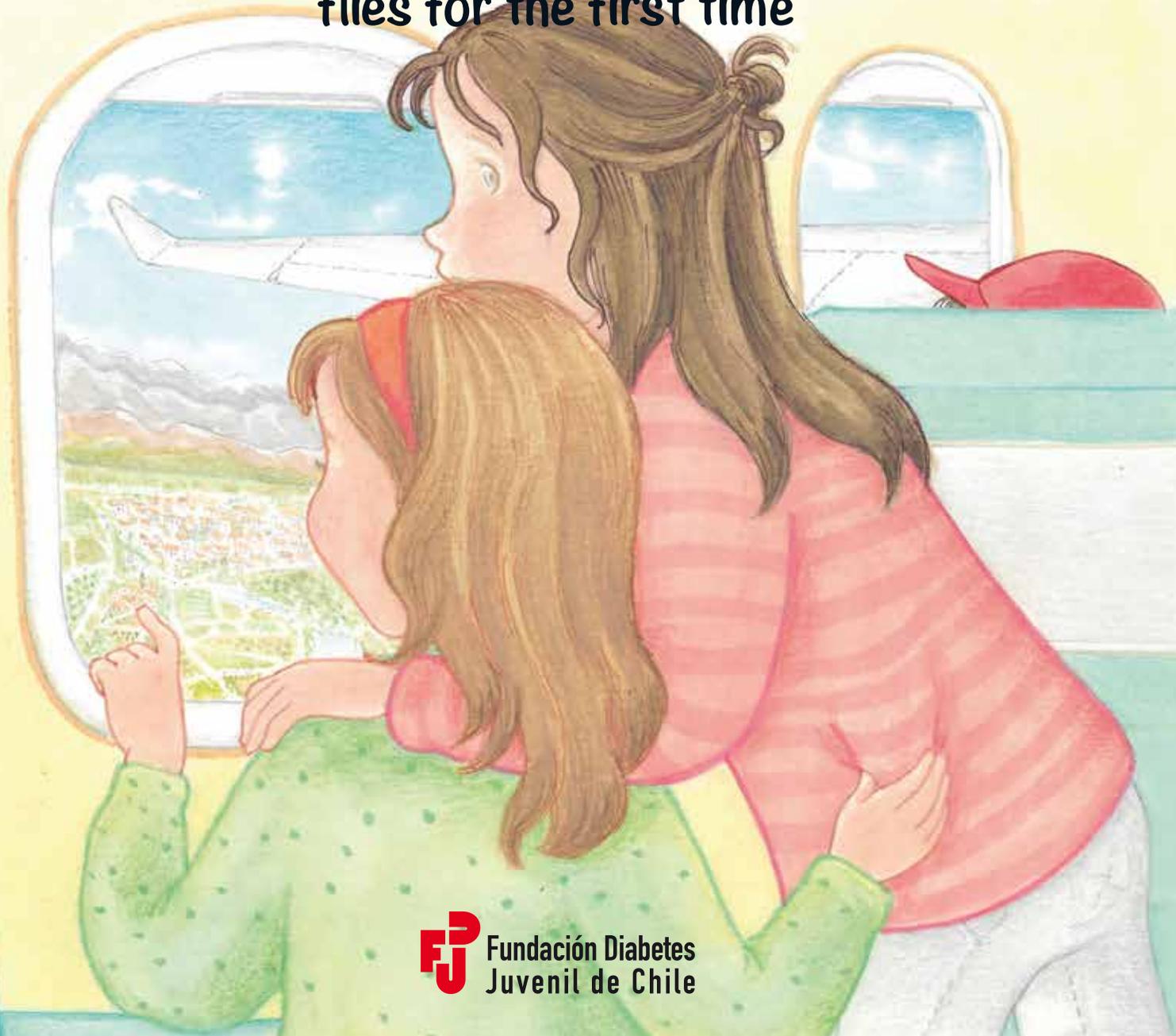


Amalia

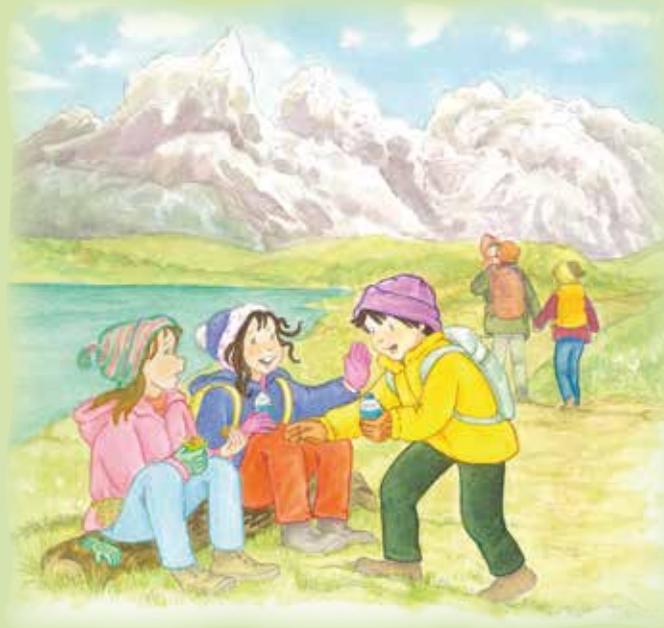
flies for the first time



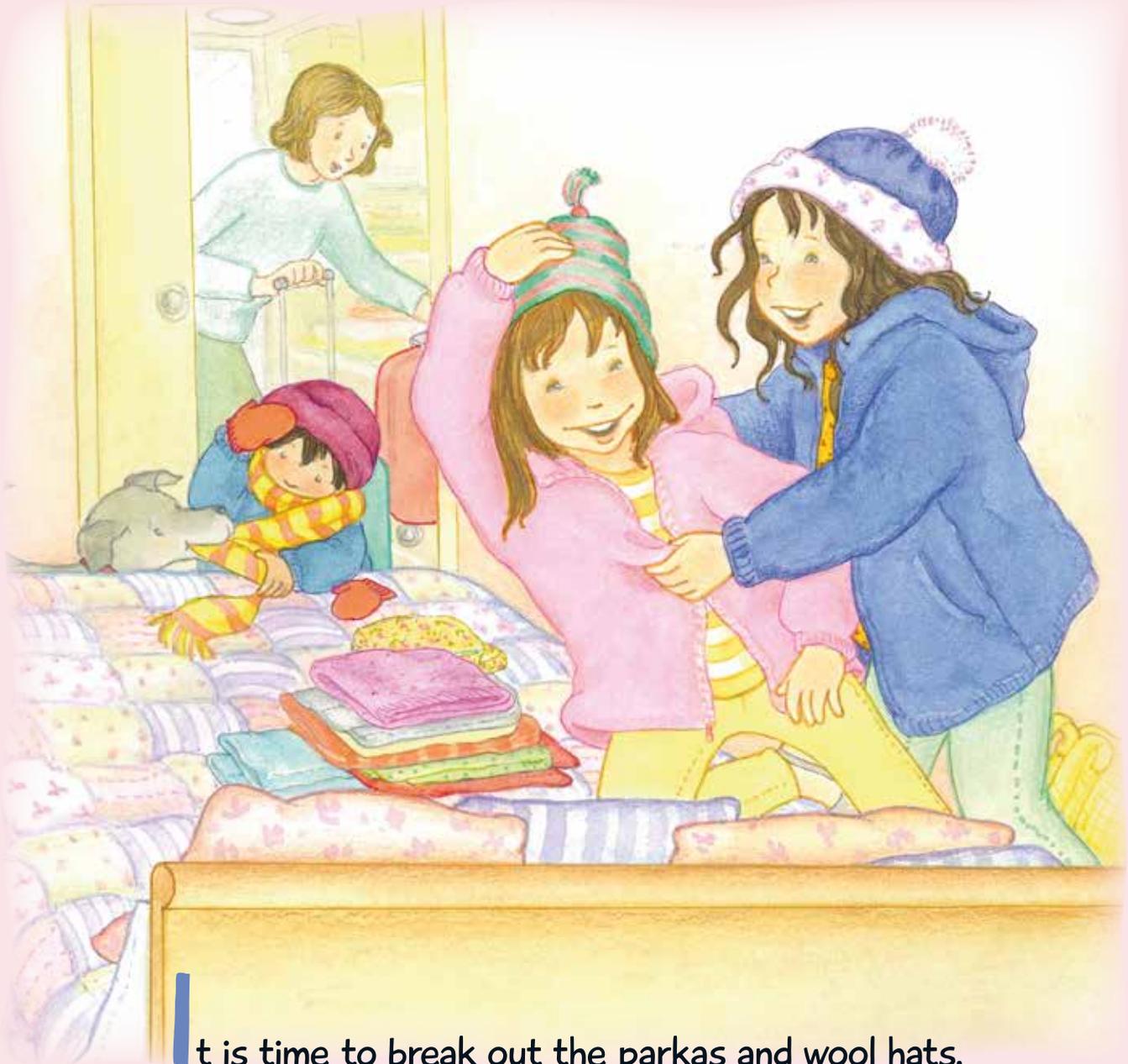
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Amalia

flies for the first time



Text: Valentina Onetto • Illustration: Soledad Folch
Design: Bernardita Valdivieso • Editor: César Velasco
Department of Education



It is time to break out the parkas and wool hats. Amalia and her friend, Paula, are traveling to the south to see her uncle and aunt. Both are very excited. It is the first time traveling by themselves!



