



I HAVE
TYPE 1
DIABETES
& CELIAC
DISEASE

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WHO IS ELBOWBUMPKID?

Elbowbumpkid Inc is a
**volunteer powered/community funded
nonprofit.**

Our mission is to provide families impacted with Type 1 Diabetes with the opportunity to connect, thrive, learn and grow despite the diagnosis. We subsidize education & community events, college programs, annual celebration cards, scholarship grants and partnerships for local initiatives that support the T1D community.

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WHAT DOES EBK DO?

- Monthly events for families with T1D/Celiac
- Mom's nights & caregiver programs
- Newly diagnosed support for non RX items
- Currently diagnosed support for non RX items
- Support local programs & camps run by others
- Program for newly diagnosed celiac that already have T1D
- College scholarship & kit program
- Community connections
- Diaversary cards



WHAT IS TYPE 1 DIABETES?

Type 1 diabetes is a chronic autoimmune condition that makes the body's **pancreas unable to produce insulin**, a hormone that is necessary to live.

Since insulin is needed to control blood sugar levels in your body, a person with T1D needs to get it in a different way.

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TYPE 1 IS NOT PREVENTABLE OR CURABLE

It's **NOT** caused by diet or anything that the family did or didn't do.

It **ISN'T** contagious and you can be diagnosed with T1D even if no one in your family has it.

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DID YOU
KNOW?



SIGNS AND SYMPTOMS OF TYPE 1 DIABETES:

- Extreme Thirst
- Increased Urination
- Weight Loss
- Exhaustion
- Excessive Hunger
- Blurred Vision



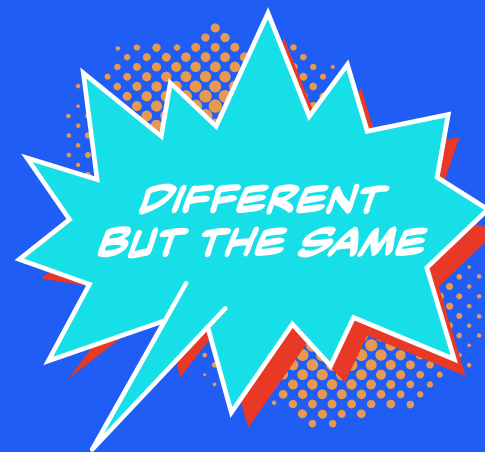
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TYPE 1 IS DIFFERENT FOR EVERYONE

No person living with T1D's diabetes management is the same. Families have different preferences for blood sugar testing & insulin delivery. There is no one size fits all.



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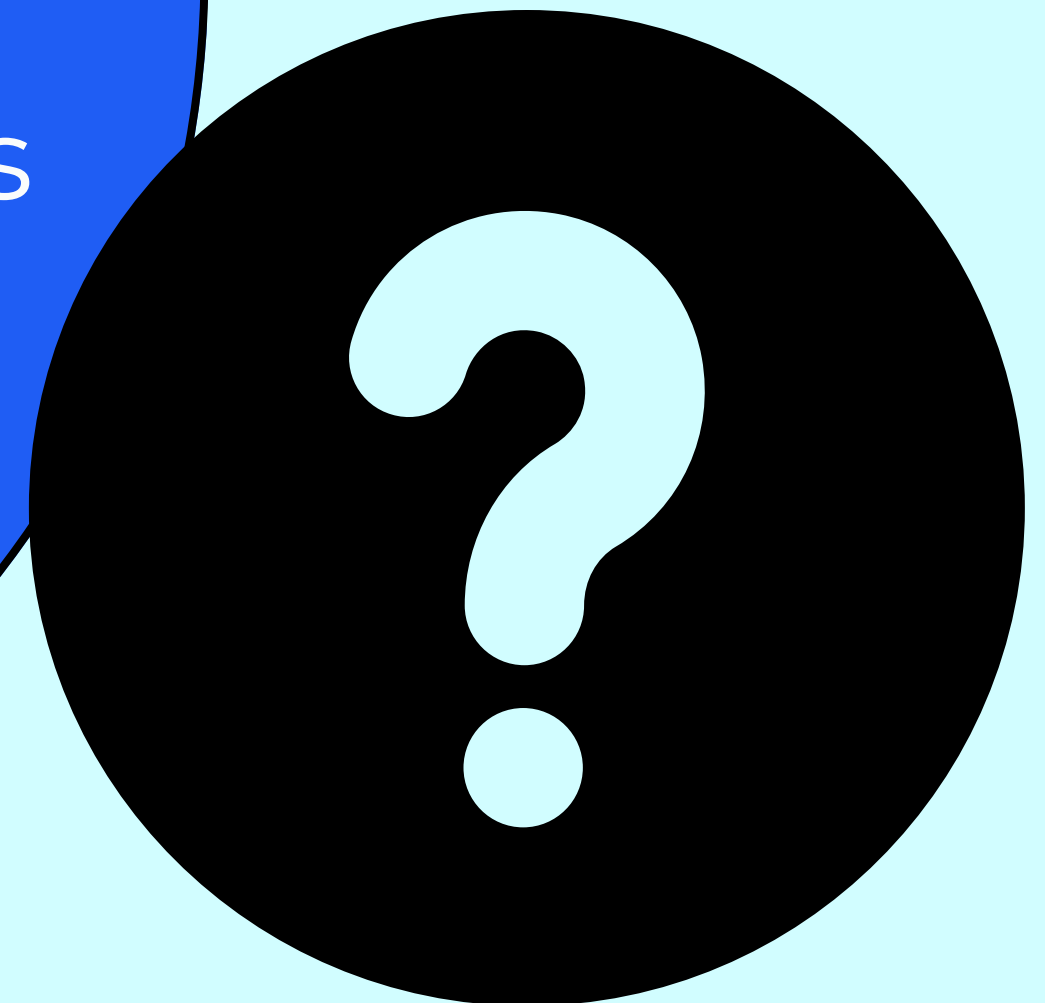


IS THERE A LINK BETWEEN T1D & CELIAC DISEASE?

