



## More than 350 questions and answers

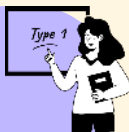
### Blood Glucose Monitoring

- Alerts from CGM
- Ambulatory Glucose Profile (AGP)
- Capillary Blood Sugar (Finger Prick)
- Continuous Glucose Monitoring (CGM) Systems
- Device and Skin Problems
- Glycemic Targets and Time in Range
- Glycemic Variability
- Hemoglobin A1c
- Trend Arrows of CGM
- Uploading Data from Your Insulin Pump or CGM



### Diabetes in general

- Diabetes-related Health Complications
- Gastroparesis
- Impact of Hormones on Blood Sugar
- Types of Diabetes



### Diet

- Caffeine
- Carbohydrate Basics
- Carbohydrate Counting
- Distributing Meals and Snacks Throughout the Day
- Insulin-to-carb Ratios
- Food Records
- Strategies for Different Meals



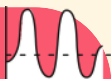
### Finances

- Income Taxes
- Savings
- Insurances



### Hypo et Hyperglycemia

- Hypoglycemia
- Hyperglycemia
- Severe hypoglycemia



### Transitioning to adult medical care

- Transferring Diabetes Management from Parent to Child
- Transitioning from Pediatric to Adult Health Care
- Adult Health Care



### Medication

- Active Insulin (Insulin-on-board)
- Bolus Calculator
- Choosing an Insulin Pump
- How Insulins Work
- Hybrid Closed Loop Systems
- Injecting Insulin with a Pen or a Syringe
- Insulin Dose Adjustments
- Insulin Pump Basics
- Lipodystrophies
- Missed Injection or Insulin Administration Error
- Pump's Infusion Set
- Pump Failure
- Sensitivity Factor and Correction Bolus



### Mental Health

- Body Image
- Depression
- Eating Disorders
- Fear of Hypoglycemia
- Mental Burden, Distress and Diabetes Burnout
- Shock of Diagnosis and Adaptation
- Stigma
- Stress



### Physical activity

- Managing Blood Sugar After Physical Activity
- Managing Blood Sugar During Physical Activity
- Physical Activity Basics



### Others situations

- ADHD and Diabetes
- Alcohol
- Cannabis
- Celiac Disease
- Communication and the Patient-Provider Relationship
- Driving
- Miscarriages and abortion
- Pregnancy
- Preparing for a Trip
- School
- Work
- Ramadan
- Social Life
- Sexual Health
- Sick Days
- Sleep
- Tattoos and Piercings
- Yeast Infections





### Medication

- How to adjust insulin doses (injections)
- How to adjust the basal rate
- How to adjust the correction bolus
- Hybrid closed-loop systems characteristics
- How to inject insulin
- How to upload pump data

- Insulin modes of action
- Insulin pump comparison table
- Pump back up plan
- Pump catheter characteristics
- Procedure to follow missed bolus or bolus error (insulin pump)
- Procedure to follow missed injection
- Site selection and site rotation

### Blood Glucose Monitoring

- Alert features by CGM
- CGM comparison table
- CGM calibration
- How to analyze the AGP

- How to measure capillary blood glucose
- List of products for skin conditions
- What do CGM trend arrows mean

### Hypo and Hyperglycemia

- Emergency kit (injections)
- Emergency kit (insulin pump)
- How to administer nasal glucagon
- How to administer injectable glucagon
- How to manage ketone bodies (insulin pump)
- How to manage ketone bodies (injections)

- Hypoglycemia symptoms
- Hyperglycemia symptoms
- Hyperglycemia treatment
- Insulin pump related causes of hyperglycemia
- Treatment of hypoglycemia
- Why is my blood sugar high or low

### Diet

- Apps for T1D
- Carb factors of various foods
- Carb counts of some Halloween treats
- Examples of snacks

- Food Record
- How to determine an insulin-to-carb ratio (injection)
- How to adjust insulin-to-carb ratios (insulin pump)

### Physical activity

- Setting a SMART goal

- Types of exercise and their effect on blood sugar

### Transitioning to adult medical care

- Appointment Preparation Guide
- Differences between pediatric and adult health care
- Emergency kit for diabetes in school

- Items for last pediatric appointment
- Steps in the transition to adult medical care

### Other situations

- Appointment preparation guide
- Cannabis and T1D
- Carb content of some alcoholic beverages
- Conversion of blood sugar units (mmol/L - mg/dl)
- Fasting for medical exams
- How to talk about diabetes

- List of supplies for a trip (insulin pump)
- List of supplies for a trip (injection)
- Sick days
- Sorting diabetes waste
- Preparing for a colonoscopy
- Precautions for driving

### Mental health

- Abdominal breathing
- Mental health resources

### Finances

- Provincial coverage programs for insulin pumps