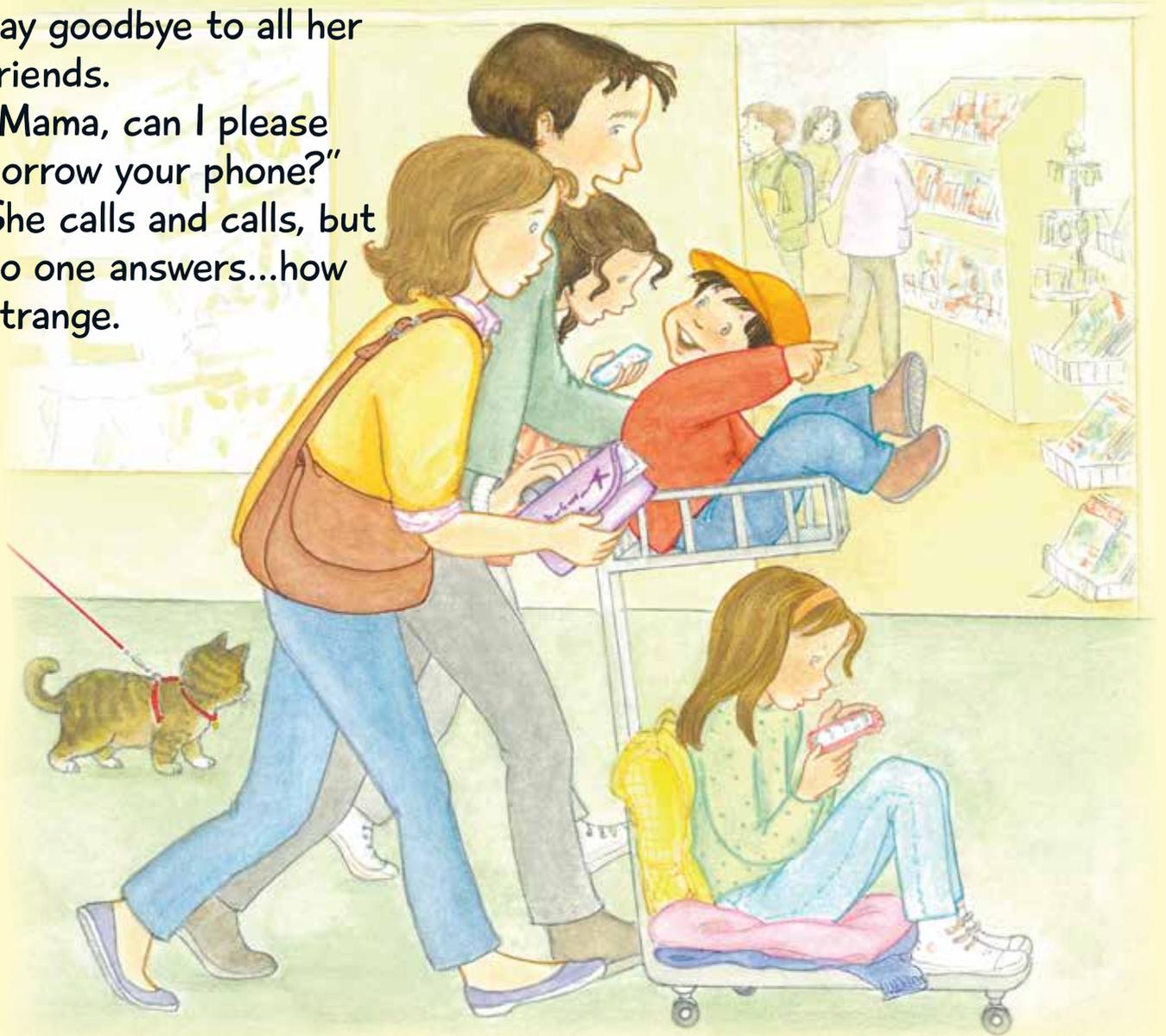


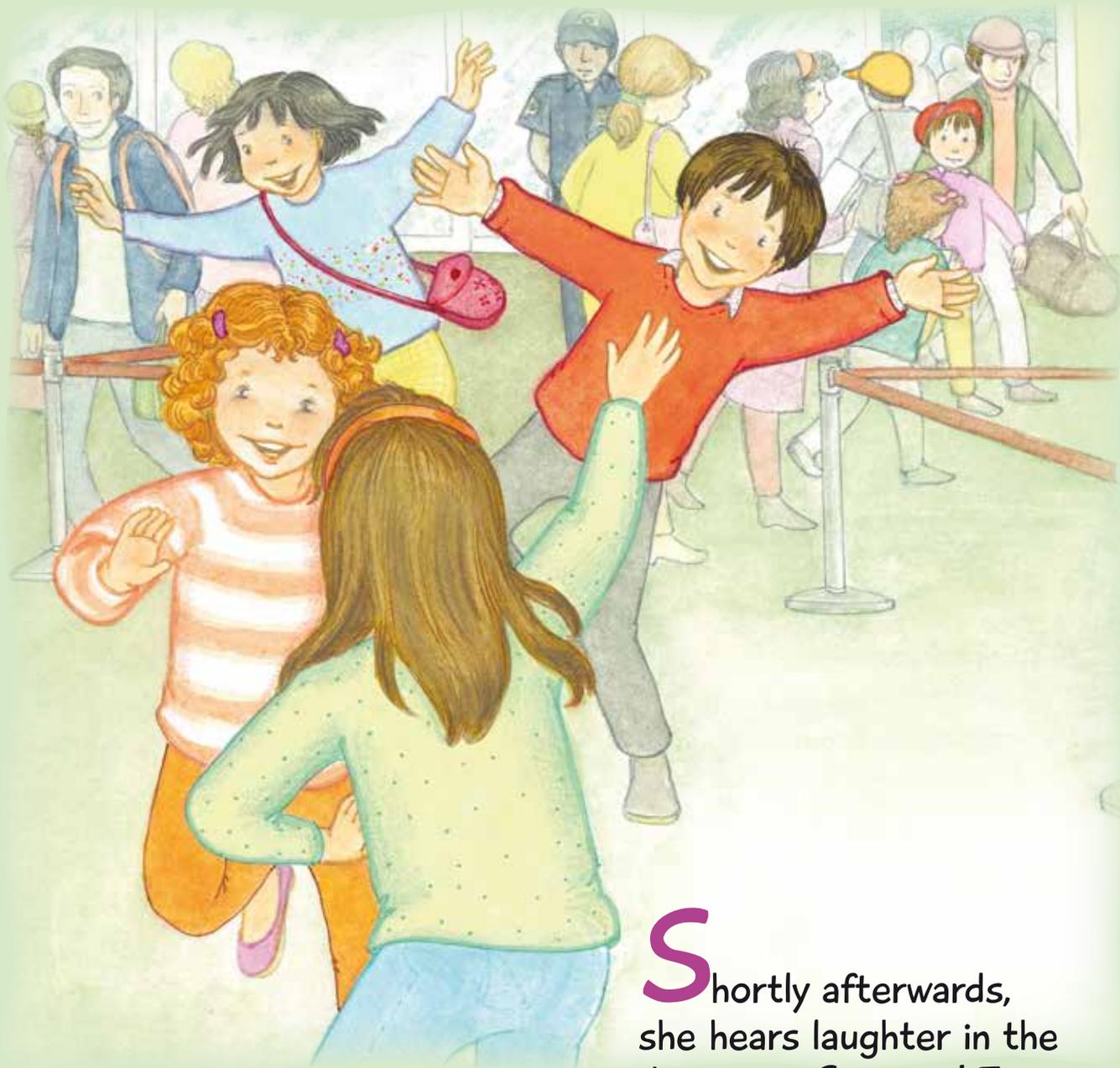
Her mother explains to the personnel at the airport that Amalia has a bag with all her diabetes supplies, along with a letter from her doctor. With everything in order, the two are ready to board the plane.



Amalia feels uneasy because she didn't have a chance to say goodbye to all her friends.

"Mama, can I please borrow your phone?" She calls and calls, but no one answers...how strange.





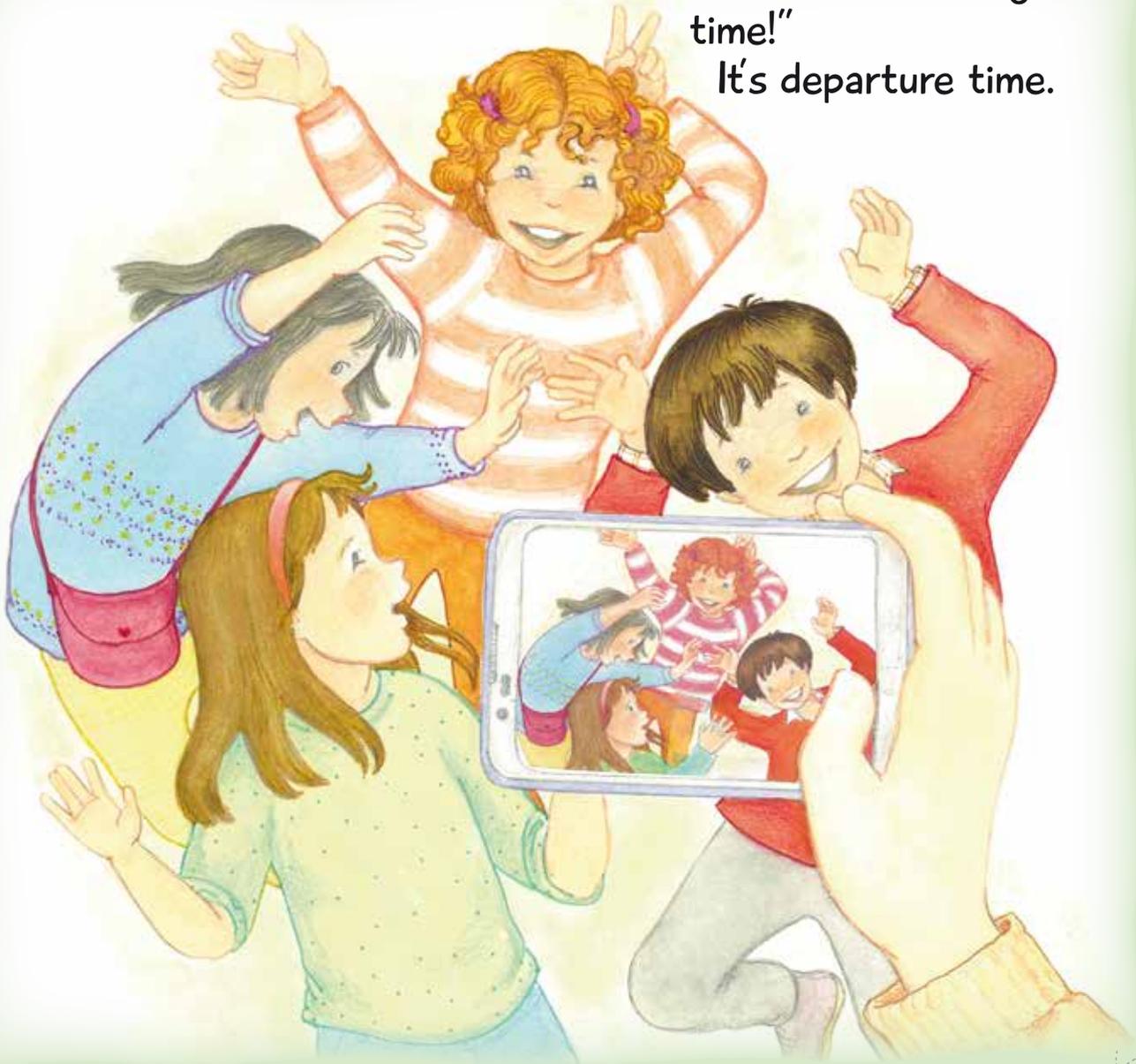
Shortly afterwards, she hears laughter in the distance. Surprise! Tere, Jorge, and Sofi have come to say goodbye.

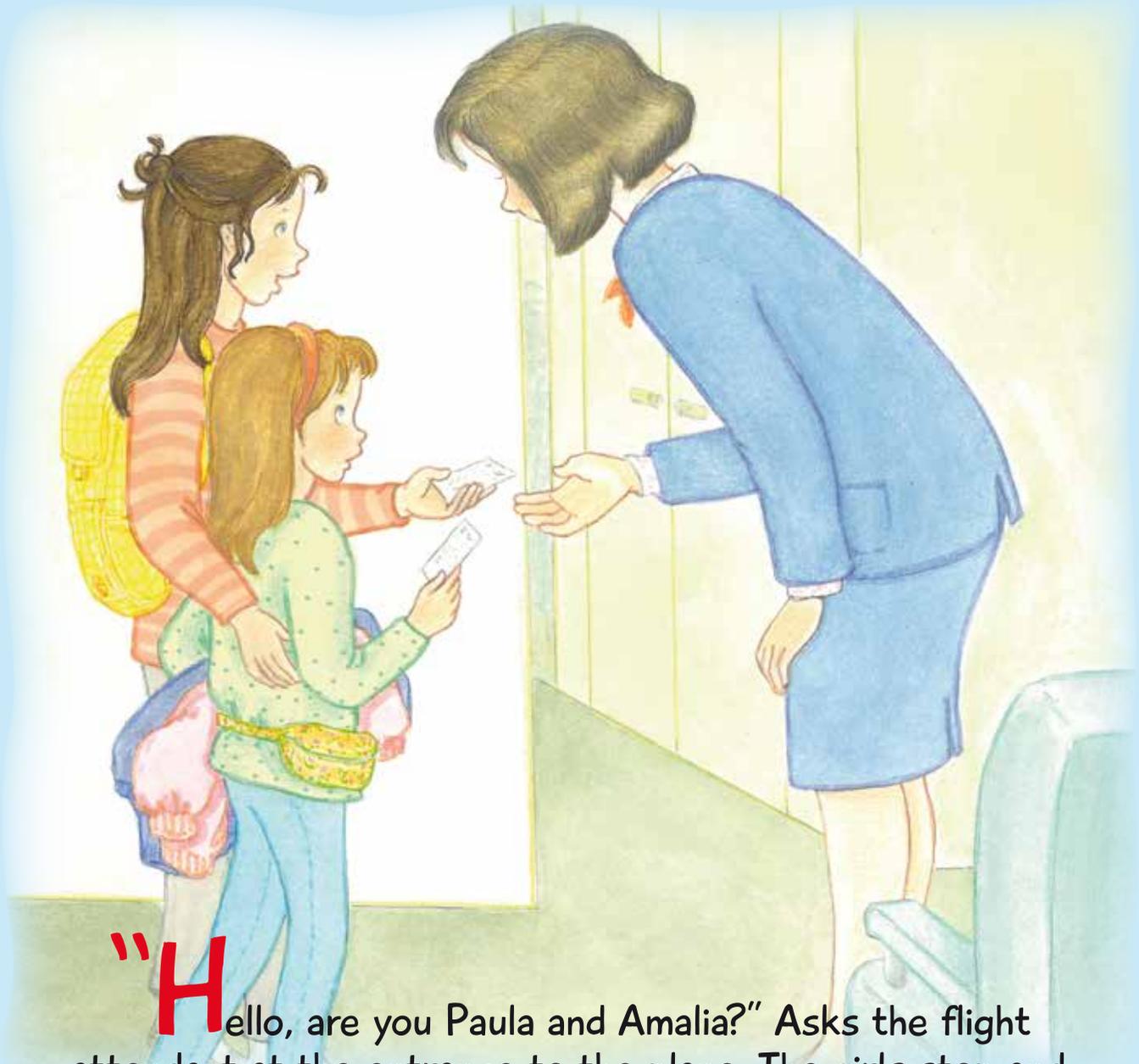


Happily, they hug each other
and take photos.

