

Ashlynn O'Hara

My name is Ashlynn and I am 9 years old. I have had type 1 diabetes for 2 yrs now. I am an ambassador for the JDRF (Juvenile Diabetes Research Foundation). The JDRF foundation is always working hard to raise money and awareness to find a cure, for kids just like me. Why am I working so hard fundraising for JDRF? That might be a little easier to explain once I tell you a little about T1D.

T1D Looks Like Me - JDRF



T1D is an auto immune disorder. My body no longer makes insulin like your bodies do. I need insulin to break down the sugar and energy in food to keep myself healthy and to stay alive. I have to test my glucose (or sugar) levels to try to keep myself between a 4 and 8. I test myself at timed intervals through the day and night. I usually have to test myself between 19-20 times a day to keep myself at a safe number. When my blood glucose number goes 4 or lower that is considered a low blood sugar. Going too low can be very dangerous, it could cause a seizure, loss of consciousness or possibly death.

Anything I eat with carbohydrates I have to weigh and measure to balance my insulin needles. I have to take 6 needles a day. Even though I take all the steps necessary, my blood sugars can still be hard to manage. Numbers ranging from 2-25 in a 12 hour period are not uncommon, these numbers make me feel tired, weak and overall not very good.

You may be surprised to learn that there are 4 kids in my school just like me. We all have to manage our blood glucose numbers to stay alive and healthy. My school friends and I work hard to keep the JDRF in Calmar to keep the awareness in our own community.

The JDRF foundation is not only trying to find a cure, their research also goes into managing diabetes, making it safer for all of us to live.

This year I have been setting up Freezie stands, visiting local businesses, participating in walks, doing speeches, and radio and newspaper interviews to raise awareness and funds towards a cure.

Thank you to everyone in my community who is supporting me on my mission for a cure.

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