This is Sophie. Sophie is a type 1 diabetic.

Sophie has a lot of tools she and her parents use to Care for her diabetes.

Sophie always needs her glucose meter, insulin pump, and snacks.

Even when she has soccer practice.

Sophie has to pay special attention to how she feels.

Sophie's parents talk to her coach so he knows to watch for her symptoms too.

Sophie tells her friends too. When Sophie has a low blood sugar, she sometimes feels tired, shaky, hungry, sweaty, or dizzy.

That is when Sophie needs to check her blood sugar.