Diabetes Story
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Edited and produced by Meryn Cooper & Trish Roderick

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This is Sam healthy - jumping, playing and running.
Then Sam did not feel well.

He was not healthy. He was not jumping. He was not playing, nor was he running.
He started to drink lots of water,

and was very tired all the time.
“So what’s wrong?” asked the doctor.
“I don’t feel well,” said Sam.

The doctor did a blood test and told him “You have type 1 diabetes”.
After his trip to the doctor, he had to go straight to hospital.
That night he had to have his first insulin needle. He thought it would be awful.
At first he could not give himself a needle. “No!”
His dad gave him his needle, and it hurt.

So he told his dad “You’re never going to do that again!”
But it turned out the needles weren’t as bad as he thought they would be.

It turns out if you do it yourself, it doesn’t hurt as much.

“That’s not so bad.”
When he took insulin at the right time his body felt better.

And he could do most of the things he used to do.
But remembering to test and take injections was hard work.

Diabetes never goes away.

Sam became sad.
So his mum and dad bought him a puppy. And that cheered him up a lot.

But it didn’t make the diabetes go away.
One day Sam met a footballer, who also had diabetes.
The footballer had an insulin pump, which gave him insulin when he needed it.

He didn’t have to remember to take his injections because the pump did it for him.
Sam wanted one too.
So his parents got
Sam an insulin pump.
Now Sam is finding managing his diabetes much easier. He is playing, running and jumping more than ever!
About the author

This book was written by 14 year old Sam Webb, who was diagnosed with type 1 diabetes when he was 11 years old. This is Sam’s story. He hopes this book will improve understanding of type 1 diabetes.

For Sam an insulin pump took the hard work out of taking injections. However pumps do not suit everyone.

Both insulin injections and pumps can provide the necessary medication for people with type 1 diabetes. Children and their families are recommended to discuss their options with their health professionals.
About type 1 Diabetes

- Nothing can be done to prevent type 1 diabetes
- Diabetes is not contagious
- Eating too much sugar doesn’t give you diabetes
- Type 1 diabetes is most commonly found in children and adolescents. It occurs because the pancreas loses the ability to make insulin. It is a lifelong condition.
- Children with undiagnosed diabetes may be very thirsty, need to go to the toilet regularly, lose weight, and get sleepy and/or moody.
- People with type 1 diabetes need insulin injections to stay alive.
- Insulin can only be given by injection or insulin pump.
- Children with type 1 diabetes may need sugary foods if their blood glucose level drops.
- Management of type 1 diabetes requires a combination of daily insulin doses, regular blood glucose testing, healthy eating and physical activity. Just like other children it’s ok for kids with type 1 diabetes to have occasional sweet treats as part of a healthy eating plan.
- At the moment there isn’t a cure for diabetes.
Sam was a healthy 11 year old boy, but became unwell. It turned out Sam had type 1 diabetes. This is a story about how Sam copes with his condition.

This book has been produced by Diabetes Australia - Queensland to help educate children about diabetes.

Each child’s story is different, this is Sam’s.

For more information contact 1300 136 588 or go to www.diabetesqld.org.au