

# Type 1 Diabetes

With careful monitoring, correct insulin therapy, sensible **blood sugar checking** and a healthy well-balanced diet and lifestyle, type 1 can be managed so that sufferers can lead long and healthy lives.

**W**hile the **more common** type 2 is generally weight-related, type 1 occurs when the body's autoimmune system attacks and **destroys** insulin-producing cells in the **pancreas**. A **properly** calibrated glucose meter, also known as glucometer, is essential for accurate blood sugar values. Of course, the best place to go to get it calibrated is the pharmacy where it is possible to get qualified advice.

**Pharmacy customer: Hello.**  
PTA: Hello, what can I do for you?

**I have a pick-up ticket for test strips for my glucometer.**  
Could you tell me your name, please?

**Yes, it's Anna Sheehan.**  
Just a second, I'll go and take a look to see if they're there. We had to order them because a lot of our regular customers have diabetes. Ah, yes, here it is!

**Thank you. Do you have hand disinfectant in a small spray bottle? I need it to disinfect my finger before testing.**  
Well, we do have a spray here, but, to be honest, you don't really need it. It isn't necessary to **disinfect** your fingertip every time you know. It's perfectly okay as long as you keep to the normal hand-washing routine.

**Oh! I see. I thought I needed it before squeezing the fingertip to get a droplet of blood!**  
I'm sorry, I don't want to give you the impression that I'm a know-it-all, but pressing the fingertip isn't necessary either. Just wait one or two seconds after the pin-prick and you'll have enough for the glucometer. You see, most glucometers are sensitive enough to measure your blood sugar level with just very little blood.

**But are the glucometers always accurate?**  
Glucometers need to be checked regularly to see if they are still taking accurate readings.

**Isn't that very expensive?**  
Not all! You can bring your glucometer to us and we can compare its

reading to ours. We don't usually charge for the service of calibrating it for you.

**Now that is nice. I'll bring mine tomorrow, if that's alright with you.**  
No problem. Oh, and just to remind you: you should always take the first reading, in the morning, on an empty stomach.

**Have you any other handy hints for me?**  
Yes, I do. If you wish, you can register for one of our regular **"nutrition days"** and we'll send you an **invitation**.

**Yes, I'll register straight away, nutrition is very important for diabetics.**  
Here you are, you can register here. And here are your test strips.

**Thank you, see you tomorrow. Bye!**  
Goodbye! ■

## VOCABULARY

monitoring	Überwachung, Kontrolle
diet	Ernährung, Ernährungsweise
more common	häufiger
destroys	zerstört
pancreas	Bauchspeicheldrüse
properly	genau, richtig
pick-up ticket	Abholschein, Abholzettel
disinfectant	Desinfektionsmittel
disinfect	desinfizieren
squeezing	ausquetschen
nutrition	Ernährung, Ernährungsweise
invitation	Einladung



References available from the author  
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