Do You Have Questions?

Do you want to know more about diabetes and...

- **Sexual Health and Pregnancy**
  - Birth Control
  - Planning pregnancy
    - Early pregnancy
    - The first trimester and severe low blood sugars
    - The second trimester
    - Halfway through
    - The final weeks and insulin resistance
  - Sexual activity

- **Alcohol and Drug Use**
  - Alcohol use
    - Teens and parties
    - Tips with type 1 diabetes
    - Alcohol and insulin
    - Drinking safely
  - Drug use
    - Effects of recreational drugs such as marijuana and cocaine

- **Exercise**
  - Type 1 diabetes and physical activity
  - Exercise, sports, and diabetes
  - Intensity of exercise
  - When to monitor your blood sugar
  - Diabetes and Exercise

- **Illness**
  - Cold and flu treatment
    - Over-the-Counter Treatments with diabetes
    - Taking care of yourself when you are sick
    - Stress, illness, and high blood sugar
  - Shots (immunizations)
    - Flu and pneumonia
    - Why get a shot?

- **Job Issues**
  - Workplace Rights
  - Americans with Disabilities Act
  - Managing diabetes at work

- **College Living**
  - Roommate Issues
  - Letter to a roommate
  - Preparing for College
  - Studying in College
  - Healthy Living in College
  - Newly diagnosed in College
  - Diabetes and College
  - Adjusting in a new environment

- **Driving Safety**
  - Tips with diabetes
  - Driving safely

- **Weight Control**
  - Make healthy food choices
  - Food and fitness
  - Safe ways to lose weight with type 1 diabetes
  - Diabetes and Nutrition: Carbohydrates
  - Diabetes and Low Blood Sugar (Hypoglycemia)
● Living Alone
  • Living with diabetes
  • Additional responsibilities
  • Insurance Issues

● Vacationing
  • Preparing
  • Tips and time zones
  • Protection in public places
  • Diabetes emergencies
  • Transportation Security Administration (TSA) guidelines

● Heat
  • Insulin and hot tubs
  • Summer extremes
  • Electric blankets

● Other Disorders and Medications
  • Diabetes and Thyroid Disease
  • What is celiac disease?
  • Type 1 diabetes and celiac disease
  • Other medications
  • Diabetes, high blood pressure, and kidney problems
  • Diabetes, Dyslipidemia, and Heart Protection

● Moods and Emotions
  • Depression
  • Stress and anxiety
  • Support
  • Sleep and diabetes

● Do You Want to Know More About Managing Diabetes?
  • Terminology

● Insulin Pumps
  • What is this?
  • Pros and cons

● Continuous Glucose Monitors
  • Sensors

● Preventing Site Infections with Pump Use
  • Preventing infections
  • Recognizing symptoms

● Stress Hormones and Diabetes
  • Managing stress and diabetes
  • New technology and research

● Diabulimia
  • What is diabulimia?
  • A personal account
  • Recognizing the disorder

● Routine Care
  • Eye Care
  • Dental Care
  • Foot Care
  • Avoiding Complications