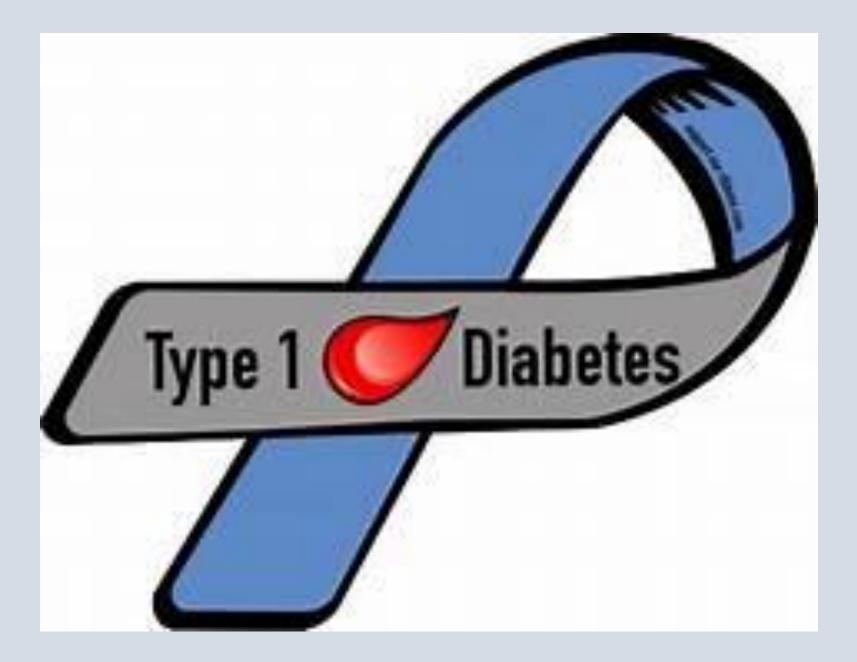
While the song plays think about what makes you happy



- My name is Maddie and I have Type 1 Diabetes
- But I'm still me
- I still do everything that I did before
- I can still eat everything I like
- I just have to have some insulin first

- November is diabetes awareness month.
- So I am going to talk you all today about living with Diabetes.



- To help me deal with Diabetes I have to wear a patch, called a Freestyle Libra 2, this is a sensor that monitors my blood glucose levels.
- The sensor is linked to my phone which tells me if my levels are too high or too low.
- When my levels get too high this is called a "hyper" and I need to inject some insulin.
- When my levels drop too low, this is called a "hypo" I treat this with sweets.



This is what the sensor patch looks like.



Before I got the patch I used to do a finger prick, which involved drawing a small amount of blood from my finger to test.

Would anyone like to ask a question ?

THANK YOU FOR LISTENING