

Transcript: *diabetes and exercise*

“So do you want to talk to me a little bit about how you manage Molly’s cheerleading?”

“Yep so when she’s playing sort of any type of sport I make sure that she has a decent amount of carbohydrate on board, she’ll often test before she participates in her sport and then we will load her up with carbohydrate to make sure that it sustains her throughout her training, and then we test again afterwards and quite often we will test throughout the night, especially if it’s been a sort of , a long period of physical activity”

“Because Henry wears a pump, it can just be disconnected before we swim. We take a blood test before he gets in the water, and then make a decision on, based on that blood sugar of what we’re going to do, if we’re going to just let him swim on it, or we give him something to eat or we give him some insulin, depends, and he swims, like any other child.

He also does gymnastics, plays football, plays soccer, football on a Saturday morning, and I think the difficult part with having diabetes with things like that, you always have to have a carer nearby.

The only thing that stops him is my ability to get him around town so nothing, nothing. Nothing stops him.”