"Good luck! Have a great
time!"

It's departure time.

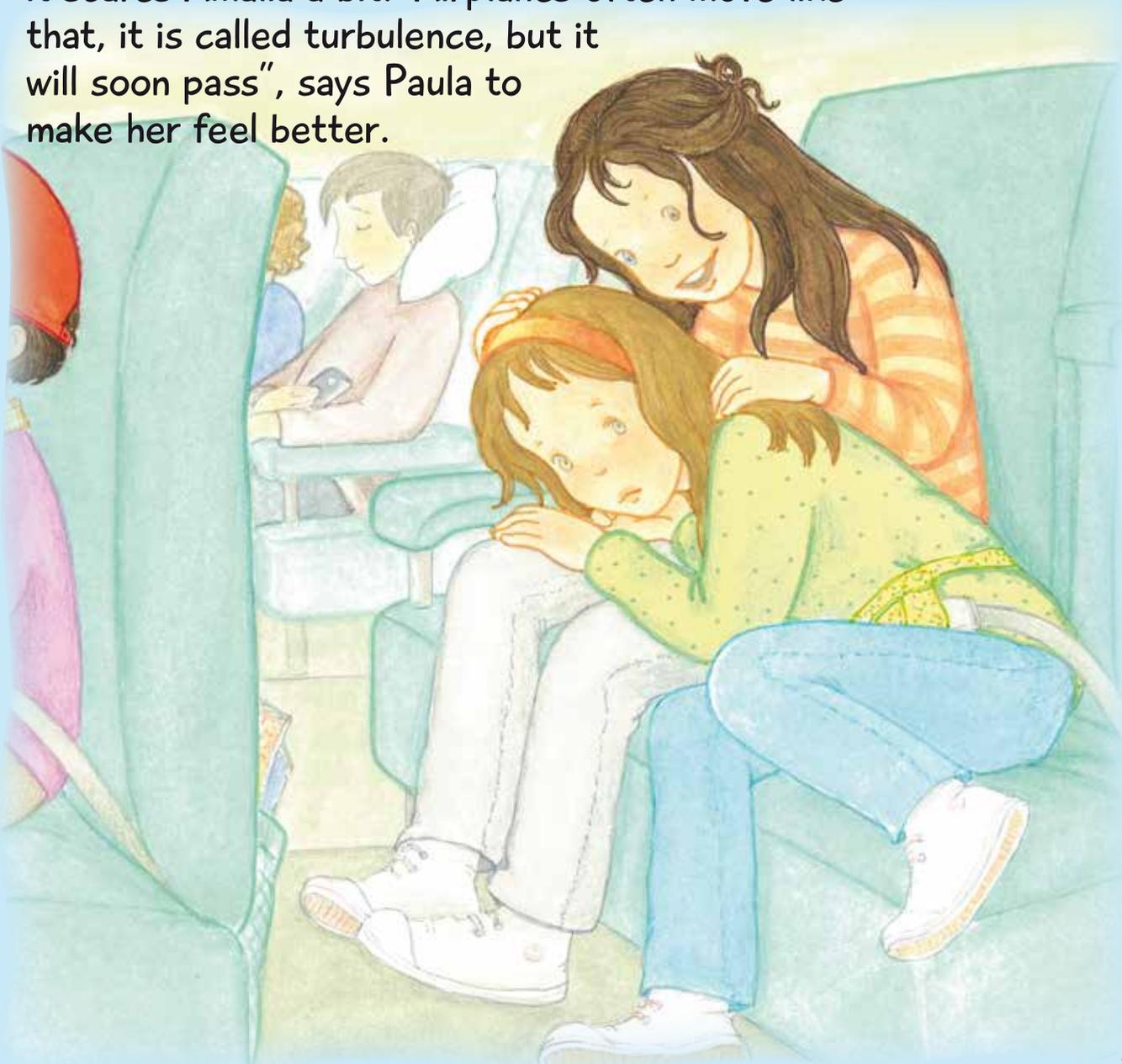




"Hello, are you Paula and Amalia?" Asks the flight attendant at the entrance to the plane. The girls stop and show their boarding passes along Amalia's bag of supplies. "Ah, yes, we've had other children with diabetes, no problem", says the flight attendant and shows them to their seats.

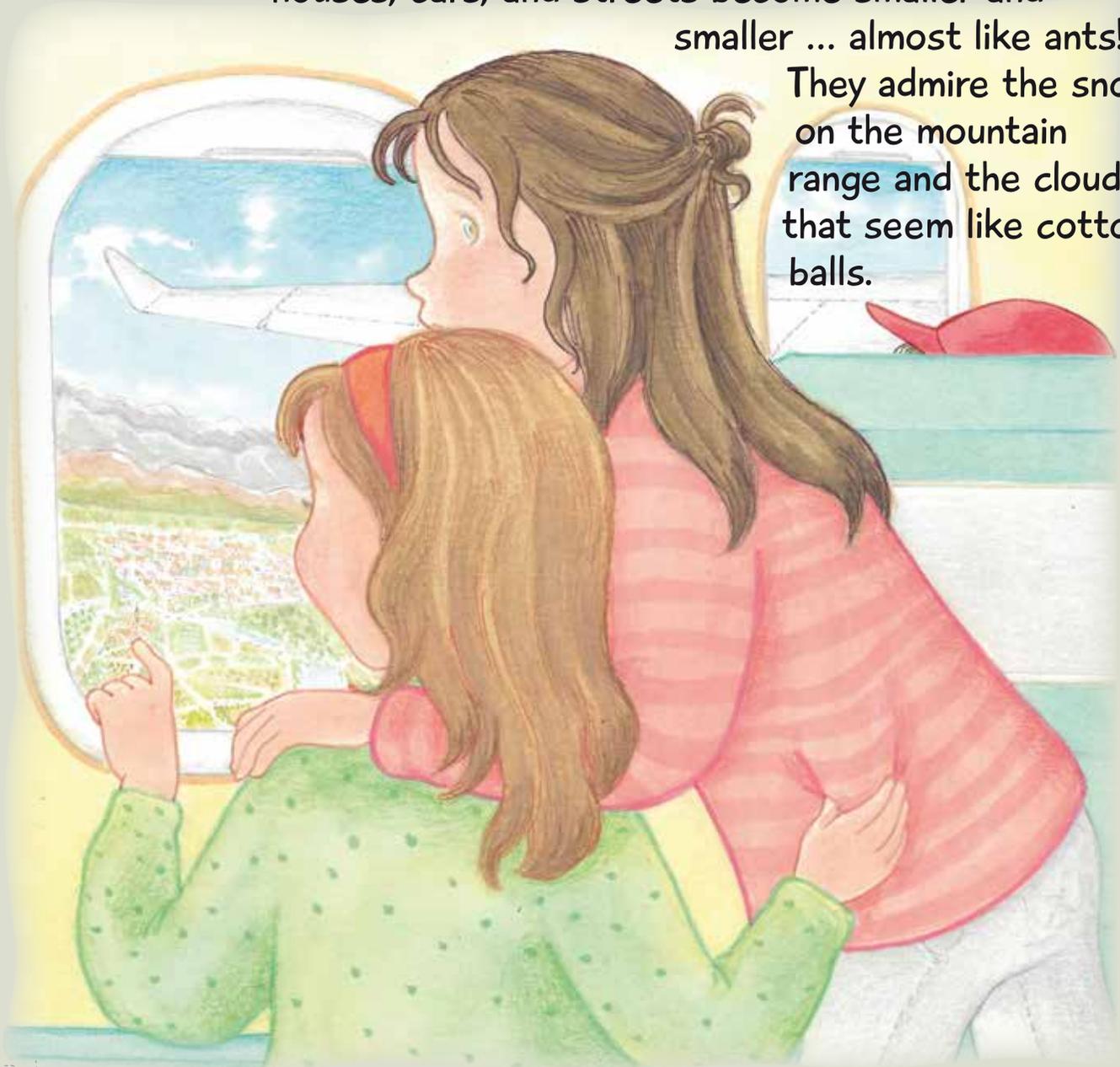


The plane moves and bounces during takeoff and it scares Amalia a bit. "Airplanes often move like that, it is called turbulence, but it will soon pass", says Paula to make her feel better.



Amalia and Paula are amazed at how the people, houses, cars, and streets become smaller and smaller ... almost like ants!

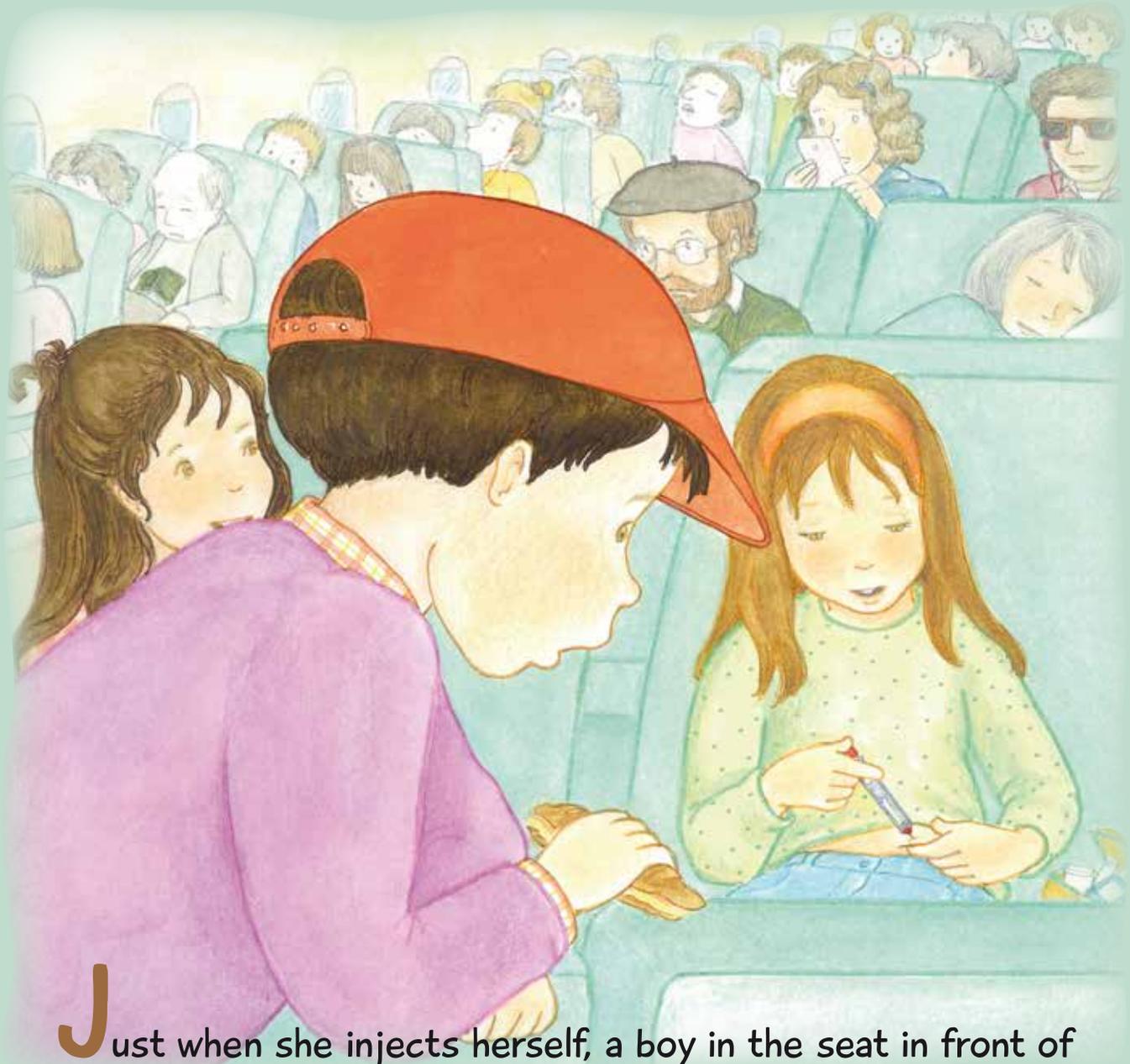
They admire the snow on the mountain range and the clouds that seem like cotton balls.





