



TYPE 1

: ORIGINS





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Comics, eh? Always been something supremely special about them to us... Beyond the fight of good v evil, the characters, their nuances, their similarities and relevance to life in general - has always been a fascinating cocktail. From Spiderman dealing with the angsts of a teenager to the ethos of a team as shown by the Avengers or indeed the saga of the X-Men, their rejection by society... Where does one even begin to explore their relevance?

As diabetes specialists, personal experience has taught us how difficult it can be to break the diagnosis of Type 1 diabetes to someone. That said, it is nothing compared to being the person receiving the diagnosis. It is often a shock to hear, leaving people upset and bewildered often for quite some time. For some there is anger, resentment and frustration. For others, there is relief that an answer has been found to explain their troubling symptoms. In most cases, with a few key adaptations to life, such as recognizing the essential need to administer insulin every day, it is possible to live a full, active life.

As comic and superhero fans, it seemed to us that there were some parallels between the times when a type 1 diabetes diagnosis is made and when a superhero discovers their powers for the first time. There is often shock and surprise among the feelings experienced in both situations, followed by acceptance and adaptation. Most heroes choose to keep their new life-changing situation a secret. Though it is a personal choice, there is no need for someone diagnosed and living with type 1 diabetes to ever feel that they need to hide this. Openness is encouraged to help promote wider understanding and dispel myths about type 1 diabetes. If one had to explore a parallel, think of the Incredible Hulk, learning to live with the powers yet the never ending search for a cure hanging in the offerings of the future... a search which carries on.

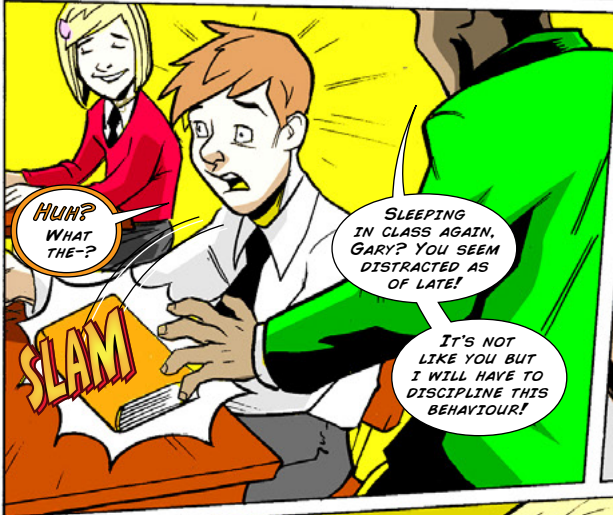
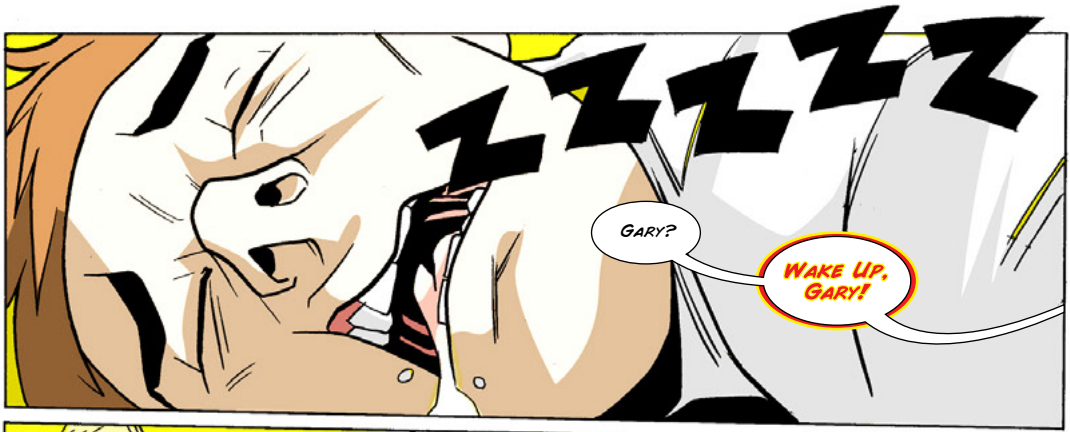
This all really started as an idea and I cannot thank enough:



...and a special thank you for the help and support of **Portsmouth Hospitals NHS Trust** and **University Hospital Southampton NHS Foundation trust.**

We hope you enjoy!

