

THE HELPER

TO ASSIST PARENTS, FAMILY AND FRIENDS OF CHILDREN WITH TYPE 1 DIABETES



Contents

Foreword
A mother's story
DIABETES TYPE 1
On diabetes
Treatment of type1 diabetes
Low blood sugar– hypoglycaemia
High blood sugar – hyperglycaemia
Long-term blood sugar – HbA1c
Complications caused by type 1 diabetes
How to tell if the diabetes treatment is working well?
Important research is ongoing
Pre-school and school
Exercise and sport
Illnesses
Trips
Family and friends
Challenges and rays of hope
MEETINGS WITH PEOPLE
FOOD FOR TYPE 1 DIABETES
A balanced diet such as the plate model is the best starting-point
Carbohydrates, fats and protein
Calculating carbohydrates
Sugar or sweeteners
Good to have at home
Friday treats and weekend candy
RECIPES
Recipe index
Explanation of terms
Quick answers on diabetes type 1
Warm thanks
Sources

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Karolina Janson, Lotta Skoglund m fl.
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The Helper is aimed at parents, families and friends of children and young people with type 1 diabetes. It is also a useful tool for carers who work with these children and youths.

The book is written from the perspective of a parent. In the book we learn what type 1 diabetes is and how to treat it. We receive 90 or so recipes of dishes that are very tasty, easily prepared and nutritious food. All the recipes are calculated in terms of carbohydrate levels. We also learn how to count carbohydrates ourselves.

The book is full of tips and advice on what we should know on the subject of sports, activities, parties and special occasions. We also get tips on school, preparing for trips and what we need to think about when a child with type 1 diabetes is sleeping over with friends. We learn what to do in emergency situations, and much more. All to one purpose – to make everyday life easier.

We meet wonderful young people and children, fantastic parents who share stories of what they have learned and how it has helped their children.

The Helper is designed in cooperation with Karolinska Universitetssjukhuset, with the Astrid Lindgren paediatric diabetes unit, chief physician Eva Örtqvist along with the dieticians Lena Gummeson Nilsson and Elisabeth Jelleryd.

About the author

Karolina Janson works in innovation and conceptual development. Both her daughter and husband have type 1 diabetes. She saw the need for a cookbook aimed at families, which explains and makes everyday life easier.

Lotta Skoglund has among other things long experience as a journalist and producer at SVT. She has written on health, science and social issues. Lotta has earlier published several works of non-fiction and contributed to numerous projects.

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BENNET AGENCY
SÖDER MÅLARSTRAND 21
118 20 STOCKHOLM
SWEDEN
MOBILE: +46 704 67 42 70
WWW.BENNETAGENCY.COM

