

# 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 T1D?

Every 13 Minutes in America, Someone is Diagnosed With Type 1 Diabetes, an Auto-Immune Disorder.

### KNOW THE SIGNS

Extreme Thirst	Sudden Weight Loss
Frequent Urination	Increased Appetite
Drowsiness or Lethargy	Fruity Breath Odor
Blurry Vision	Irritability
Vomiting	Labored or Rapid Breathing

### KNOW YOUR T1D FACTS

30%

Of Newly Diagnosed Type 1 Diabetes Patients are Already in Diabetic Ketoacidosis (DKA), a Life-Threatening Complication.

Type 1 Can Be Diagnosed at ANY Age.

Test One Drop: Ask for a Glucose Check At Well-Checks; Flu Symptoms; Stomach Virus; Bladder Infections

[www.testonedrop.org](http://www.testonedrop.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

#### Sports Medicine

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# BLOOD SUGAR CHART



## FASTING

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

## Sports Medicine Staff – Roles 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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