Yes!

Approximately 6% of all T1Ds
will be diagnosed with
celiac disease.

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WHAT IS CELIAC DISEASE?

An autoimmune condition where consuming gluten (found in wheat, barley, and rye) triggers an immune response that damages the small intestine.

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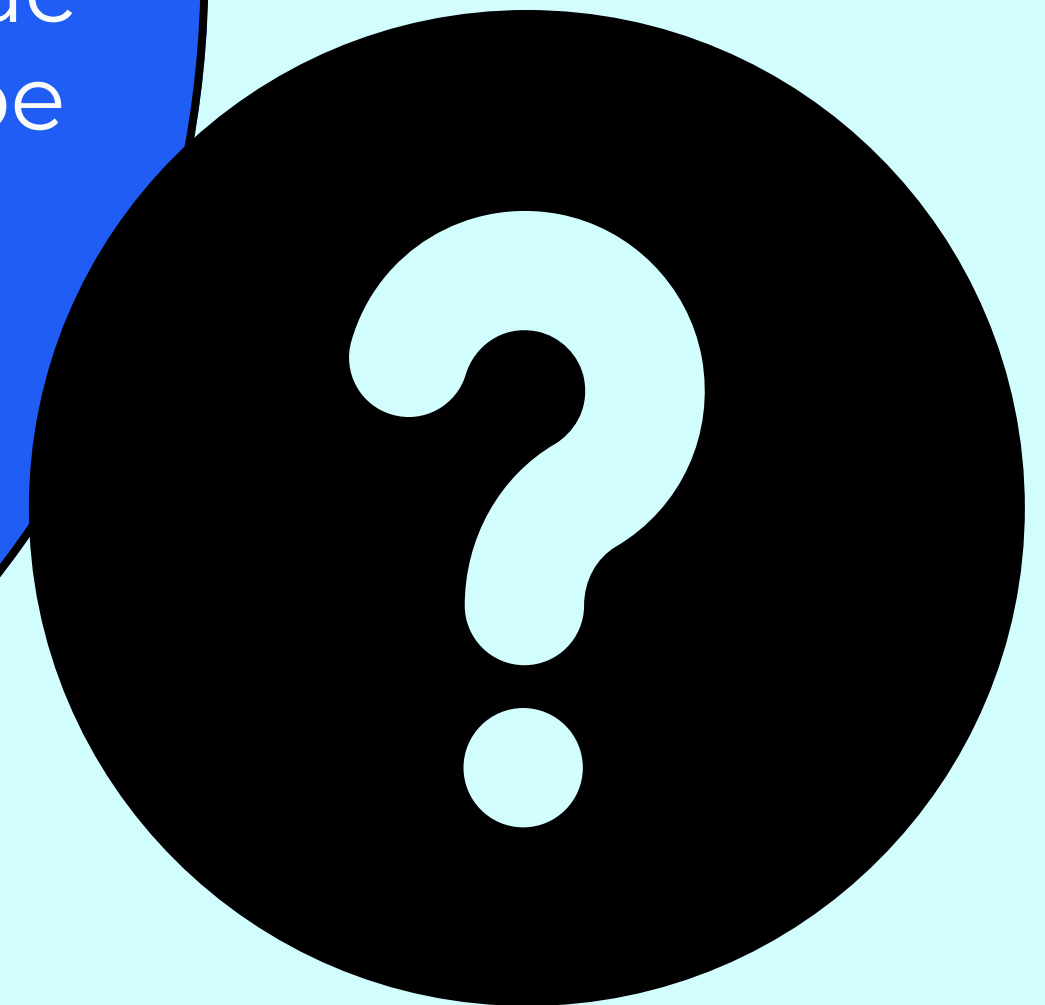




HOW IS CELIAC DISEASE DIAGNOSED?

Doctors order a **blood test** in order to screen for celiac disease antibodies. If these blood tests suggest that celiac disease may be present, there may be an **endoscopic procedure** with a biopsy of the intestinal lining to confirm the diagnosis.

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HOW IS CELIAC DISEASE TREATED?

The ONLY treatment for celiac disease is a strict **gluten-free diet**, as even small amounts of gluten can cause serious intestinal damage.

