



Any Age

# Learning About Diabetes Lapbook



A Journey Through Learning  
[www.ajourneythroughlearning.com](http://www.ajourneythroughlearning.com)

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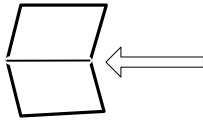
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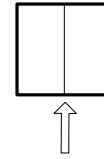
**SAMPLE PAGE**

## Things to Know

### Hamburger Fold-Fold horizontally



### Hotdog Fold-Fold vertically

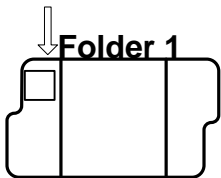


**Dotted Lines**-These are the cutting lines.

**Accordion Fold**-This fold is like making a paper fan. Fold on the first line so that title is on top. Turn over and fold on next line so that title is on top again. Turn over again and fold again on the next line so that title is on top. Continue until all folds are done.

**Cover Labels**-Most of the booklets that are folded look nicer with a label on top instead of just a blank space. They will be referred to as “cover label.”

### How do I know where to place each template in the folder?



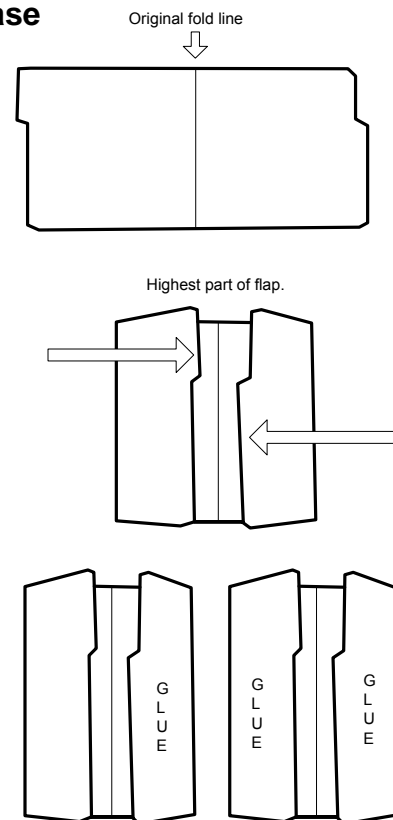
This placement key tells you the template goes in the first folder at the top of the left flap.

### Folding a Lapbook Base

Gather the number of folders required for the project. Fold them flat as seen here.

For each folder, fold the left and right sides inward toward the original line to create two flaps. Crease so that the highest part of each flap is touching the original line. It is important not to let the two flaps overlap. *You may want to take a ruler and run it down each crease to make it sharper.*



Glue your folders together by putting glue (or you may staple) on the inside of the flaps. Then press the newly glued flaps together with your hands until they get a good strong hold to each other. Follow this step to add as many folders as you need for your project. Most of our lapbooks have either 2 or 3 folders.



## Folder 1

<p>What is Diabetes?</p>	<table border="1"><tr><td data-bbox="581 391 732 497">Type 1</td><td data-bbox="769 391 906 497">Type 2</td><td data-bbox="948 391 1089 497">Gestational</td></tr></table>	Type 1	Type 2	Gestational	 <p>Insulin Injections</p>
Type 1	Type 2	Gestational			
<p>Types</p>	<p>Living with Diabetes</p> <p>What kind of diabetes do I have?</p> <p>My Dreams For the future</p>				

## Folder 2

<p>Glucometers</p>	<p>Diet</p>	 <p>Design a T-shirt</p>
<p>Exercise</p>	<p>Check-ups</p>  <p>Complications</p>	<p>Letter to a Friend</p>

## Complete the Scene

Cut out the scene on the dotted line. Glue to the front of your lapbook. Write an adjective (describing word) for each letter in the word "diabetes."

D  
I  
A  
B  
E  
T  
E  
S

SAMPLE PAGE

## Diabetes Overview

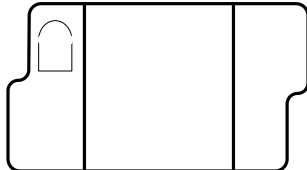
Diabetes is a disorder of the endocrine system that occurs when the body is unable to process glucose properly. When we eat a meal, the food is turned into glucose, which is the body's main fuel source. With the help of insulin, a hormone that is made and regulated by the pancreas, the glucose is able to enter the body's cells. Diabetes is a medical condition that happens when the pancreas is unable to produce enough insulin for the glucose to be able to enter the cells. The cells then do not have enough energy to function properly.

There is no cure for diabetes and it affects both children and adult. The onset of diabetes is typically very quick; so it is important to know the risk factors. These risk factors include: a family history of diabetes and being overweight. African Americans, Native Indians, and Hispanics also have an increased risk. As we age the risk increases. Diabetes is not contagious, and although there is a greater chance of having it if you are overweight, you can not get it from eating too much sugar.