The trip last three hours, so the flight attendant brings a snack: juice, a cookie, and a delicious sandwich. Paula helps Amalia calculate the carbohydrates to determine how much insulin to inject.

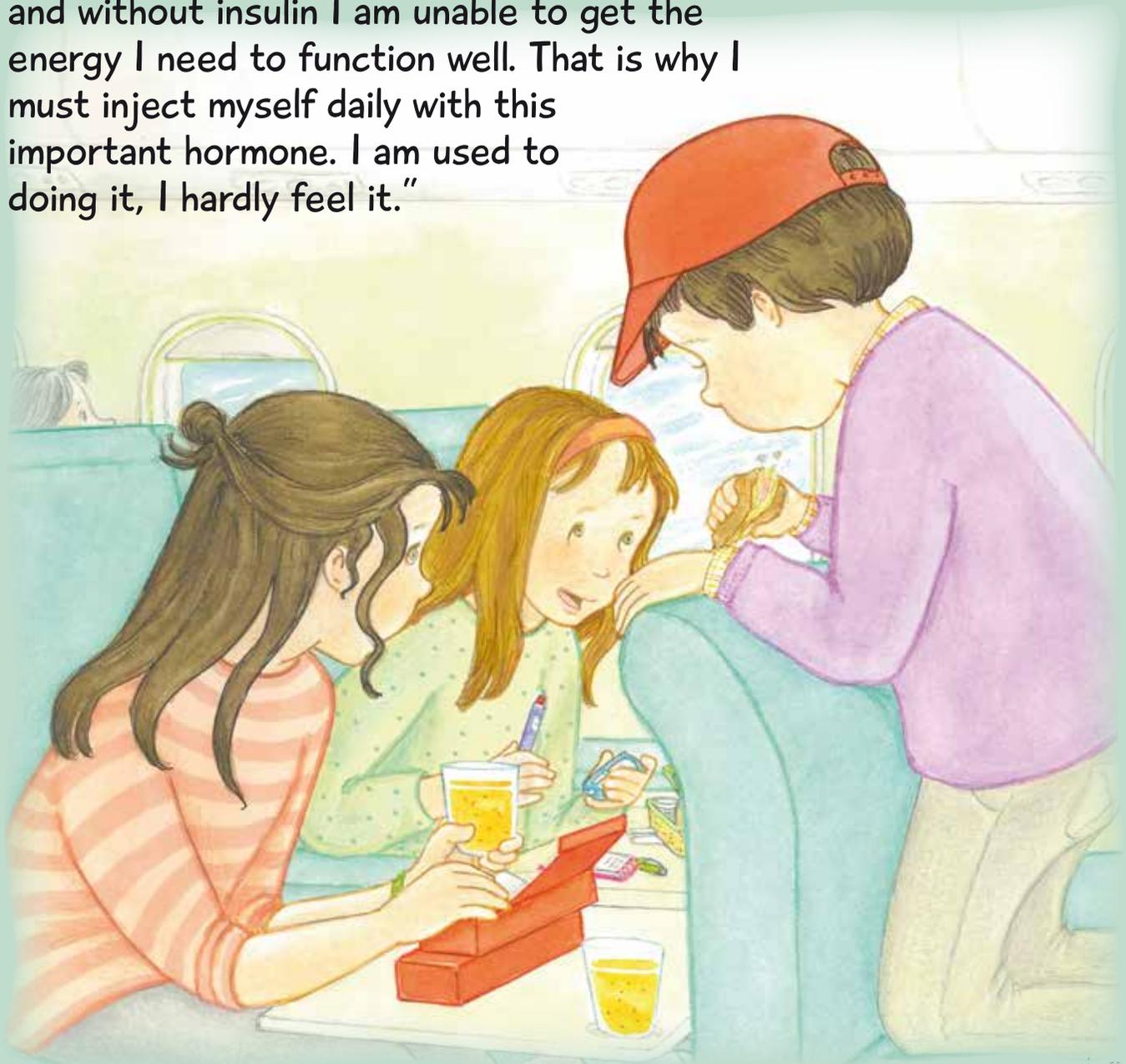




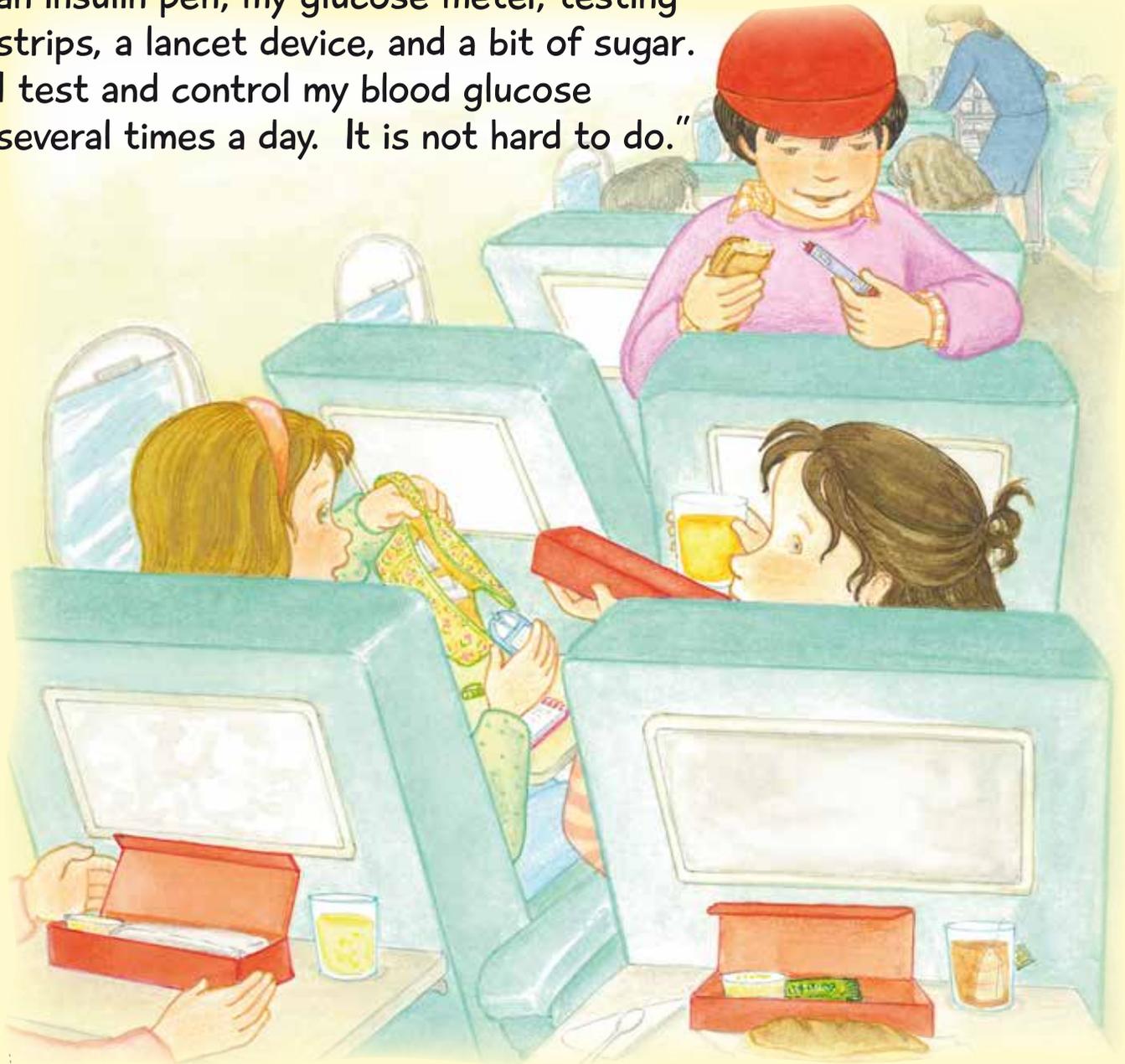
Just when she injects herself, a boy in the seat in front of her peeks over the seat. "What are you doing?", he asks astonished. "I have Type I diabetes and I am giving myself some insulin before eating", she responds.

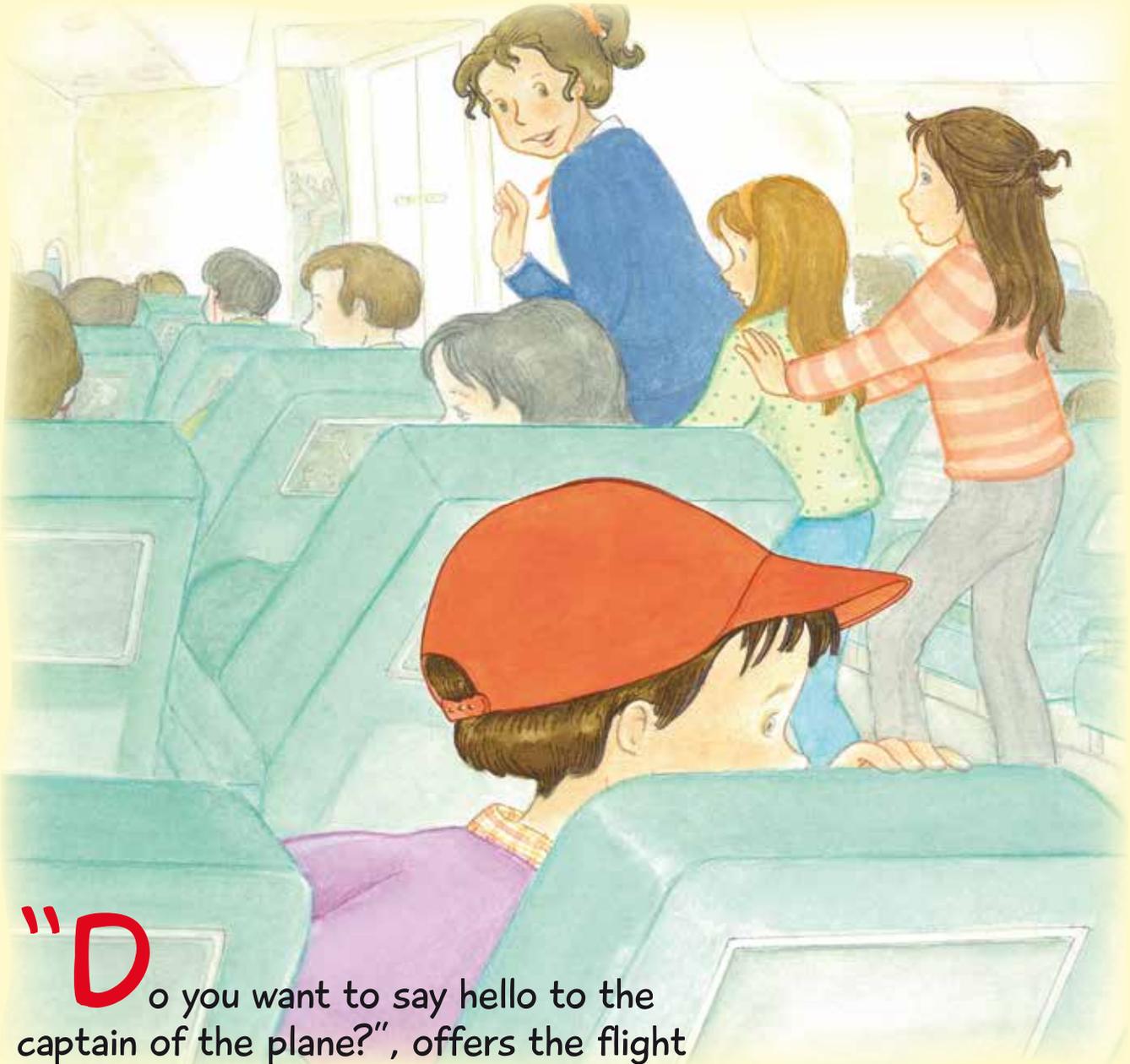


"My pancreas doesn't produce insulin and without insulin I am unable to get the energy I need to function well. That is why I must inject myself daily with this important hormone. I am used to doing it, I hardly feel it."