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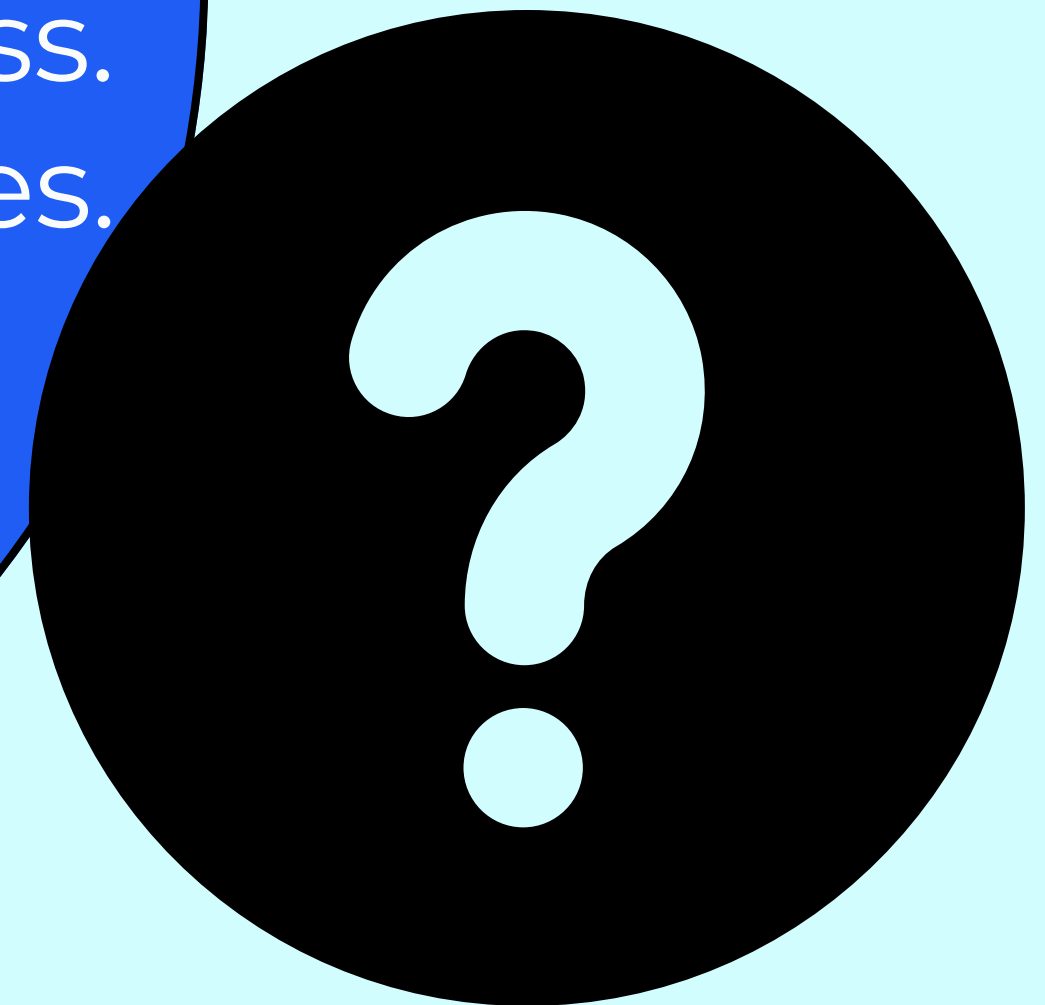




WHAT ARE SYMPTOMS OF CELIAC DISEASE?

Diarrhea. Abdominal pain.
Constipation. Swollen belly.
Anemia. Fatigue. Weight loss.
Bloating and gas. Headaches.
Itchy, blistery skin rash.
Nausea and vomiting.
Mouth ulcers.
Joint pain.

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ABOUT
83% OF
PEOPLE WITH
CELIAC DISEASE WILL
GO UNDIAGNOSED
OR BE WILL BE
MISDIAGNOSED
WITH OTHER
CONDITIONS.

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DID YOU
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YOUR BODY MAY
STILL HAVE
SYMPTOMS AFTER
STARTING A GLUTEN-
FREE DIET.
IT MAY TAKE A WHILE
FOR YOUR BODY TO
ADJUST. STAY IN
TOUCH WITH YOUR
MEDICAL TEAM.

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TYPE 1 AT SCHOOL

It's important for teachers & the school nurse to be aware of T1D to help the student with safe blood sugars during school.

Typically there will be arrangements for PE, recess, meals nurse visits, field trips, academic testing and after school activities. The medical provider also will have some recommendations as well.



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CELIAC AT SCHOOL

It's important for teachers & the school nurse to know there is a diagnosis of Celiac Disease to stay safe at school.

Typically there are parameters for safe food at meals, special events & when food is involved in classroom lessons.

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WHAT CAN A PERSON LIVING WITH T1D EAT?

Anything!

With parent's permission and
taking insulin before the
snack/meal.



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GLUTEN-FREE FOODS OFTEN CONTAIN MORE CARBS

Many gluten-free products, especially processed ones, contain more sugar and carbohydrates to make up for texture and flavor differences. Read labels for accurate dosing.

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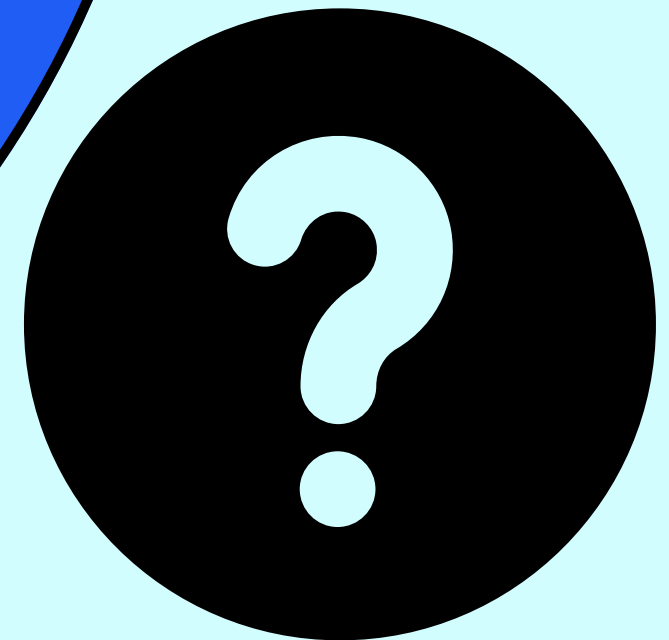
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WHY DO BLOOD SUGARS GO OUT OF RANGE?