There are three types of diabetes. Type 1, Type 2, and Gestational diabetes. Each type is caused by how the body uses or makes the insulin. People with diabetes have to monitor their blood sugar every day. They also have to stay away from food that may make their blood sugar go up. They may have to take medications to help to control the level of sugar in the blood stream. For some people, that means giving themselves insulin shots every day, while others may only need a pill.

Uncontrolled diabetes can lead to complications, including poor circulation and blindness. Some complications are severe enough to be considered a medical emergency, and require immediate treatment. Regular visits to the doctor, as well as diet and exercise, are important steps in managing diabetes. With proper care and lifestyle changes most people can continue doing all of the things that they enjoy.

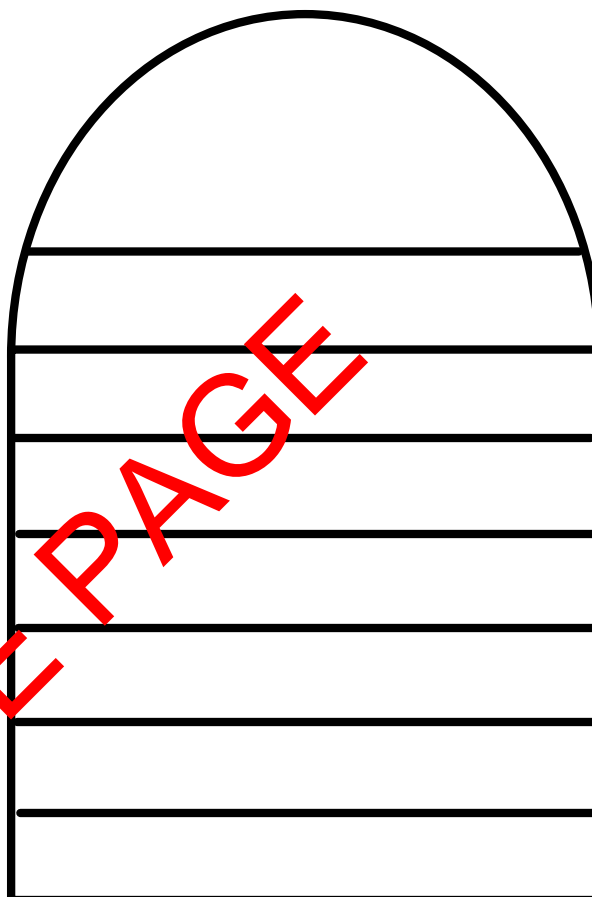
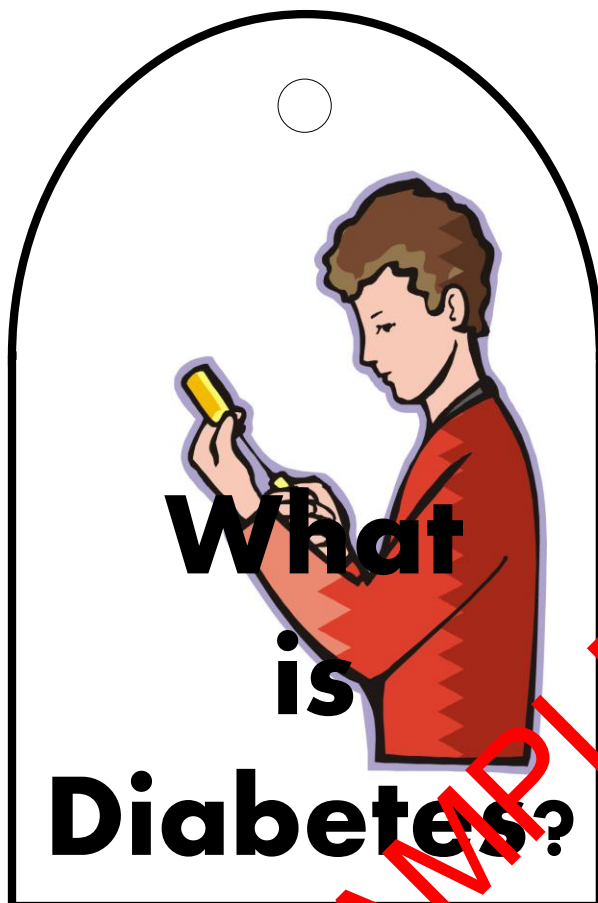
**Folder 1**



**Read Diabetes Overview.**

Cut out each piece on this page. Fasten together at the top with a brad (or staple). Glue into lapbook.

