

Case of Sharon Carson

Sharon Carson is an athletically active 18 year old woman who was diagnosed with Type 1 Diabetes when she was 10 years old. She manages her diabetes herself and takes insulin regularly (Lispro 15 minutes before meals). Lately she has been challenged in trying to control the amount of insulin she needs. She loves sports and every time she exercises she finds her blood sugars are not the same and so she is having trouble figuring out both her diet needs and her insulin needs. She worries that she may need to decrease her sports activities to help regulate her diabetes. She also finds that her menstrual cycle causes fluctuations in her insulin needs. Coupled with this she is tired of having to always adjust her diet when out with her friends. So she often eats what they do and ignores the impact on her blood sugar control.

Her mother is very worried about Sharon. However, when she tries to talk to her, Sharon just says that it is her body and she knows what she should and should not eat and the importance of keeping her blood sugar in check. Her mother is despondent over her apparent cavalier approach to managing her diabetes and worries about the impact this is going to have on Sharon's health. Sharon has finally agreed to come and meet with your team to discuss her situation.