



# Azusa

## Unified School District

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## Type 1 Diabetes Information Sheet

The guidance provided in this information sheet is intended to raise awareness about this disease (California Education Code Section 49452.6).

Type 1 diabetes in children is a chronic autoimmune disease that can be fatal if untreated. It's not preventable, but it is manageable. It is an autoimmune disease that may be caused by genetic, environmental, or other factors. Type 1 diabetes is not caused by diet or lifestyle choices. It is usually diagnosed in children or young adults but can occur at any age.

### What is Type 1 Diabetes?

- In type 1 diabetes, the body's pancreas stops making insulin. Insulin is the hormone the body uses to allow sugar (glucose) to enter the cells and produce energy
- The levels of glucose in the blood rise which can become dangerously high. When this happens, it is called hyperglycemia
- If left untreated, hyperglycemia can result in serious health problems, which can increase the risk of heart disease, stroke, kidney disease, vision problems, and/or nerve problems

### Risk Factors Associated with Type 1 Diabetes

- It is recommended that students displaying or possibly experiencing the risk factors and warning signs associated with type 1 diabetes be screened and tested for the disease by their healthcare provider
- Type 1 diabetes is not caused by diet or lifestyle choices
- Family history of type 1 diabetes can increase the likelihood of developing type 1 diabetes

### Warning Signs and Symptoms

If your child has any of the following diabetes symptoms, see your healthcare provider about getting your blood sugar tested:

- Increased thirst
- Unexplained weight loss
- Feeling very tired
- Blurred vision
- Very dry skin
- Slow healing of sores or cuts
- Increased hunger, even after eating
- Moodiness, restlessness, irritability or behavior changes
- Increased urination, including bed-wetting after toilet training
- Breath smelling sweet or fruity



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### Types of Screening Tests

Your child's healthcare provider may have your child take one or more of the following blood tests to confirm the diagnosis:

- Glycated hemoglobin (A1C) test. A blood test measures the average blood sugar level over two to three months
- Random (non-fasting) blood sugar test. A blood sample is taken at a random time; this test must be confirmed with a fasting blood glucose test
- Fasting blood sugar test. A blood sample is taken after an overnight fast; a high level on two separate tests indicates diabetes
- Oral glucose tolerance test. A test measuring the fasting blood sugar level after an overnight fast with periodic testing for the next several hours after drinking a sugary liquid

### Treatments and Recommendations

- Currently, there is no known prevention for type 1 diabetes. Treatment and management for type 1 diabetes is individualized for each person but may contain the following components:
  - daily blood sugar checks (by finger prick or continuous glucose monitors)
  - insulin administration (by injection or an insulin pump)
  - counting carbohydrates during mealtime
  - getting regular physical activity

Please visit your child's healthcare provider, who may refer your child to an endocrinologist that will oversee your child's diabetic management.

If you would like more information on Type 1 Diabetes, please contact your healthcare provider, your school nurse, or visit: <https://www.cde.ca.gov/ls/he/hn/type1diabetes.asp>

Sincerely,

Arturo Ortega, Superintendent  
Azusa Unified School District