“I always have this bag with me with an insulin pen, my glucose meter, testing strips, a lancet device, and a bit of sugar. I test and control my blood glucose several times a day. It is not hard to do.”

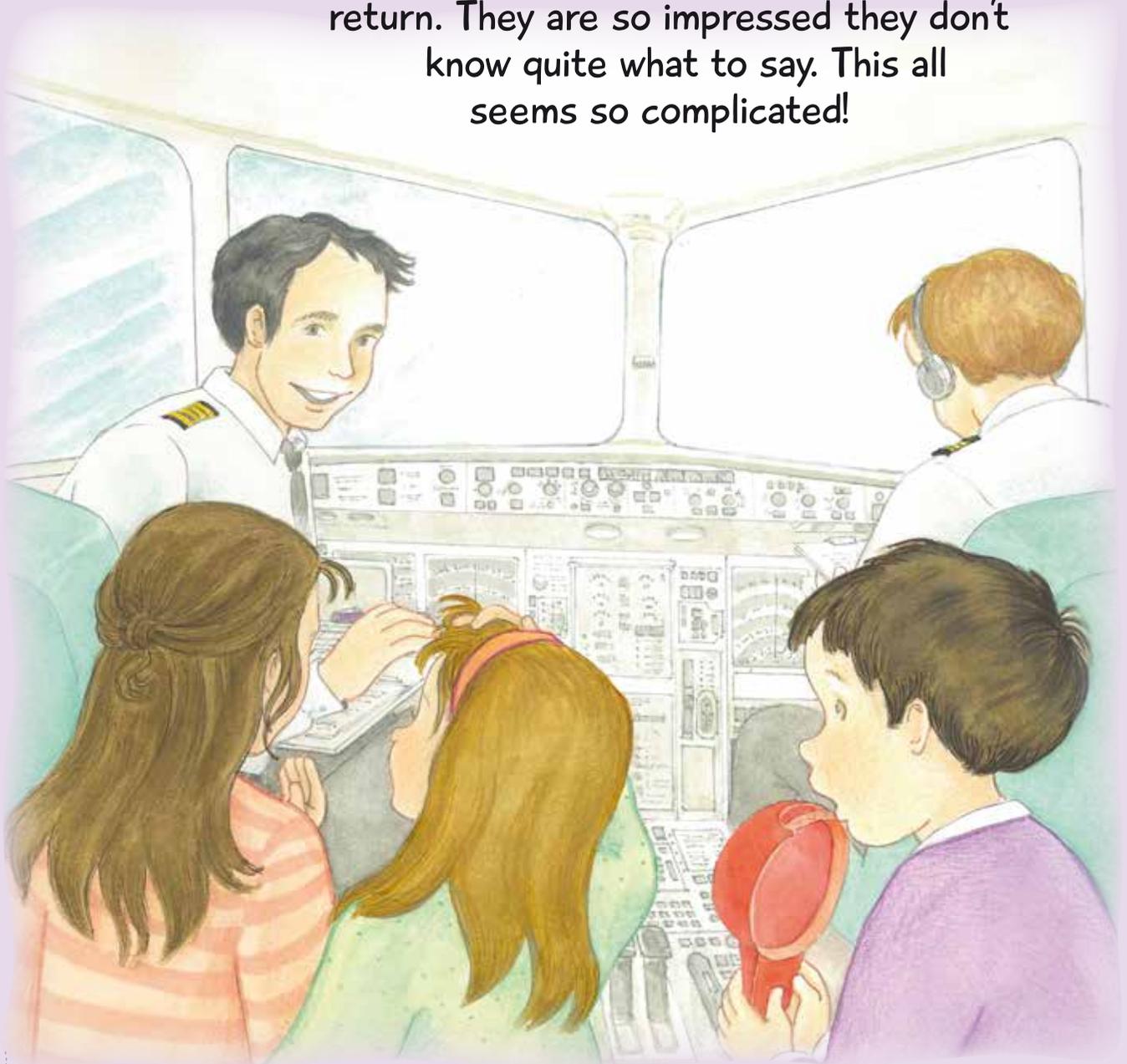


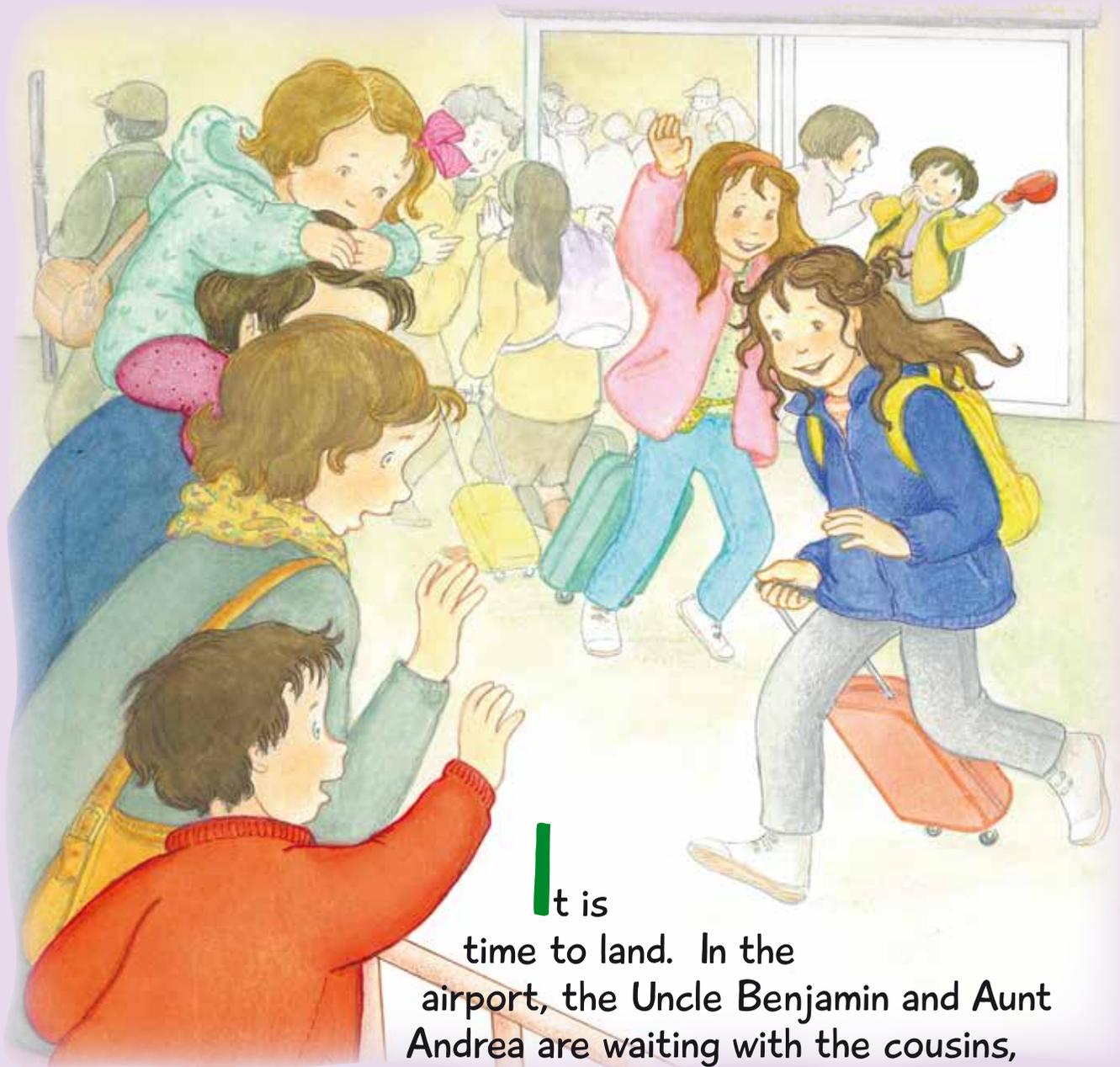


"Do you want to say hello to the captain of the plane?", offers the flight attendant. "Certainly!", they respond in chorus. What luck to be able learn about the flight deck of the plane.



“Hey kids, welcome to the flight deck”, says the captain. “Hi”, they answer in return. They are so impressed they don’t know quite what to say. This all seems so complicated!

