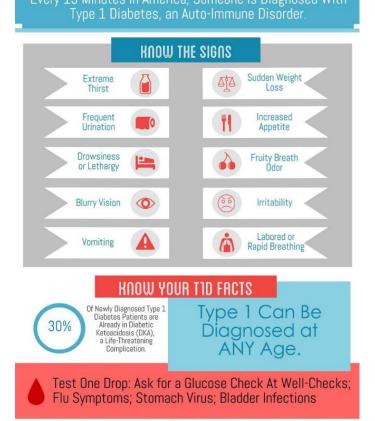
Information for athletes and families

Type I Diabetes & Athletics: What you need to know!



Type 1 diabetes is thought to be caused by an autoimmune reaction that destroys the cells in the pancreas that make insulin (beta cells) making them unable to produce sufficient insulin. Without insulin, blood sugar cannot get into cells and builds up in the bloodstream. High blood sugar can be damaging to the body causing many complications and can even be fatal. Type 1 diabetes most commonly develops in children, teens and young adults but can develop at any age.

DO YOU KNOW TID? Every 13 Minutes in America, Someone is Diagnosed With



www.testonedrop.org

Sports Medicine

5623 Pulpit Peak View Colorado Springs, CO 80918

 $so coath letic trainers @\,uchealth.org$

uchealth.org

Preparing for Participation - Athlete

- Work with physician for best treatment type (pump or injections) and dosage
- Proper nutrition
 - Athlete should always consider what kind of activity they have
- Regular monitoring of blood sugar levels
- Recognizing signs and symptoms of hypoglycemia and hyperglycemia
- Working close with Sports Medicine Staff
 - Sharing current blood sugar levels
 - Communicating with staff if they feel symptoms of Low and high blood sugar
 - Provide staff with emergency glucagon – if prescribed



FASTING	\smile
Normal for person without diabetes	70-99 mg/dl (3.9-5.5 mmol/L)
Official ADA recommendation for someone with diabetes	80-130 mg/dl (4.4-7.2 mmol/L)
2 HOURS AFTER MEALS	
Normal for person without diabetes	Less than 140 mg/dl (7.8 mmol/L)
Official ADA recommendation for someone with diabetes	Less than 180 mg/dl (10.0 mmol/L)
HBA1C	
Normal for person without diabetes	Less than 5.7%
Official ADA recommendation for someone with diabetes	7.0% or less

<u>Sports Medicine Staff – Roles</u> and Responsibility

- Developing and practicing EAP for diabetic emergencies
- List of medication and insulin guidelines for each patient
- Prevention, signs & symptoms, and treatment of hypoglycemia, hyperglycemia, and ketosis
- Fully stocked kit:
 - Diabetes EAP
 - Glucose monitor equipment/supplies
 - Supplies to treat hypoglycemia (glucose tablets or sugary fluid) and an emergency glucagon injection kit
 - Urine or blood ketone testing

Common Complications:

Hypoglycemia (Low Blood Sugar)

- Signs & Symptoms:
 - Increased heartbeat, shaking, sweating, irritability, dizziness, confusion, anxiety
- Caused by:
 - Too much insulin
 - Too long in between meal or snack
 - Not eating enough
 - Extra physical activity

Diabetic Ketoacidosis (DKA)

- Very high blood sugar and low insulin levels
- LIFE-THREATENING
- Signs & Symptoms:
 - Moderate/Extreme thirst, increased urination
 - Fast, deep breathing, dry skin/mouth, flushed face, headache, muscle stiffness/aches, tired, nausea/vomiting, and



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