Many different factors impact blood sugar, and many children react differently to the same exercise, snacks, and emotions. A normal blood sugar range is usually between 80-120 depending on age.

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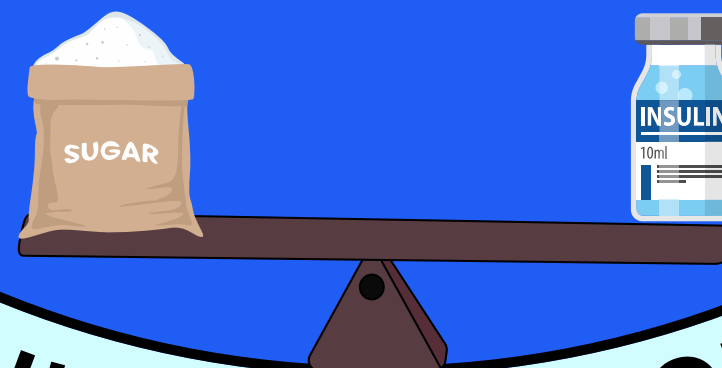




TREATING LOW VS HIGH BLOOD SUGARS

 **LOW BLOOD SUGAR**
We need sugar/glucose
(Glucose raises blood sugar) 

HIGH BLOOD SUGAR
We need insulin
(Insulin lowers blood sugar) 



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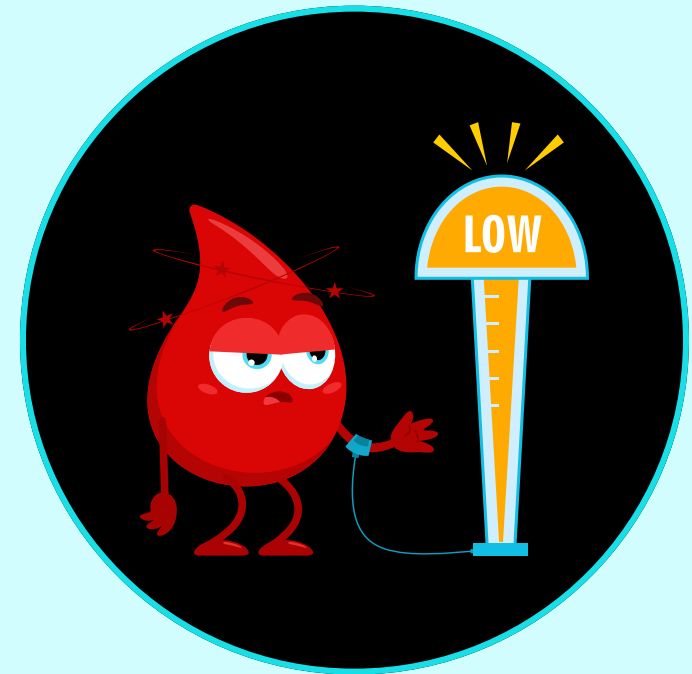
WHAT IF THE T1D'S BLOOD SUGAR IS LOW?

They need a low blood sugar treatment like **juice or candy** immediately. The amount needed will depend on their blood sugar level. (If really low, they may need an extra low blood sugar treatment.)

Do NOT leave a person with T1D alone if they are low, stay with them until they recover!

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COMMON LOW BLOOD SUGAR SYMPTOMS

- Fast heartbeat.
- Shaking.
- Sweating.
- Nervousness or anxiety.
- Irritability or confusion.
- Dizziness.
- Hunger.

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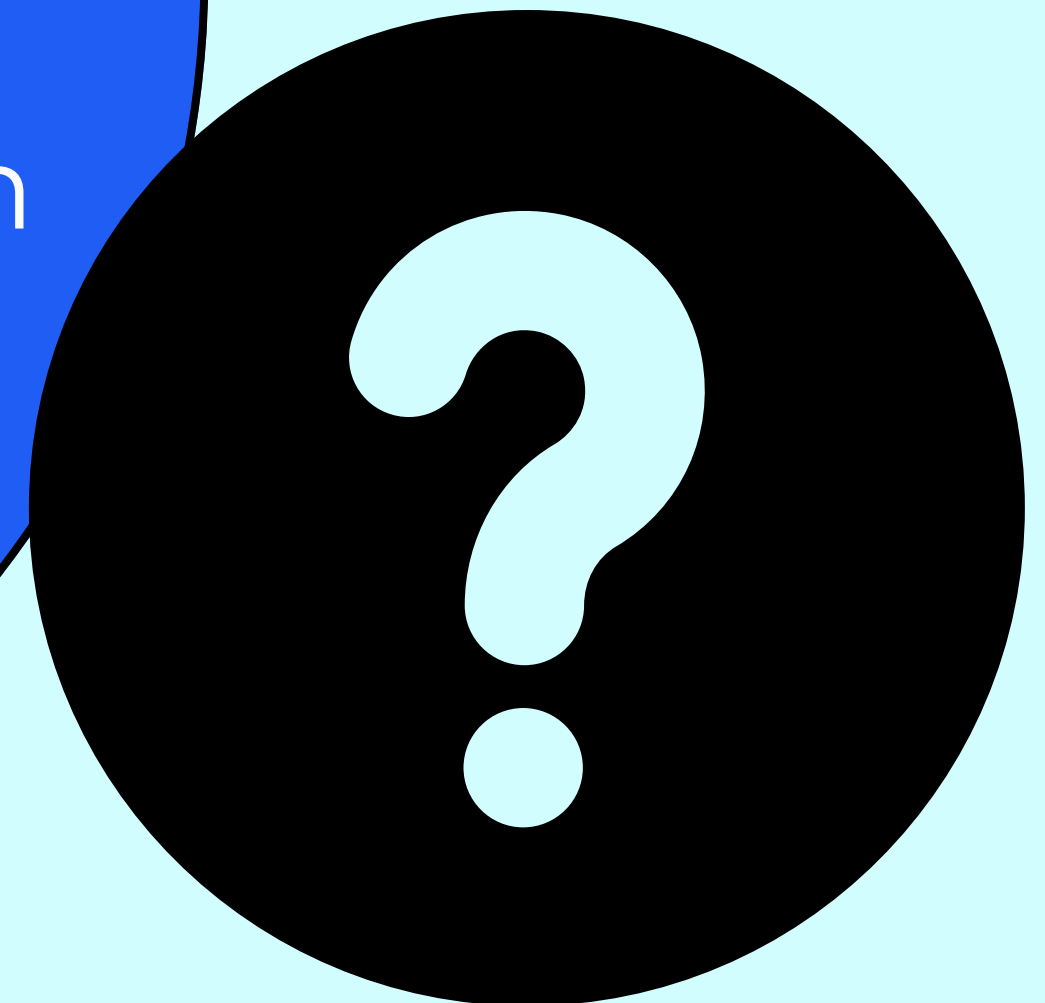
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LOW BLOOD SUGAR SNACKS FOR A T1D WITH CELIAC DISEASE?