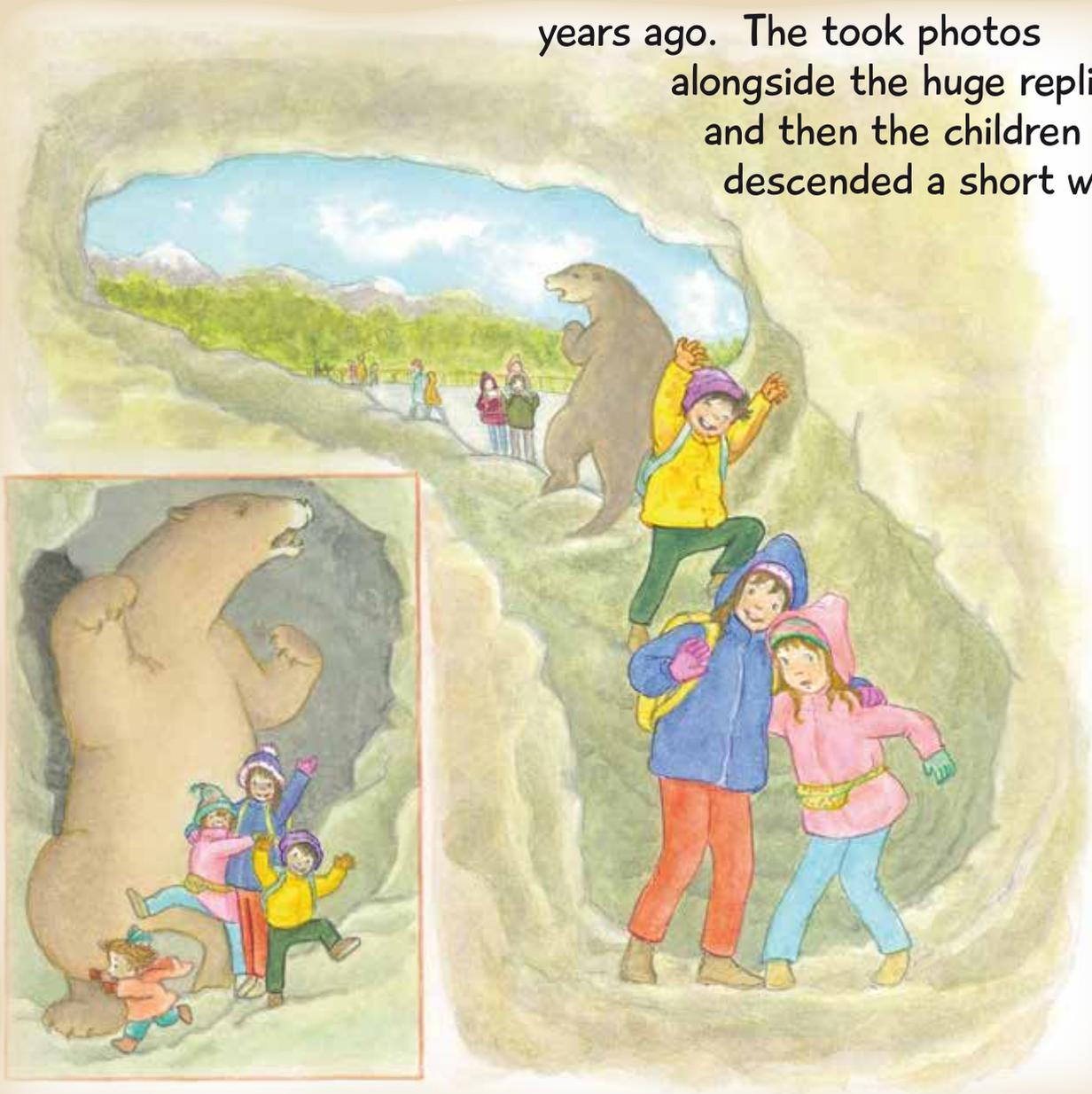


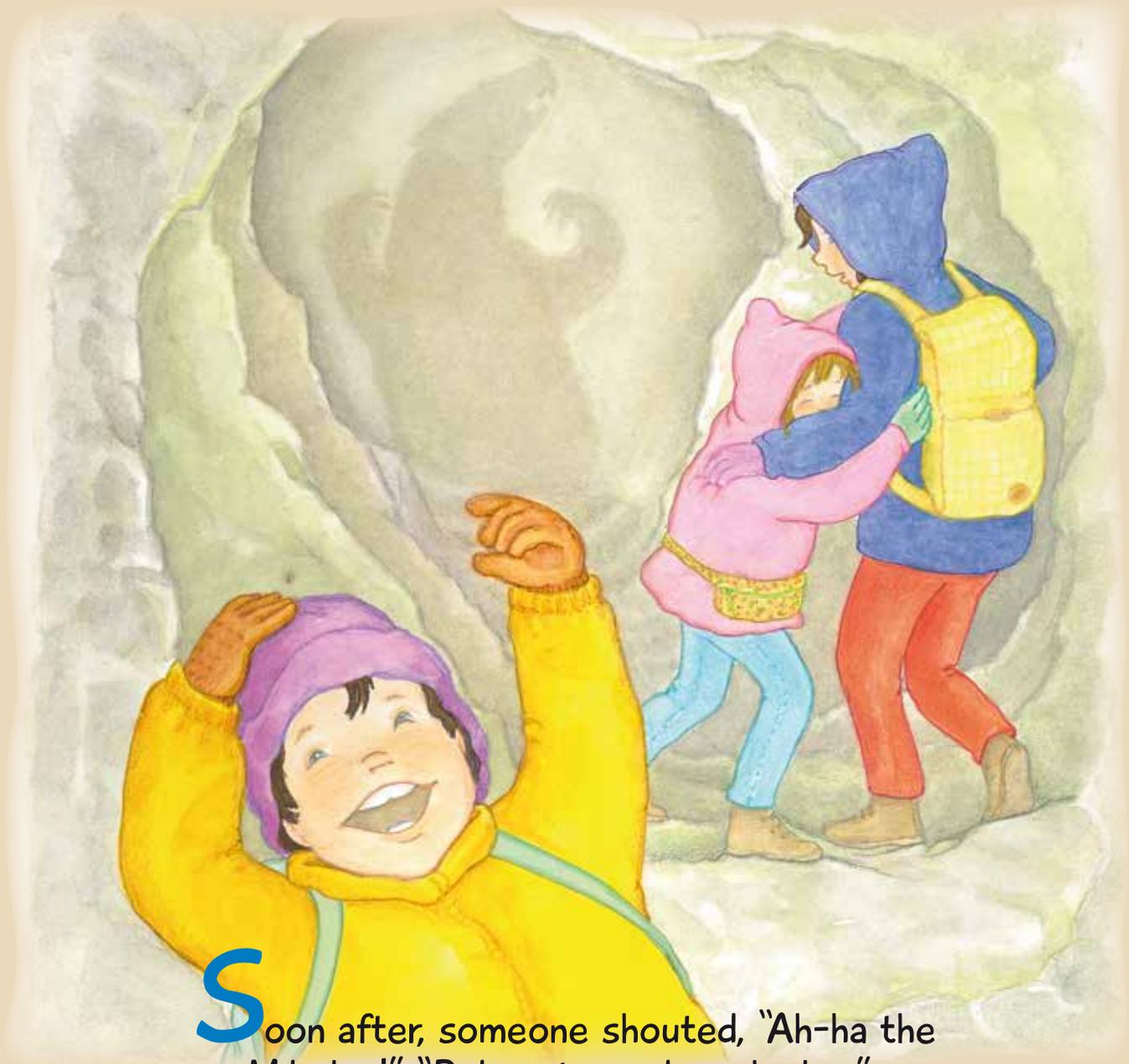


It is time to land. In the airport, the Uncle Benjamin and Aunt Andrea are waiting with the cousins, Maxi and Trini. "Welcome!" Now, it is time to rest because tomorrow we are headed to the National Park "Torres del Paine".



The next day they visited the Cave of the Milodon, an animal that lived thousands of years ago. They took photos alongside the huge replica and then the children descended a short way

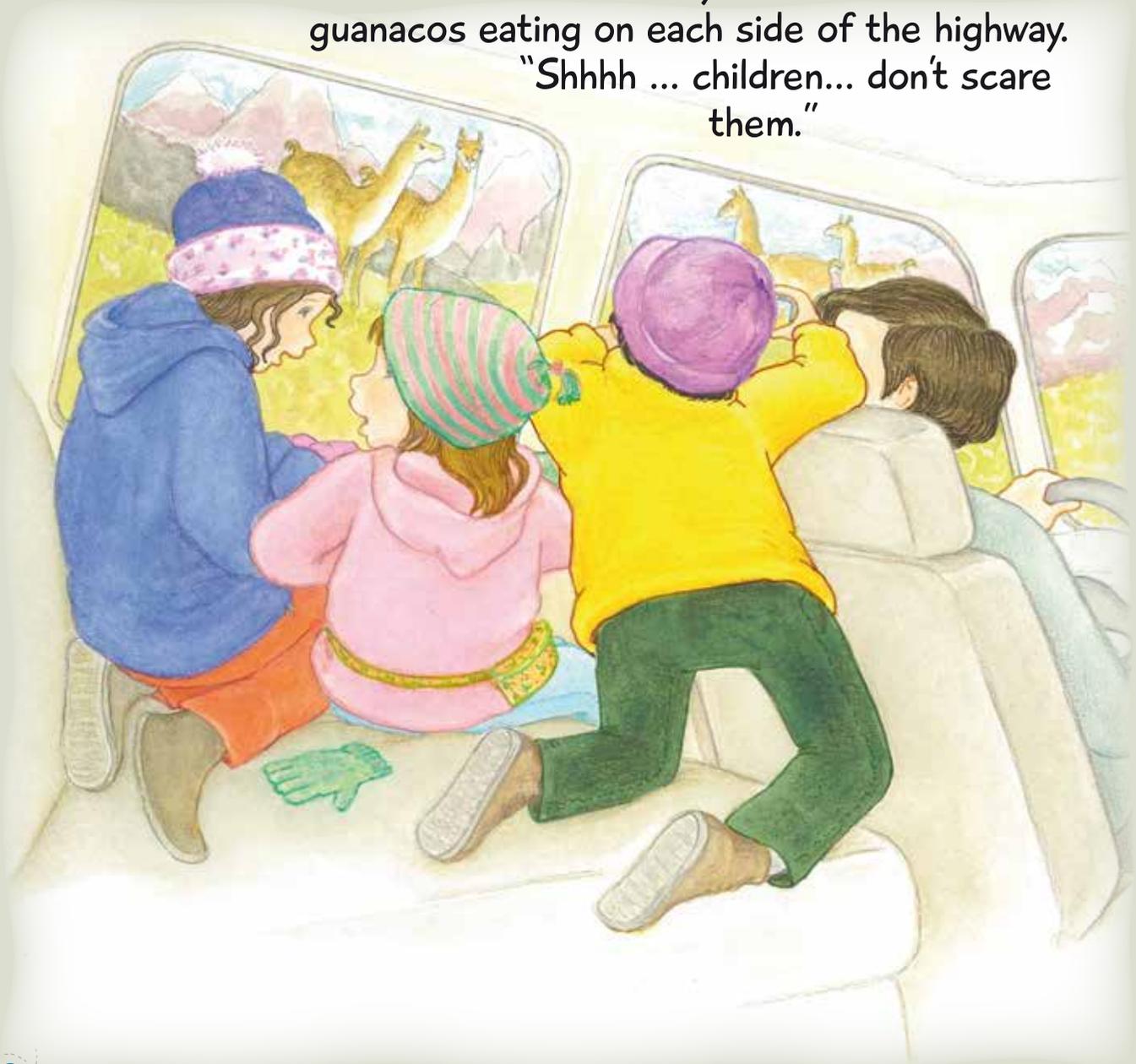


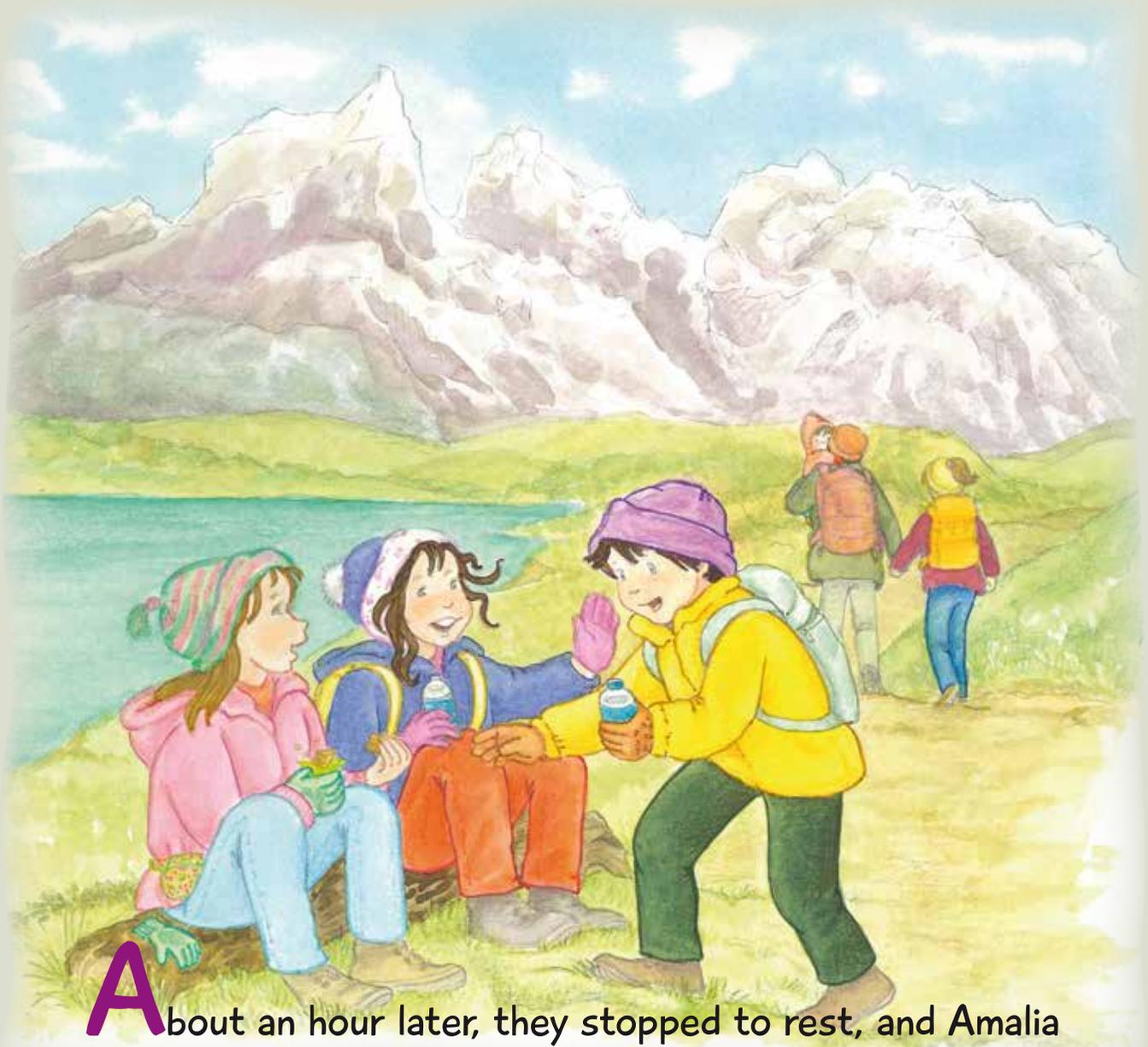


Soon after, someone shouted, "Ah-ha the Milodon!" "Relax, it is only a shadow", announced Paula as Maxi broke out in laughter.



