



Type 1 Diabetes

RESOURCES & SUPPORT

Is your family affected by type 1 diabetes? There are resources, information, and a supporting community available to help in the High Desert.

Join the free monthly support group and learn how to better manage care, as well as meet others struggling with a disorder that affects more than 200,000 children across the U.S.

Unlike type 2 diabetes, which is a health- and obesity-based disorder, type 1 diabetes is an immune disorder. It occurs when the pancreas stops making insulin, a hormone needed in order to get energy from food. Living with type 1 diabetes can be a constant struggle and a delicate balance, requiring patients to frequently screen their blood-sugar level, inject or repeatedly fill insulin through a pump and cautiously balance insulin doses with eating and daily activity. It is a serious disorder, but with proper treatment, patients can live long and healthy lives.

These free monthly resource meetings are open to families affected type 1 diabetes. Adults with type 1 diabetes are welcome to attend as well. Attendees will have the opportunity to ask questions, garner valuable resources, and connect with others who understand the challenges of the disorder.

Schedule

| | |
|---------------------|---|
| May 16 | <i>Label Reading & Carb Counting</i> |
| June 20 | <i>Vacation and Travel Tips</i> |
| July 18 | <i>Signs and Symptoms of High or Low Blood Sugars: Does the heat or cold weather have any affect?</i> |
| August 15 | <i>School Readiness: 504 Plan</i> |
| September 19 | <i>Caregivers Class</i> |
| October 20 | <i>Trunk or Treat Event</i> |

**All meetings are at 7:00 PM
12370 Hesperia Road, Suite 13
Victorville, CA**

Call 760-261-5286 for more information.