

GENERAL TIPS:

- ◆ If you are living in the dorms, request a meeting with your R.A. and Hall director in order to go over emergency procedures. It is also a good idea to give your R.A. a glucagon kit and instructions on how to use it.
- ◆ Make the decision to ALWAYS wear a Medic Alert bracelet. There are many different options for both men and women, which can be found at www.medicalert.org
- ◆ Photocopy insurance and prescription cards, so that you can keep extra copies in your dorm room and at your parents' house
- ◆ Have two blood glucose meters, in case one stops working (and extra batteries).
- ◆ Be sure to check your diabetes supply periodically and/or keep an inventory; call home before you start to run low. Also, make sure your prescriptions are on file at a local pharmacy in case you run out of insulin
- ◆ One of the major difficulties of dealing with diabetes in college is the variability in your day-to-day schedule. Two flexible regimens which best fit into the college lifestyle are 1) the use of a very long-acting insulin (such as ultralente or glargine) combined with a rapid-onset, short-acting insulin 2) the use of continuous insulin infusion via an insulin pump.

REFERENCES/ WEBSITES TO CHECK OUT:

www.jdrf.org/index.cfm?page_id=103520

www.diabetes.org/u/documents/PreparingStudentsforCollege.pdf

www.diabetesselfmanagement.com/article.cfm?SSL=n&AID=1224&page=1

<http://www.noah-health.org/en/endocrine/diabetes/teens/teenliving.html>

<http://www.diabetesselfmanagement.com/article.cfm?aid=1224>

Blog from college student with diabetes:

www.webmd.com/content/pages/21/106469.htm

Network of diabetics, family, friends and advocates:

How to Deal with Diabetes in College:

Some helpful information on adjusting your diabetes regimen to your college lifestyle!



ROOMMATES:

- ◆ Let them know you have diabetes right away!



- ◆ A sample letter to your roommate that lets them know more about your condition can be found at www.jdrf.org



- ◆ Ask them not to drink any juice (or other food used to treat hypoglycemia) kept in a shared fridge.

- ◆ Have a talk about the symptoms of low blood sugars and how you treat them.
- ◆ If your roommate does not feel comfortable dealing with diabetes-related emergencies, or if conflicts with a roommate are affecting your blood sugars do not be afraid to talk to your R.A. and demand a room change.
- ◆ Thank your roommate ahead of time for providing support. An occasional



DRINKING (FOR THOSE OVER 21) AND DIABETES:

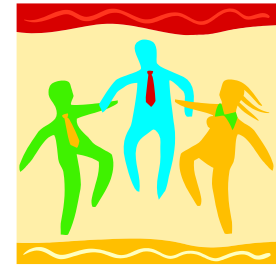
The best recommendation is not to drink if you are diabetic. A serious complication of drinking and diabetes is alcohol-induced hypoglycemia, which occurs from alcohol's ability to block gluconeogenesis, as a result limiting one of the body's responses to a low blood glucose level. Other complications include not remembering to check glucose levels as a result of the effects of alcohol consumption and the decreased ability to recognize symptoms of hypoglycemia. However, if you do choose to drink here are a few suggestions to do so safely:

- ◆ Limit the number of drinks to 2-3
- ◆ Don't drink on an empty stomach- eat a small snack that has some fat or protein before you go out
- ◆ There should be at least one person with you who can remind you to test your blood glucose level and know what to do if you experience a low blood sugar or become sick from drinking
- ◆ Only drink when in good metabolic control
- ◆ Know the effects that different alcoholic beverages have on your glucose levels. Mixed drinks tend to raise blood glucose levels, while light beers and dry wines tend to lower them. Also, the effects of alcohol can last from 6-36 hrs after drinking



JOIN THE WCU DIABETES SUPPORT GROUP!!!

Dealing with diabetes in college can be stressful! Joining a support group is important for your diabetes mental health and wellness!



The support group will allow you to:

- ◆ Discuss any diabetes-related problems you are having with other college students
- ◆ Learn new tips and insights on managing your diabetes

Contact Karen Fiorenza (RD, LDN, WCU Wellness Center nutritionist) for more information:

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