

World Diabetes Day

Friday 14th November

Logan's Story

in his own words

Hi I'm Logan I'm eight years old and I was diagnosed with type 1 diabetes when I was just 2.



Type 1 diabetes means my body doesn't make its own insulin, and you need insulin to survive.

Lucky for me and lots of other type ones - a clever doctor made insulin that we can inject into our body.

I don't have to inject much anymore because I have a pump. My pump is on all the time and gives me insulin every three minutes! Its still a needle but it's not so bad. I have a Dexcom on my arm, and this reads my blood sugars and tells us whether it's high or low.

If I have a high blood sugar reading that means I need more insulin, and if I have a low blood sugar reading that means I need sugar I always have some jelly babies with me just in case I go low.



When I am low it makes me feel dizzy and like I'm about to faint... it feels like I'm in space, like I'm floating!

My diabetes doesn't stop me doing anything though, I play football for Verwood Town under 9s,

I love riding my bike and anything to do with being outside. I walk my dogs and play with my friends.

I can eat anything I want as long as I have insulin - My favourite food is steak and my favourite pudding is ice cream!! Especially a Mr Whippy when the van comes to my house.

I support Arsenal, and I know that some Premiership footballers have diabetes too!

I know my diabetes won't ever go away and sometimes this makes me feel sad and disappointed. But I know it won't stop me living my absolute best life, I want to grow up to be a footballer, and buy a Bugatti Veyron!

Logan
Snowy Owls

