

Dear Parents,

Hopefully, some of you will know November is **Diabetes Awareness Month**. Mr O'Hagan has kindly agreed to host a **'Superhero' Day** in the school on Tuesday 27<sup>th</sup> November, to help raise awareness of this condition. There will be no cost involved on this day, we just ask that the children dress as a 'Superhero' help raise awareness and to show their support for everyone battling this condition.

Each and every child is a superhero in their own right and our daughter Sarah-Jane is ours. Sarah-Jane was diagnosed as Type 1 Diabetic at the very young age of 18 months old. Type 1 Diabetes is a lifelong condition that there is no cure for, however Sarah-Jane will require insulin for life in order to survive. Along with meticulous planning and carbohydrate counting for every meal, our superhero wears an Insulin Pump and a Continuous Glucose Monitor 24/7 to help regulate her blood sugars.

Unfortunately, Type 1 Diabetes is not preventable, there is no cure for it, it cannot be reversed and as we found out it can occur at any age. It took us four weeks to be taken seriously and to get Sarah-Jane diagnosed as we were advised she was too young; we now know this is not the case. By this stage Sarah-Jane was seriously ill and we are very lucky to have her here with us today.

There are many signs and symptoms present before diagnosis, they include;

- \* Extreme thirst
- \* Frequent urination
- \* Drowsiness/lethargy
- \* Weight loss
- \* Increased appetite
- \* Sudden vision changes
- \* Fruity scent on breath
- \* Vomiting/nausea
- \* Heavy/laboured breathing
- \* Stupor/unconsciousness

If your child, yourself or anyone you know displays multiple symptoms please seek immediate medical advice.

Our aim is to raise as much awareness as possible and to help prevent, at least one family, from going through the same experience as us. Additional information as available at **[www.diabetes.org.uk](http://www.diabetes.org.uk)**.

We hope everyone will help us support this day and we look forward to seeing all our 'Superheroes' in costume next week.

From the bottom of our hearts, thank you all so much,

Chris & Claire Napier