Traditional options may contain
gluten, so you'll need
gluten-free alternatives such
as gluten-free crackers,
glucose tablets, smarties
or fruit pouches.

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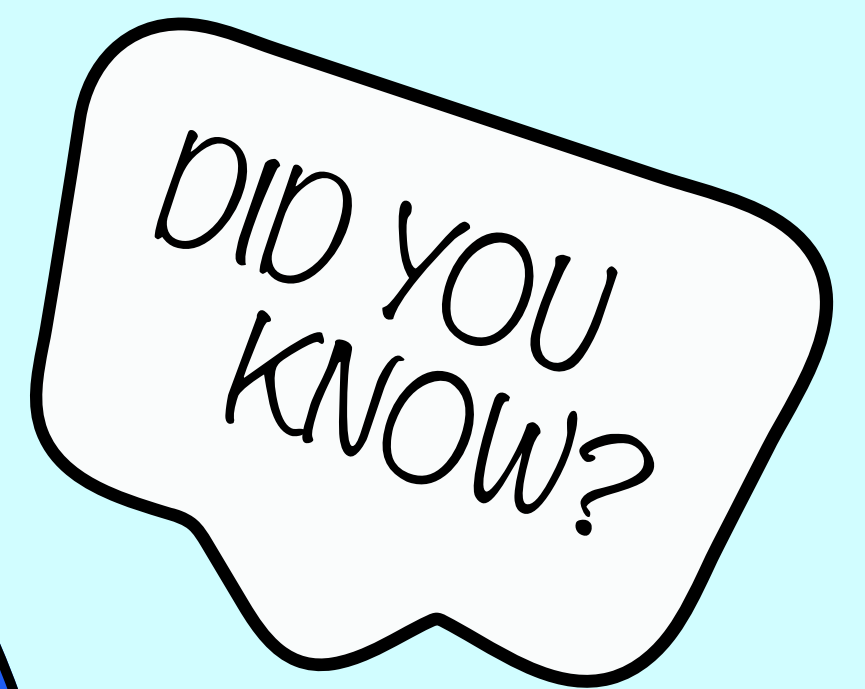




COMMON HIGH BLOOD SUGAR SYMPTOMS

- Extreme thirst
- Frequent urination
- Blurred vision
- Fatigue
- Irritability

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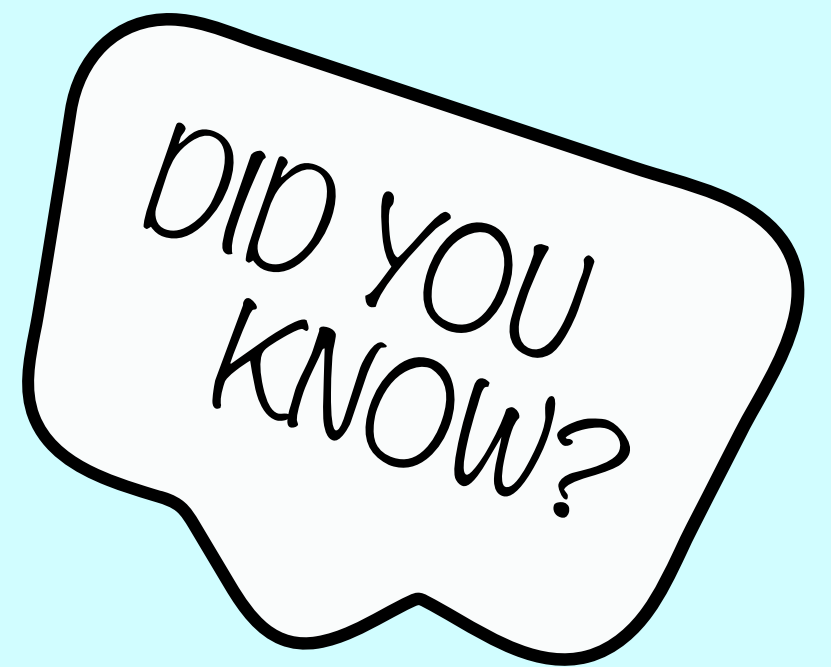




WHAT IF THE T1D'S BLOOD SUGAR IS HIGH?

