

Directions: Austin has had diabetes since he was born and wants to tell others what his schedule is like with the disease. Help him fill in the missing words to complete the story.

I am just a normal teenager, but I have _____ (*slacken, pancreas, diabetes*). I was born with the disorder and it was discovered when I was very young. For some reason, my _____ (*fructose, pancreas, insulin*) does not make enough _____ (*fructose, pancreas, insulin*) which means at times, my _____ (*fructose, glucose, imperil*) levels sometimes go to high or low.

When I get up in the morning, the first thing I do is check my levels. Sometimes it is very low and I drink a juice with _____ (*fructose, spike, slacken*), usually apple juice. If it is just a little low, I have breakfast and check it again to make sure it is in a safe range. If I have a breakfast with too much sugar, my blood sugar levels can _____ (*exacerbate, spike, imbalance*) and that means I have to get it down quickly. Sometimes, drinking water does this, but other times, I need to take an injection. Any major _____ (*prevention, elevate, imbalance*) can be a problem.

After the morning routine, things are pretty normal. I have to check my glucose levels after every meal or if I have been very active like when I play sports. Since diabetes is a _____ (*slacken, chronic, elevate*) condition, I will have to do this the rest of my life. Some people say they would not like to give themselves shots or poke their fingers all the time, but you get used to it. I would rather stay healthy than not stick my finger. Diabetes _____ (*slacken, prevention, imperil*) for those not born with it is important, but it is not the end of any fun if you do get it. Diabetes just makes life a bit different.





Answer Key

Worksheet 3

diabetes

pancreas

insulin

glucose

fructose

spike

imbalance

chronic

prevention