



Name: _____

Date: _____

Jason's Journal

Instructions: Jason is a teen who has diabetes. Read his journal entry and then conduct some research at TeensHealth.org to answer the questions that follow.

*Jason's Journal
December 5*

Tonight was the big basketball game! All day I was too nervous to eat, but when I got to the locker room I realized I was hungry. Unfortunately, I hadn't brought a snack and there wasn't enough time to make a pit stop at the vending machine, because all my teammates were already in their uniforms. I knew I had to hurry - I didn't even have enough time to test my blood sugar. I tossed my testing kit into the locker, got dressed, and headed out on to the court.

The game was awesome. I played all 4 quarters, and we won in the final seconds with a great 3-pointer from Mike! Afterwards, Coach McHenry took all of us out for burgers. I went, but I wasn't feeling so great so I only had a few bites. Coach asked me if I was OK; I didn't want him and the guys to know about my diabetes so I lied and said yes. But by the time we were all on our way to Casey's house for the party, I was really feeling bad - kind of shaky and out of it. Good thing Mike noticed and got me home to my parents fast. They knew exactly what to do. I may have missed the party, but I know I was pretty lucky tonight.

Did Jason do a good job managing his diabetes on the day of the game?

Why was he feeling bad by the end of the night?

What might Jason's parents have done to help?

In his journal entry, circle any action that you think is diabetes mismanagement. For each thing you've circled, write 1 or 2 sentences describing how Jason could have chosen a healthier alternative.