

Dear Teacher, I have T1D and I'd like to tell you more.  
About type 1 diabetes, in case you haven't heard before.

I didn't get it from eating, or lack of exercise.  
My body just attacked itself, in fact, no one knows why.

My pancreas doesn't make insulin, a hormone we need to survive.  
So I administer mine with a pump, pens, or syringe, to keep myself alive.

But with a hormone that's man-made, sometimes it's tough to know,  
How much I need to give myself, so I end up high or low.

It is a constant battle, and I've come to realize,  
Despite all of my best efforts, it will never stabilize.

Sugar is my medicine, so I need you to know,  
I will have to stop and eat when my blood glucose is low.

High blood glucose is also really not good for my health.  
So when my numbers get too high, I must inject myself.

These are things that can happen throughout the school day.  
During class, when I eat, and even while I play.

T1D is a big job, so Teacher, please understand,  
I'm still a tiny human, and I may need a hand.



[www.carbcountingmama.ca](http://www.carbcountingmama.ca)

**Dear Teacher I have T1D**