



Blogging about the good, the bad, and the ugly  
of being a teenager living with type 1 diabetes

# THE BAD DIABETIC

One day, I hope to say I *MAD* diabetes



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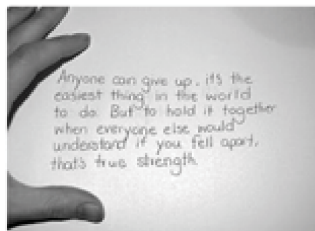
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Saturday, 18 May 2013

## my birthday celebrations



My eighteenth birthday was on the 10th may and the way I celebrated? an 8:45 am appointment with my diabetes nurse and I also woke up at 3:1(55) . Diabetes just never gives you a day off, it was a great start to my adult life. My DSN came in and was looking over my sugars and then broke the news that after talking to my consultant as well that they have decided to run a load of tests for coeliac, hypothyroidism and on my autonomic nervous system because to put it simply my bloodsugar shouldn't be as crazy as it is. For the past 2 weeks for no apparent reason I've been in the 20s through the night despite massive temp basals and basal increases. Although it was nice to have my DSN and team believe that it wasn't me causing this and to have some confirmation that this wasn't my fault I can't put my feelings any way other than :

I am so scared.

I'm scared that this will be another serious condition. I am so scared about the possibility it may be coeliac , it is the one thing I have always dreaded but I suspect it isn't that as I have no symptoms of it. I am also scared what happens if all the tests come back negative. more tests? or a diagnosis of brittle diabetes?

I'm scared about the future, if one of these tests come back positive it will be my 8th chronic condition. I'm currently on 11 pills a day , my insulin pump and my inhalers occasionally . My body is scarred from itself ... pump cannulas , scars from cannulas from inpatient stays lipohypertrophy . It has left scars you cannot see, the depression and the anxiety. It's been playing on my mind recently what guy is going to want a relationship with me when I have all these conditions? It's a massive burden for me and I don't have a choice about it. So who would willingly take this on as well, because these conditions will affect them no matter how much I don't want them too. What if I fall in love with another diabetic later on? and will I be considered selfish for

contact me :-)

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last picture before diagnosis -  
aged 11 had undiagnosed tid

### Type 1 Diabetes Facts

It is an autoimmune disease.  
40 kids per day develop Type 1  
diabetes in the U.S.

People with Type 1 diabetes  
must inject insulin to live.

There is no known way  
to prevent it.

It is difficult to manage.

It is life-threatening.

It can cause serious  
complications.

There is no cure.



### Disclosure

I am not a medical professional ,  
the content of my blog are my  
personal opinions and  
experiences of living with type 1  
diabetes. Apart from my guest  
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