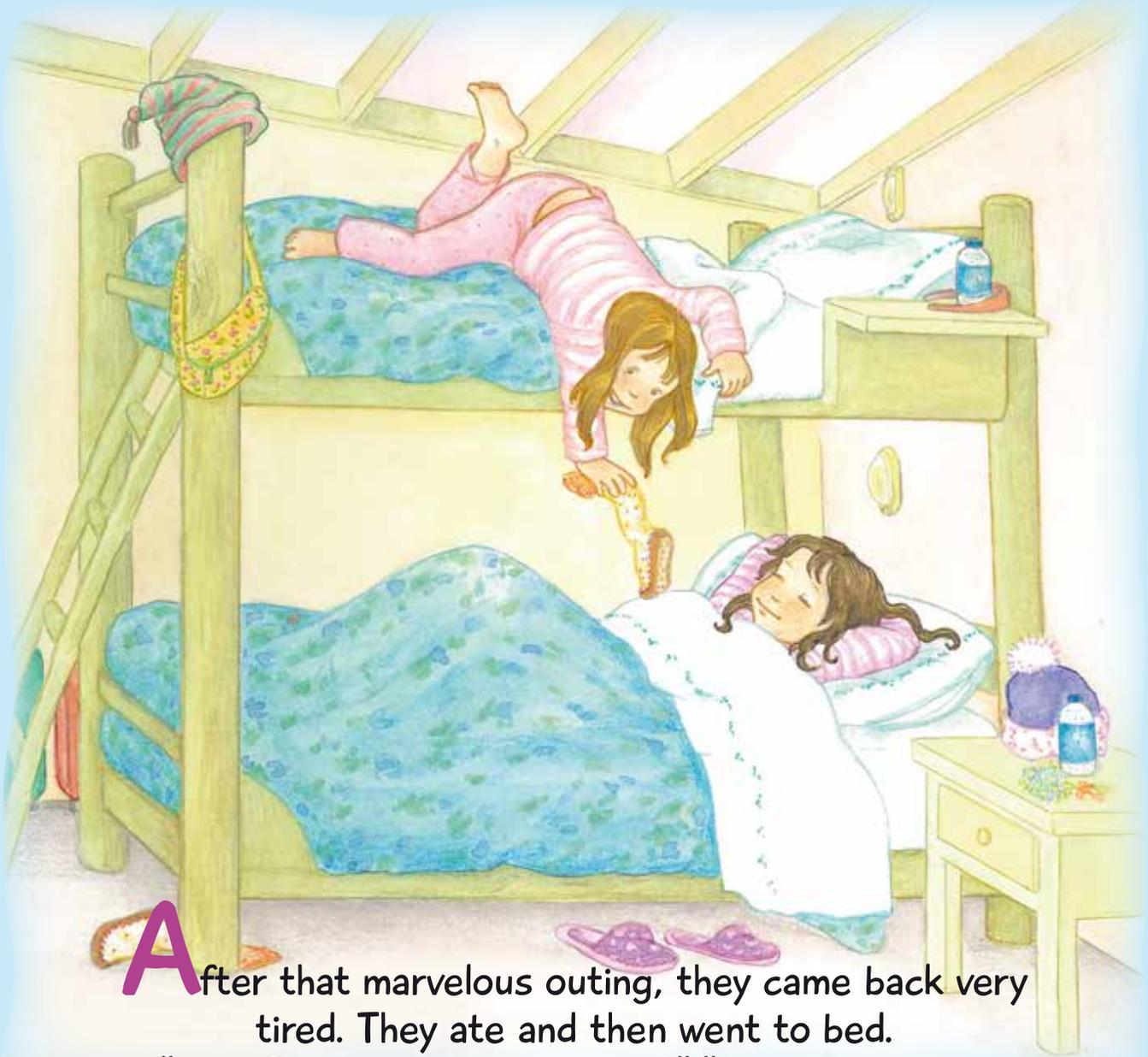
On the road to the Torres del Paine, Uncle Benjamin pulled off the side of the road so that they could admire the guanacos eating on each side of the highway. "Shhhh ... children... don't scare them."





About an hour later, they stopped to rest, and Amalia took advantage of the time to test her blood glucose. It was normal, but there was still more walking ahead so she took out a cereal bar to help avoid a low blood sugar. Then, Aunt Andrea handed out cereal bars for everyone.

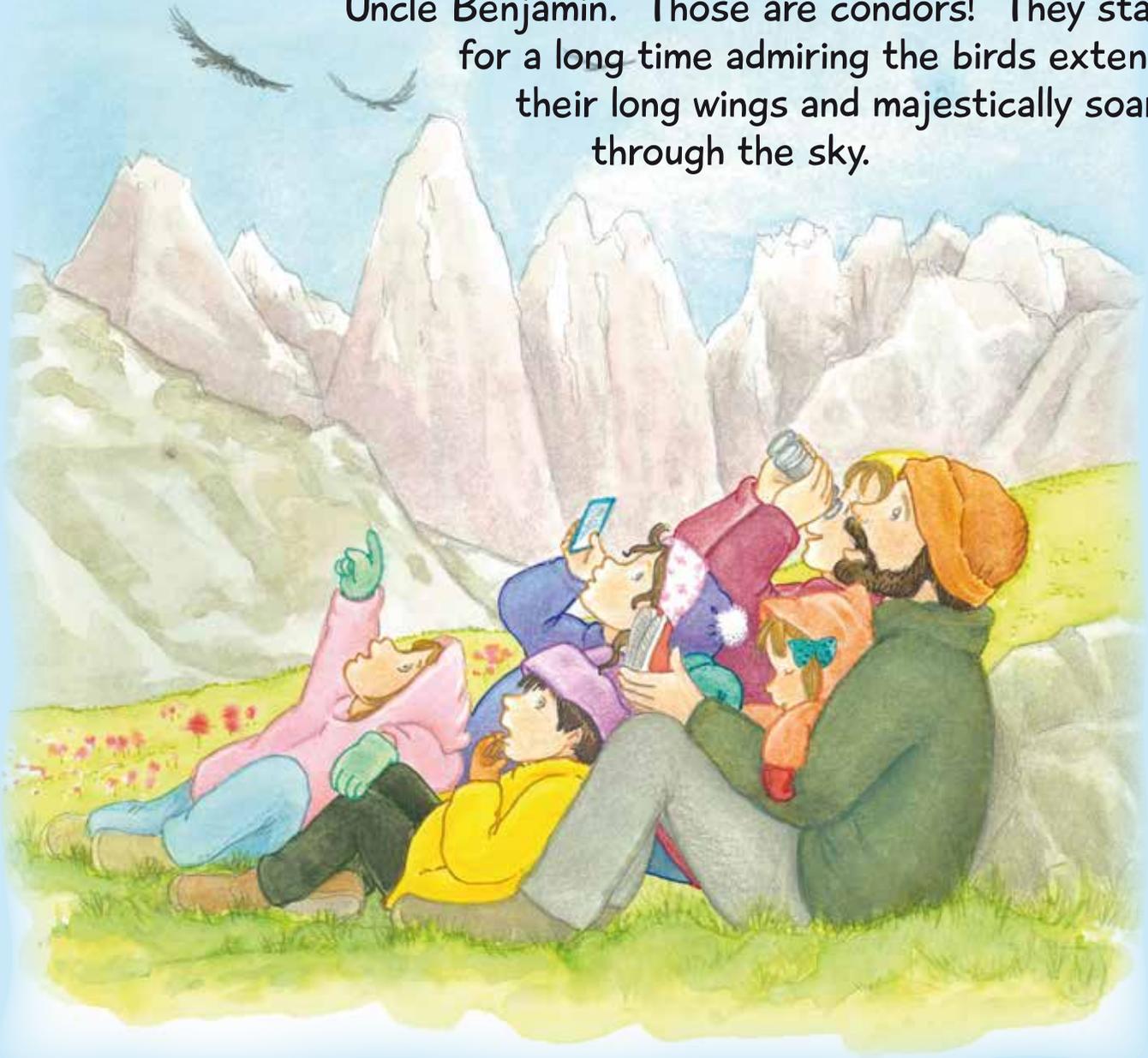




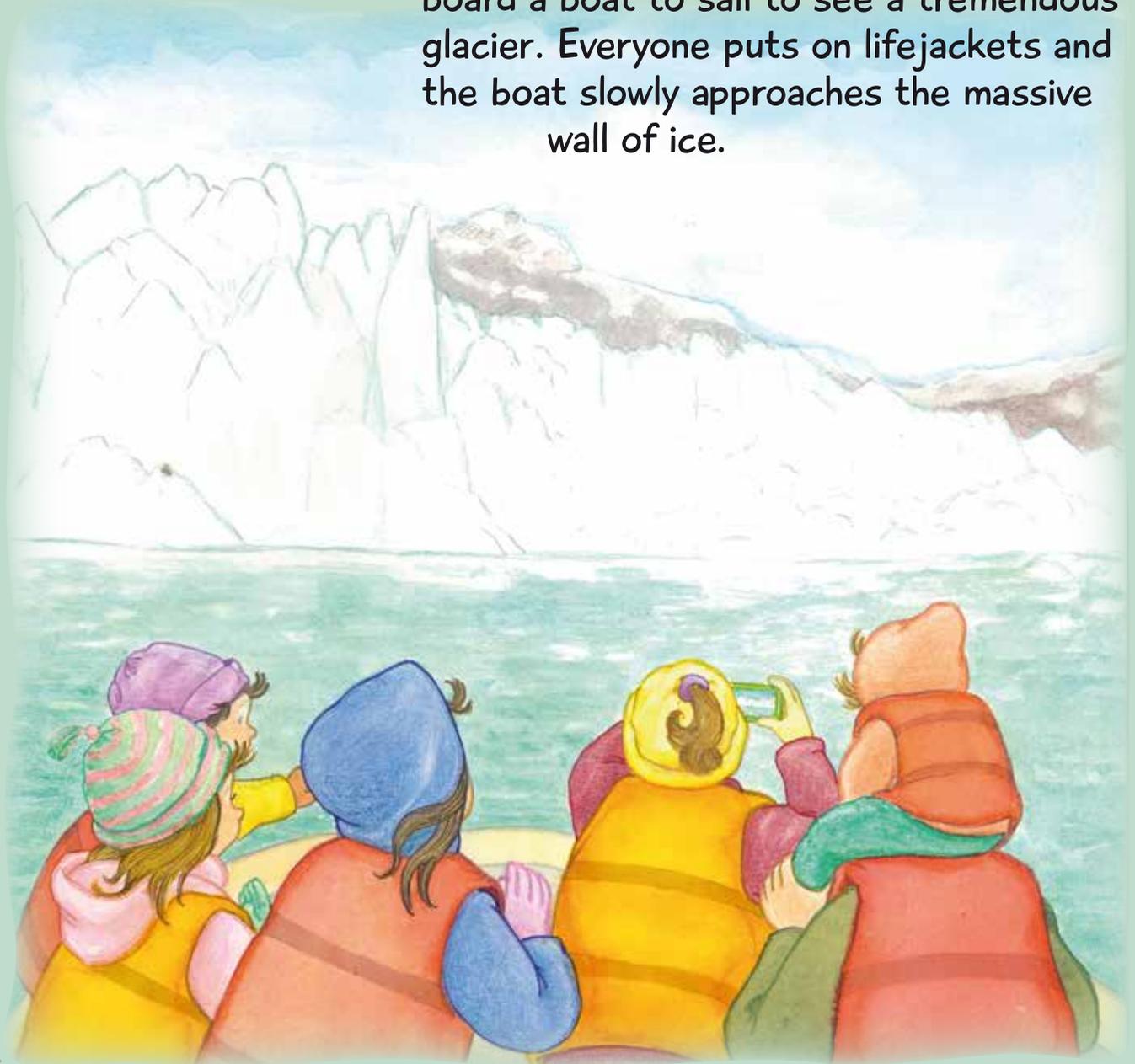
After that marvelous outing, they came back very tired. They ate and then went to bed. "Um...Paula, are you sleeping?" "We are having a wonderful time, right? I am so happy!" "Absolutely", replies Paula, "but we have to get to sleep because tomorrow will be another great day."

