

Technology

I'm currently on the loop, which includes the Omnipod 5 and the Libre 2 plus.

So the loop speak is basically both of the devices. They speak to each other with some sort of Bluetooth connection.



And whether I'm going high, the Libre will tell my pod, and then my pod will inject insulin to bring me low. Same with if I'm going low, then it will speak to my pod and it will shut off my insulin so I don't go any lower than I will be.

I use diabetes technology and I know how it all works. I can operate it by myself. I need to change my cannula site as 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.

I am able to insert these on my own with minimal assistance. Diabetes tech is expensive, so I need to look after it and protect it from harm.

It is important to review your blood glucose data regularly, this can help you understand glucose patterns and help you decide whether more or less insulin is needed. If I need help with changing settings I can always ask my parents or my diabetes team.