They need **insulin and hydration**. Blood sugar should be monitored by CGM or finger prick to make sure it's going back in range to avoid DKA. They may be irritable, angry, need to drink and go to the bathroom more. That's normal with a high blood sugar and we need to be patient until they are back in range.

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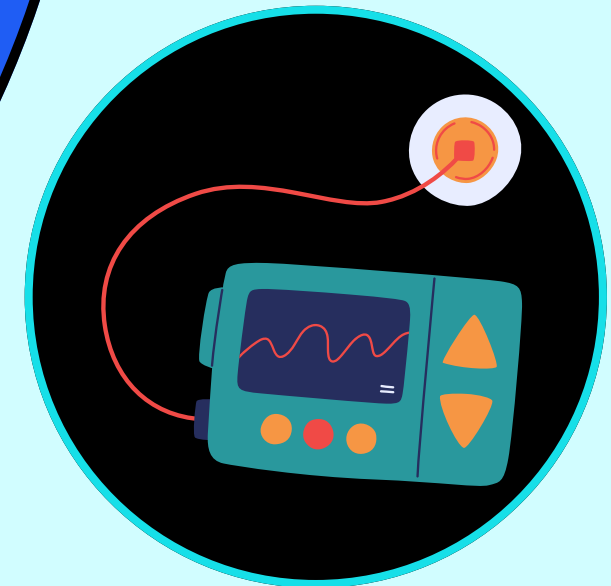
HOW DO T1D'S GET INSULIN?

Since Type 1 diabetics don't make their own insulin, they have to take insulin.

A person with Type 1 may have an insulin **pump** attached to their body or give themselves **shots** before eating. This keeps them alive and is normal for them.

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UNTREATED T1D OR HIGH BLOOD SUGARS CAN LEAD TO DKA

Untreated type 1 diabetes can be life-threatening and result in DKA (diabetic ketoacidosis). Signs of DKA are fruity-smelling breath, nausea, stomach pain, rapid breathing, confusion, and drowsiness.

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UNTREATED CELIAC CAN INCREASE HYPOGLYCEMIA RISK

Untreated celiac can cause long-term damage to the small intestine, hindering your body's ability to absorb carbs, leading to unpredictable hypoglycemia. Get tested if additional family members exhibit signs or symptoms.

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GLUTEN EXPOSURE CAN AFFECT BG

If you accidentally consume gluten, it may be harder to absorb nutrients, potentially causing low blood sugar.

**Monitor your
blood sugar
closely & call
your doctor!**

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*DID YOU
KNOW?*



DIFFERENCE BETWEEN TYPE 1 & TYPE 2

DID YOU
KNOW?

Type 1 diabetes (T1D) is an *incurable, autoimmune disease*, not a lifestyle disease. Roughly 8.7 million people live with T1D around the world. People with type 1 are insulin-dependent for life.

Type 2 diabetes (T2D) is a *metabolic disease* influenced by genetic, socioeconomic and lifestyle factors. Over 525 million people live with T2D around the world. The body can't properly use insulin & can often be treated through diet, exercise and medication.

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-T1D- WHAT CAN FRIENDS & FAMILY DO TO HELP?

- If the T1D is acting funny or different than usual, ask if they checked their blood sugar.
- Keep low blood sugar snacks around at all times.
- Be patient & understanding.
- Know what to do in case of a diabetes emergency.

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-CELIAC- WHAT CAN FRIENDS & FAMILY DO TO HELP?

Realize that not every restaurant will have a safe option. Offer several options to the celiac family so they can choose or tell them the type of food you want to celebrate with and they will help find a safe option!

Typically **safe** options:

Mexican

BBQ

American style restaurants

Typically **not safe** option unless outlined...

call first:

Pizza

Chinese/Thai

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-CELIAC- WHAT CAN FRIENDS & FAMILY DO TO HELP?

- Talk to them in advance about cross contamination.
- If not safe, bring a safe option, similar to what's being served.
- Offer to bring dessert & have celiac served first to avoid issues.

Education is important, most non celiac families don't realize the work that's involved to stay safe.

You are protecting your family by educating but realize some people will not understand or wish to comply. Bringing your own food is the best way to stay safe in those scenarios.

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IS FAMILY AT RISK FOR TYPE 1?

Depending on relationship,
family should screen for Type 1
as you can delay the onset if
you know in advance that you
have it.

More information:



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IS FAMILY AT RISK FOR CELIAC?

You have a 10% chance of developing celiac disease if a first degree relative has been diagnosed.