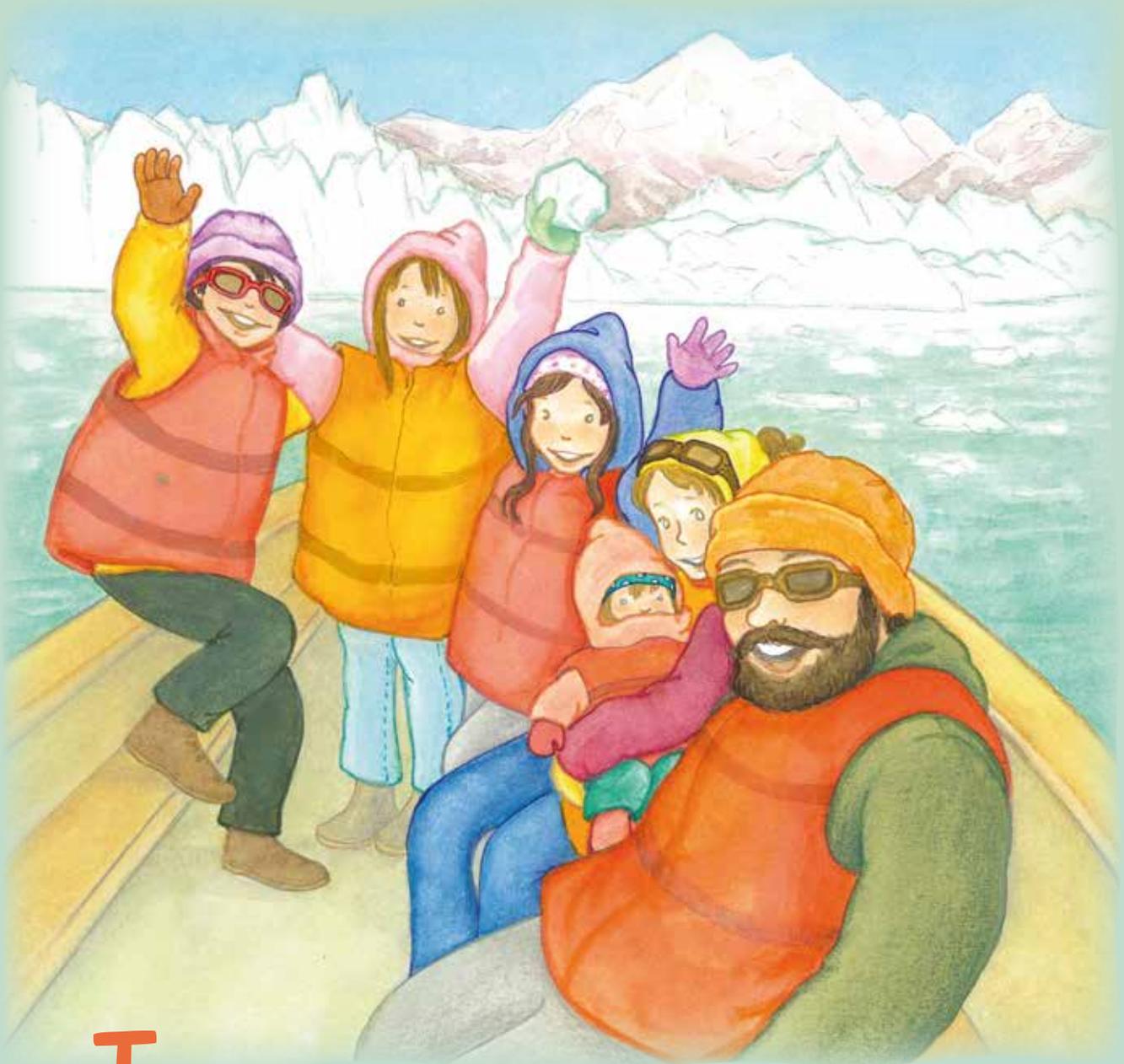


The following day they went to a place with a spectacular view. "look at the clouds, children", said Uncle Benjamin. "Those are condors!" They stayed for a long time admiring the birds extend their long wings and majestically soar through the sky.



Today another great surprise! They board a boat to sail to see a tremendous glacier. Everyone puts on lifejackets and the boat slowly approaches the massive wall of ice.





They stop in front of the glacier. Amalia scoops up a bit of thousand-year-old ice floating in the lake. Tasting it gives her the shivers!

The days have gone flying by and it is hard to believe it has come time to say goodbye. "What wonderful outings, we have had such a great time!"

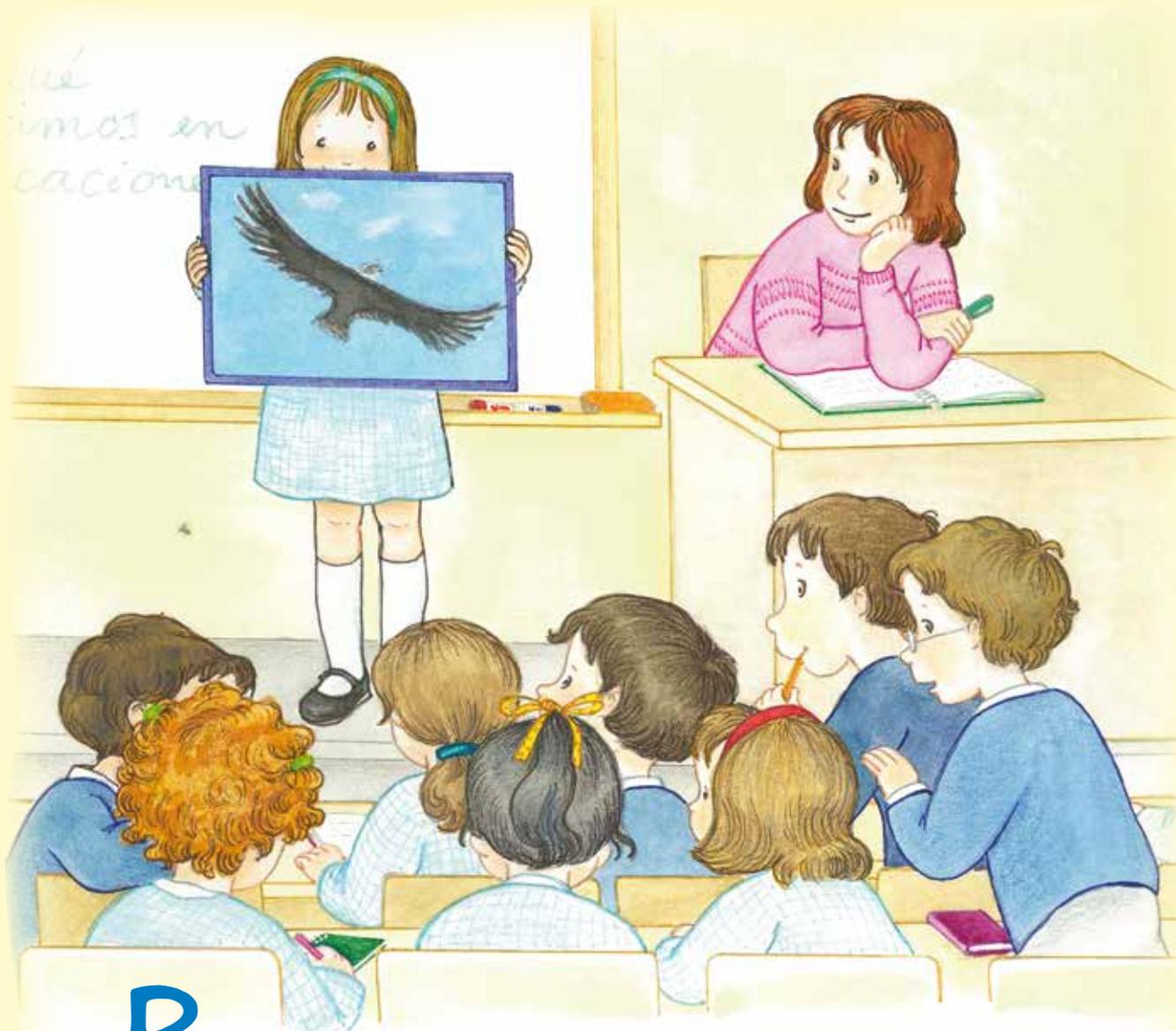
"Thanks for everything!", say the girls. Even Maxi gets a bit emotional, even though he won't admit it.





"Bye, Bye and thanks for everything!"
"Goodbye girls!", say the Aunt and Uncle.
This has been a truly unforgettable vacation.





Back in class, Amalia shows her fellow students her favorite pictures of her vacation. Everyone is amazed and want to her more details of their wonderful trip to the south.

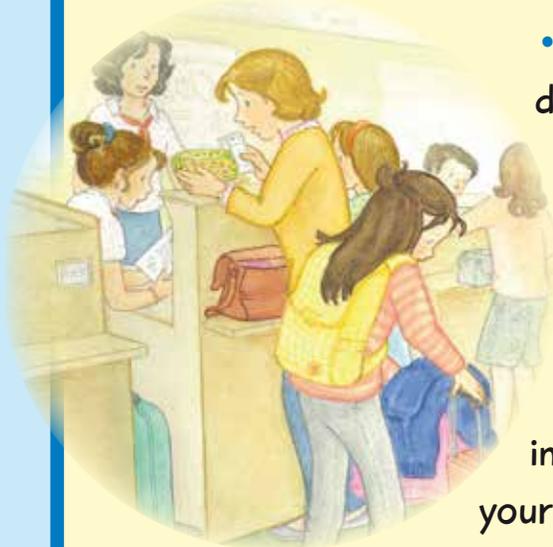


"Some advice for parents"



Airplane travel with a child with type 1 diabetes

Some advice for parents



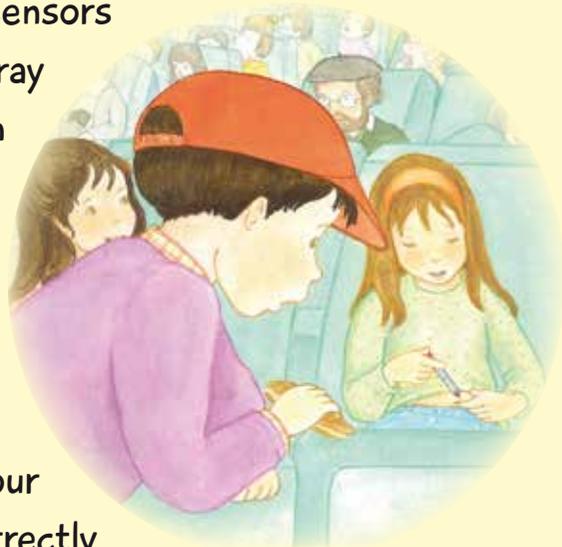
- Always carry a letter for your doctor that documents your child's Type 1 diabetes. It should include a summary of their treatment and the supplies needed (insulin, needles, test strips, glucagon kit, lancets, lancet holder, glucose meter, glucose sensors, things needed for an insulin pump, and other things specific to your child's treatment). Make sure to have a copy in English to present at the airline counter.

- Take all your supplies and equipment in your carry-on bag, along with additional things needed to control your diabetes, such as snacks and rapidly absorbed carbohydrates (sugar-based) for low blood glucose.



IMPORTANT: Always transport your insulin in your carry-on luggage that will be taken on the plane, never in checked bags. Temperature variations can alter the effectiveness of insulin.

- Insulin pumps and glucose sensors should never go through the x-ray machine, instead take them through the metal detector. If questioned, politely explain what you are doing to airport security, and show them the doctor's letter.



- After arriving at your destination, be sure and correctly refrigerate your extra insulin and use a fanny pack or waist belt to carry your supplies for daily use.

- If you travel outside of your home country, remember to adjust for possible time changes. Reprogram your doses of basal insulin as necessary.

