

Technology

Personally, I really like the Omnipod and Dexcom because there are no wires involved, which makes it really easy to exercise and do activity. Sometimes it can be a bit difficult sleeping with it as it can get a little bit uncomfortable.

The only thing to be conscious of with my tech doing exercise is that you have to be in range with the phone or device that you're using. So you can't go over a certain distance without having contact with it.



I use diabetes technology and I know how it all works. I can operate it by myself. I need to change my cannula site because it may become lumpy or infected and I need to do this every 2-3 days. I'm also able to change the settings if needed.

I use my tech to see my blood glucose levels and arrows, then I can act whether they're high or low.



Sensors can be worn here on the body:

- Back of the arms.
- Tummy.
- Top of the buttocks.



And pump cannulas can be put here on the body:

- Side of the thighs.
- Tummy.
- Top of the buttocks.
- Back of the arms.

Diabetes tech is expensive so I need to look after it. I need to protect it from coming to any harm as best as I can.

It's important to review your blood glucose data regularly as this can help you understand glucose patterns and can help you decide whether more or less insulin is needed.

If I need help with changing the settings, I can always ask my parents or my diabetes team.