**Directions:** On each booklet, write what you have learned.



# Types of Diabetes

## Type 1

Type 1 diabetes is an autoimmune disease, and the most severe type of diabetes. It is known as *immune-mediated diabetes*, or IDDM, which stands for insulin dependent diabetes. While family history of the disease plays a small part in causing the diabetes, it is most often caused by the body's response to a viral infection. The cells in the pancreas that produce insulin become damaged as the body tries to fight off the infection. The production of insulin stops almost completely. The only way to replace the insulin is to have regular insulin replacement injections. There is no cure for diabetes so these injections are vital to controlling the glucose in the body, and will need to be given on a daily basis for the lifetime of the patient.

## Type 2

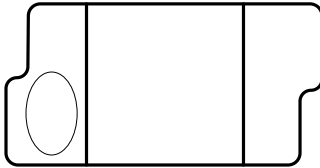
Type 2 diabetes or NIDDM (*non-insulin dependent diabetes mellitus*), is a less severe form of the disease. It usually occurs in people over the age of forty, and it has a slower onset than Type 1 diabetes. Heredity plays a larger part in this type, especially if there is a family history of obesity. Type 2 diabetes can affect the body in two ways: the pancreas still makes insulin but the body is unable to use it effectively, or the body does not make enough insulin. Diet, exercise, and oral medications are used to control the blood sugar levels. Patients will have to monitor their glucose levels on a regular basis, but will not require daily insulin replacement.

## Gestational Diabetes

This type of diabetes develops during pregnancy and is known as insulin resistant diabetes. Hormones during pregnancy may cause the mother to not be able to use the insulin that is produced. When this happens the glucose has no way to leave the body and begins to build up causing high blood sugar levels. With proper treatment the baby is not affected and glucose levels return to normal after the baby is born. The mother however, has a great risk for developing Type 2 diabetes.



**Folder 1**



**Read Types.**

Cut out each piece. Stack together in order. Fasten with a brad or staple. Glue into lapbook.

**Directions:** On each booklet, tell something you have learned.

x

**Types**

Type I

Type 2

Gestational Diabetes

**SAMPLE PAGE**

# Symptoms Of Diabetes

## Type 1

The symptoms of Type 1 diabetes are often undiagnosed due to the fact that they seem harmless. The symptoms for Type 1 diabetes include:

- unexplained weight loss
- increased urination
- extreme thirst
- hunger
- fatigue
- blurry vision
- headaches
- chest pain
- confusion
- coma

Anyone experiencing these symptoms should see their doctor as soon as possible. Early detection can help reduce complications.

## Type 2

Often there are no symptoms with Type 2 diabetes. It is possible for someone to have it for years and not be aware of it. The symptoms of Type 2 include all of the symptoms for Type 1, as well as:

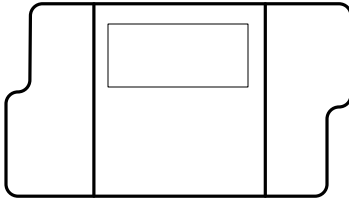
- increased infections
- poor wound healing
- teeth and gum problems
- itching
- tingling of hands and feet

Circulation to the feet and legs is typically poor with Type 2, and if not controlled can lead to the loss of the feet and legs.

## Gestational Diabetes

There are typically no symptoms with gestational diabetes. It is usually discovered during a routine glucose tolerance test given during the twenty-sixth week of pregnancy.

**Folder 1**



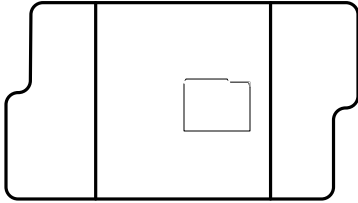
**Read Symptoms Of Diabetes**

Cut out the booklet as one piece. Hamburger fold in half so that words are on top. Cut on the dotted lines to form three flaps. Glue into lapbook.

**Directions:** Under each flap, write the symptoms of each.

The main layout is a large rectangle divided into three horizontal sections. A vertical line on the left side is labeled 'GLUE' vertically. A vertical line on the right side is labeled 'cut' vertically. A vertical line in the middle is labeled 'fold' vertically. The three sections are: 1. Top section: A yellow-bordered rectangle containing the text 'Gestational Diabetes'. 2. Middle section: A green-bordered rectangle containing the text 'Type II'. 3. Bottom section: A red-bordered rectangle containing the text 'Type I'. Two horizontal dotted lines separate the three sections, with 'cut' written at the end of each line on the right side. A large red watermark 'SAMPLE PAGE' is diagonally across the center.

### Folder 1



Read **Symptoms Of Diabetes**

Cut out as one piece. Hamburger fold in half with title on top. Glue into lapbook.

**Directions:** Answer the question inside the booklet.

What kind of diabetes do I have?

SAMPLE PAGE