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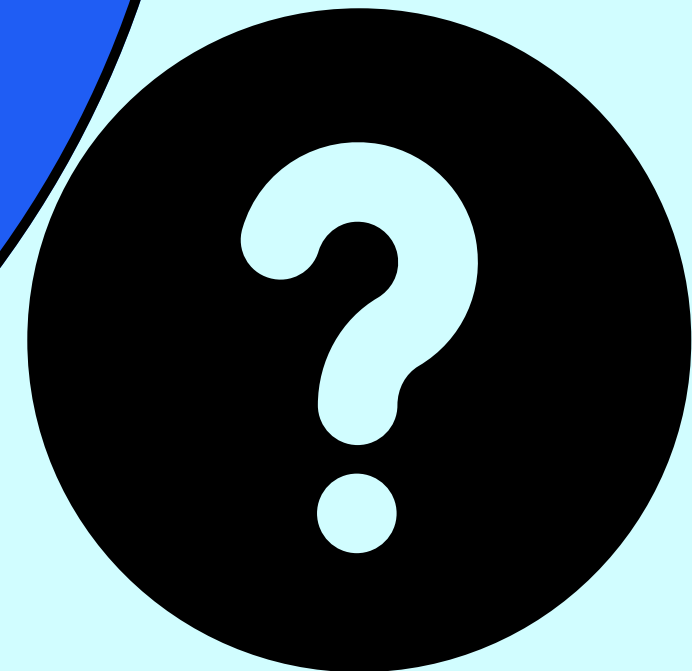
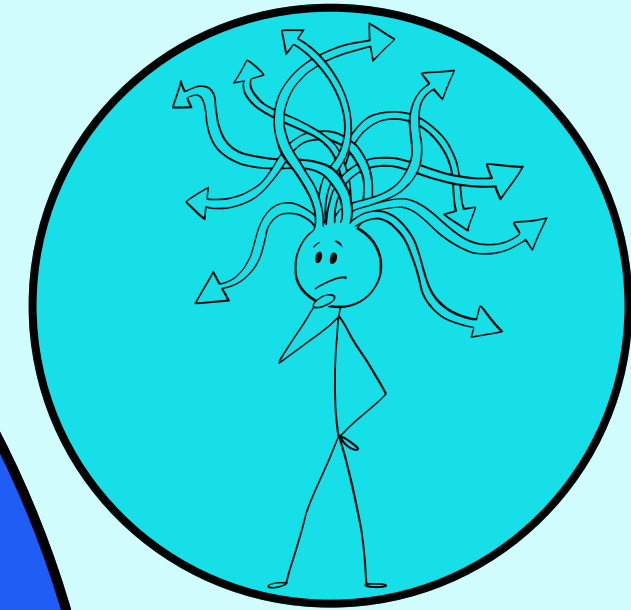
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A T1D MAKES EXTRA DECISIONS EVERY DAY THAT NON-T1D'S DON'T THINK ABOUT.

Every bite of food that contains carbohydrates must be balanced with an insulin dose.
If they are stressed or sick they need to manage differently.
It's **a lot** of thinking and it doesn't discriminate by age, even the littlest kids have work to do every day to stay safe.

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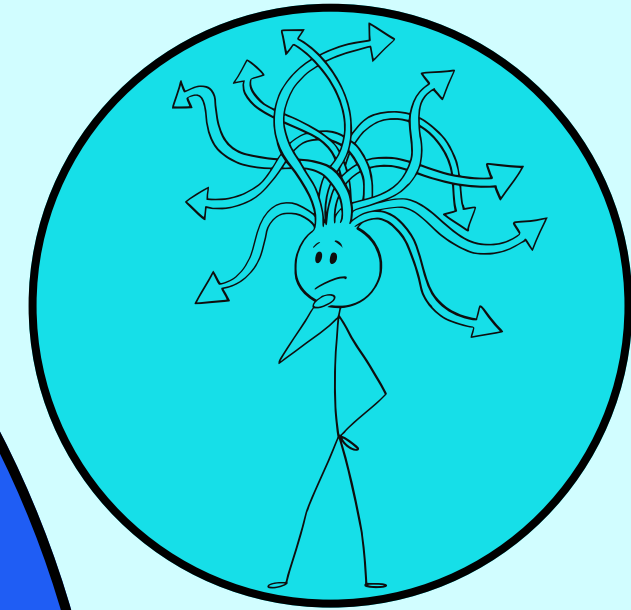




A PERSON LIVING WITH CELIAC MAKES EXTRA DECISIONS EVERY DAY

In addition to carbohydrate counting, they must make sure that every food item is safe. They also need to consider hygiene products, medicine and all cross contamination possibilities.

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GLUTEN CAN HIDE IN MANY PRODUCTS....

including
sauces, dressings,
processed foods,
medications, and
even beauty products!

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CROSS-CONTAMINATION IS A REAL RISK

Even the smallest bit of gluten exposure through cross-contamination can trigger a flare-up. Use separate utensils, cutting boards, and toasters, and store gluten-free food separately to avoid cross-contamination.

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DID YOU KNOW?



DINING OUT REQUIRES RESEARCH

Always ask if food is prepared in a dedicated allergy section of the restaurant & if precautions are taken. If they aren't cross-contamination may occur and you should choose a different restaurant.

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WHERE TO SHOP

Most grocery stores have a gluten free section, while some have GF options near gluten options.

Reference our grocery tips brochure for helpful hints!

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NEW ENGLAND GROCERY STORE GUIDE



STORE	WHERE ARE GF ITEMS?
Wegmans	Several GF aisles typically in middle of store including a separate GF freezer section. Look for Bella Lucia GF Pizzelles
Stop & Shop	There's a GF aisle where they group specialty GF brands together & a GF section in most aisles where you would find regular brands with GF options like Barilla Pasta. Separate GF freezer section.
Price Chopper	GF items are mixed in with regular items in every aisle, there is no GF segmentation anywhere.
Shop Rite	GF broken out in regular aisles but no separate GF aisle. Lots of baking mix varieties.
Trader Joe's	GF items mixed in with regular items. Look for their GF muffins!
Whole Foods	GF items mixed in with regular items. They have GF of their house brand like waffles, tons of options here!
Aldi	Their live Gfree brand has standards like baking items throughtout the year but during May & holidays they have specialty items as well.
Walmart	Supercenters typically have many GF options in the corner of a regular aisle.
Big Y	Big Y has a nice GF section but also GF items mixed in with regular items.
BJ's & Costco	Both stores have GF items mixed in with regular items. Look for GF pizzas, Purdue GF chicken tenders & Barilla Pasta



IT'S IMPORTANT TO READ FOOD LABELS

Avoid products whose
ingredients include
**wheat, rye, barley, malt, or
non gluten free oats**
which are common
sources of gluten.

