

WHAT IS TYPE 1 DIABETES?

★ A CAPTAIN LANTUS GUIDE
FOR YOUNG HEROES ★



CAPTAIN
LANTUS



MAYOR
BOLUS



LEARN



UNDERSTAND



STAY
STRONG



BE A HERO!

WELCOME TO BETA TOWN!

Imagine your body is a town called **Beta Town**.
It's a busy, amazing place where tiny helpers
work together **every single day!**



**CAPTAIN
LANTUS**



**MAYOR
BOLUS**



INSULIN CUBE TOWER



Meet Captain Lantus!

He's your guide and protector in Beta Town. He makes sure everything stays safe and balanced.



This is the Insulin Cube Tower!

It shines bright with green energy. The Insulin Cube inside keeps our bodies balanced and full of energy.



And this is Mayor Bolus!

She looks after Beta Town and makes sure the Insulin Cube has everything it needs to do its job.



EVERYONE HAS AN IMPORTANT JOB!

When Beta Town works together, our bodies feel good, we have **energy**, and we can **play, learn and grow!**



Remember:
You are the hero of your own story!



LEARN



UNDERSTAND



STAY STRONG



BE A HERO!

WHAT IS INSULIN?

I'm Mayor Bolus and this is the magic of **INSULIN!**

Insulin is a special helper hormone made in your body. It acts like a **magic key** that unlocks the doors of your cells so energy from the food you eat can go inside.

When insulin is there, energy can get in and **power** your body so you can think, move, play, and grow!



THINK OF IT LIKE THIS...



INSULIN UNLOCKS THE DOORS...

THEN ENERGY GOES INSIDE!

Once the doors are unlocked, energy rushes into the cells. That energy helps your body do everything it needs to do!



FUN FACT!

Insulin is not a vitamin or a medicine you take for fun. It is a **hormone** your body needs to live and stay healthy.



Insulin is a tiny helper with a **BIG** job. It opens the doors, gives you energy, and helps you be your **BEST!**

WHAT IS TYPE 1 DIABETES?

Without insulin, the energy from food **cannot get into the cells**. It stays in the blood instead.

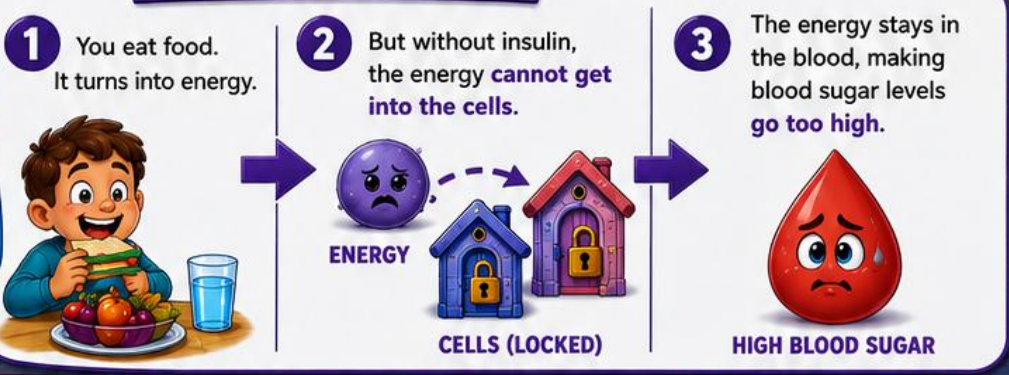
In Type 1 Diabetes, something happens to your body. **It stops making insulin.** When there is no insulin, the magic key is missing. **The doors to the cells stay locked.**



MEET MAYOR BOLUS!
She makes sure Beta Town stays healthy and that insulin does its important job!



WHAT HAPPENS?



IMPORTANT TO KNOW!

♥ Type 1 Diabetes is **NOBODY'S FAULT.**

It is not caused by eating too much sugar or sweets.

It is an auto-immune condition, which means the body's own immune system makes a mistake.

YOU ARE NOT ALONE.

WE ARE HERE TO HELP!

THE GOOD NEWS!

Even though your body doesn't make insulin, you can still be healthy and do amazing things!

With the right tools, support and knowledge, **you can unlock your power** and live your best hero life!



YOU ARE STRONG. YOU ARE BRAVE. YOU ARE A HERO!

BECOMING A HERO!

Type 1 Diabetes doesn't stop you from doing **AMAZING** things!



I'm Mayor Bolus and I believe in **YOU!**

With the right tools, a strong team and a superhero mindset, you can live your **best life!**



YOU CAN:

- Learn new things
- Play your favourite sports
- Follow your dreams
- Help others
- Be proud of who you are!

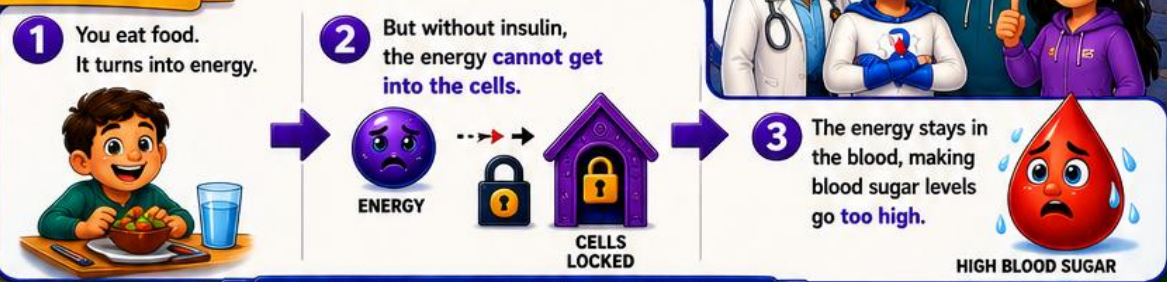
EVERY HERO HAS THEIR TEAM!

Parents, teachers, doctors, friends and **YOU** – working together to help you shine!



YOU ARE STRONGER THAN YOU THINK!

★ WHAT HAPPENS? ★



★ DO WHAT MAKES YOU HAPPY! ★



IMPORTANT TO KNOW!
Type 1 Diabetes is **NOBODY'S FAULT.** It is not caused by eating too much sugar. It is an auto-immune condition which means the body's own immune system makes a mistake.



THE GOOD NEWS!
Even though your body doesn't make insulin, you can still be healthy and do amazing things! With the right tools, support and knowledge, **you can unlock your power** and live your best hero life!

