An N of 1
My Review of Management of Type 1 Diabetes, Myself as Patient

Author Jarred Daugherty walks us through some of the basics of treating Type 1 Diabetes through his own experiences.

"From glucometers that notice trends to continuous glucose monitors that can shut off an insulin pump after blood sugars fall below a certain threshold, diabetics today appear to have it quite easy." ¹

So does it all work as advertised?

Insulin alone is not effective treatment for diabetes; it is a small piece of a large puzzle.

Nutrition, exercise, and stress management all play important roles.

Insulin is the mainstay of treatment and comes in many forms:

- syringes
- prefilled pens
- pumps

Insulin pens and syringes can become cumbersome. Pumps can be more discreet when in public.

Insulin pumps can be paired with Continuous glucose monitors (CGMs): ⁴
- track trends in blood sugar
- stop basal insulin if blood sugar is too low

The Obstacles of Treatment

Dining
Each meal must be chosen wisely.

Chinese and Italian foods are carbohydrate rich and tend to make blood sugars higher for longer.

Burn Out
From Constant Management

"It is a disease that requires care every day, every hour, and every minute. It doesn’t take holidays or summer vacations, even when I do." ¹

Injections
Scar tissue quickly forms despite rotating injection sites.

Syringes and Pens - 5 times a day
Pumps - every 3 days
CGMs - every 7 to 10 days ⁵

Finances
With the price of insulin and continuous glucose monitors (CGMs) from $100s - $1000s ⁶, each patient must choose what is right for them.

"Using my own experience, I can safely say yes, it all works as advertised. It does not, however, all work for me." ¹

Based on an original article by Jarred Daugherty in BU Well Volume 1
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