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Look for gluten
free & certified
gluten free labels
& check the
allergen listing!

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GLUTEN FREE ALTERNATIVES

There are gluten free
alternatives to many of your
favorite foods

(check our celiac resource guide or other online resources)

Bread • many options including Shcar,
Canyon Bakehouse and Udis

Goldfish • MadeGood crackers

Cookies • GF Oreos/Chips Ahoy

Pasta • Barilla or Jovial

Baking • King Arthur GF, Cup4cup

Chicken • Purdue GF

Cereal • GF Chex

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CELIAC DIET & GLUTEN-FREE DIET ARE NOT THE SAME

While some who choose gluten-free diets can tolerate cross-contamination, those with celiac disease cannot, making self-advocacy essential to avoid serious health risks.

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*DID YOU
KNOW?*



IF YOU ACCIDENTALLY CONSUME GLUTEN

- Rest and take it easy.
 - Stay hydrated.
- Closely monitor your blood sugar.
 - **Consult your healthcare team.**

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GLUTEN EXPOSURE SYMPTOMS VARY

from digestive issues like bloating and diarrhea to fatigue and brain fog.





THESE FOODS ARE NATURALLY GLUTEN FREE

- Fresh fruits & Vegetables
 - Plain (unseasoned) meat, poultry, & fish
- Most milk, cheese, & yogurts
- Unseasoned rice & quinoa
 - Unflavored beans, nuts, & lentils
 - Potatoes

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THESE ITEMS CAN TRAP GLUTEN

*& should be **replaced** after
celiac diagnosis.*

- Toaster/Toaster Oven
- Cutting Boards
- Strainers, sifters, or colanders
- Sponges
- Wooden or Plastic Utensils
- **Some** personal hygiene products
 - Plastic Tupperware
 - All Baking Supplies
 - Nonstick Pans

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THESE ITEMS CAN TRAP GLUTEN

& should be **cleaned**
thoroughly after celiac
diagnosis.

- Stand Mixer
- Air Fryer (may need to replace)
- Oven
- Non plastic Dishes/silverware
- Cooking items
- Clean pantry, cabinets & fridge-
no crumbs!

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WHEN TRAVELING...

- Research your destination's local GF options ahead of time!
- If international travel learn key phrases in the local language to explain your dietary restrictions & bring a translation card.
- Always carry gluten-free snacks and glucose for emergencies!

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PRO TIP!



WHEN TRAVELING...

- Bring food/snacks on long plane rides, it's unlikely they will have gluten free options.
- Always bring diabetes supplies in carry on, do not check them.
- Upon arrival stop at a local supermarket to have items on hand for low blood sugar and in between meal snacks

PRO TIP!

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FIND ME GLUTEN FREE & GLUTEN DUDE

are apps that help find
restaurants with gluten-
free-friendly options nearby.
Use them when traveling
and add feedback on the
places you visit!

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PRO TIP!



RESOURCES TO LEARN MORE ABOUT T1D



Beyond Type 1 New
Patient Resource
Guide

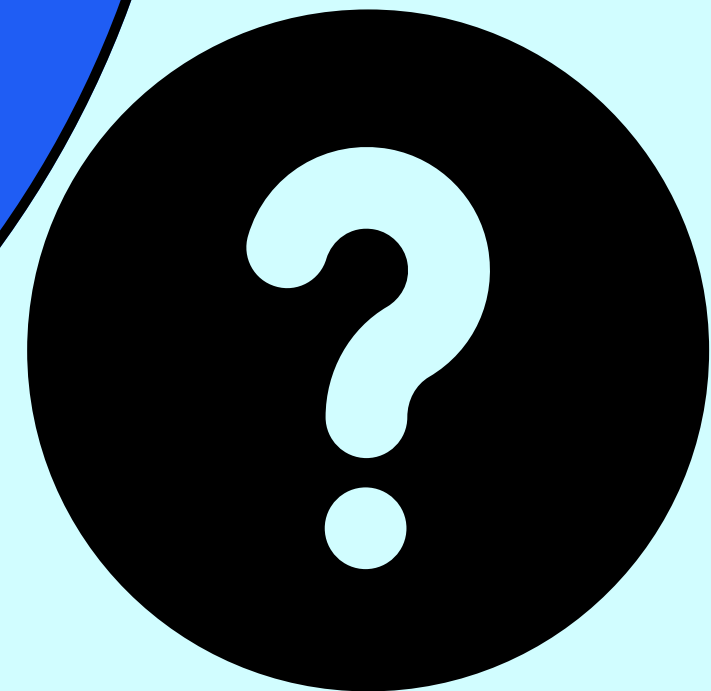


Breakthrough T1D
Resource Guide

EBK Resource
Page



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CELIAC RESOURCES



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This information should not be considered medical advice, nor is it intended to replace consultation with your healthcare provider. If you have questions about your health, please contact your healthcare provider.

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THANK YOU
FOR LEARNING
MORE ABOUT
CELIAC & TYPE 1 DIABETES!



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**Sign up for our monthly newsletter:
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**Contact:
hello@elbowbumpkidinc.org**

Tell T1D families to connect with us!

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