

## Diabetic DofE A to Z

### Achievement

This is an achievement!

### Blood sugar

Very important to keep an eye on this

### Carbohydrate counting

Count your carbohydrates to make sure you receive the right amount of medication

### Dessert

Treat yourself after a long day - just remember to carb count it!

### Exercise

You will be doing a lot of this - make sure you take note

### Freestyle Libre

I would recommend if you can get this from your doctor

### Glucose monitor

Vital piece of kit for a diabetic

### Hills

Lots of these to climb!

### Insulin

Another vital piece of kit

### Jelly babies

An excellent hypo treatment

### Ketones

Avoid - if you have continuous high blood sugar you could be at risk

### Look after your team

It is important to look after your team as much as they look after you

### Monitor (your glucose)

You should do this on DofE for your safety

## Lauren Edwards

### Notify (group members)

It's important to tell them when you need a break

### Organisation

Be organised before and during to help you

### Portion control

Easier to carb count

### Quite challenging

It is challenging to be a diabetic on DofE

### Record

Where possible record your blood sugar readings

### Supplies

Need spares of everything!

### Take breaks

Crucial for blood sugar management

### Unexpected challenges

Any DofE will have these

### Very rewarding

Very much so!

### Weakness

An effect of low blood sugar which will definitely affect your DofE performance

### Xtra snacks

Take lots of these

### You can do it

Yes YOU can!

### Zoning out

Another effect of low blood sugar