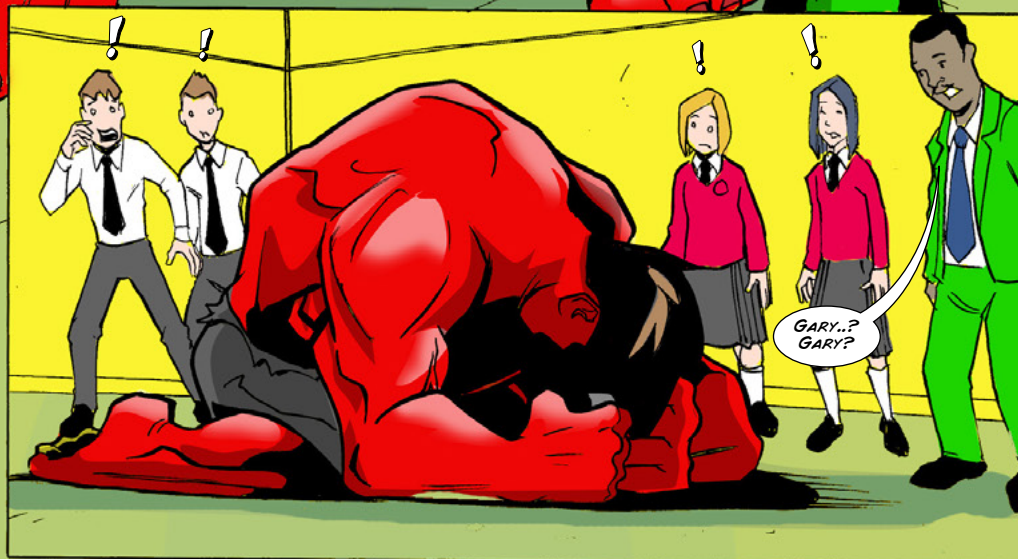
Partha and Mayank

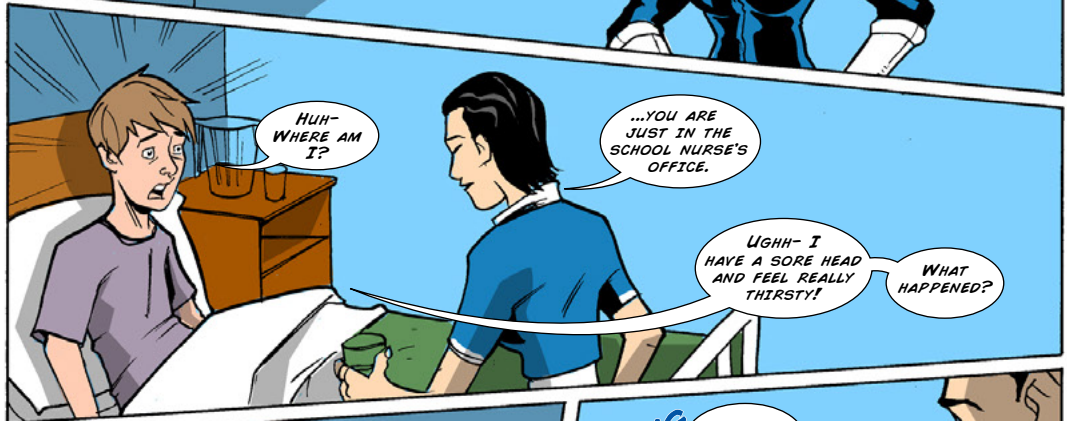
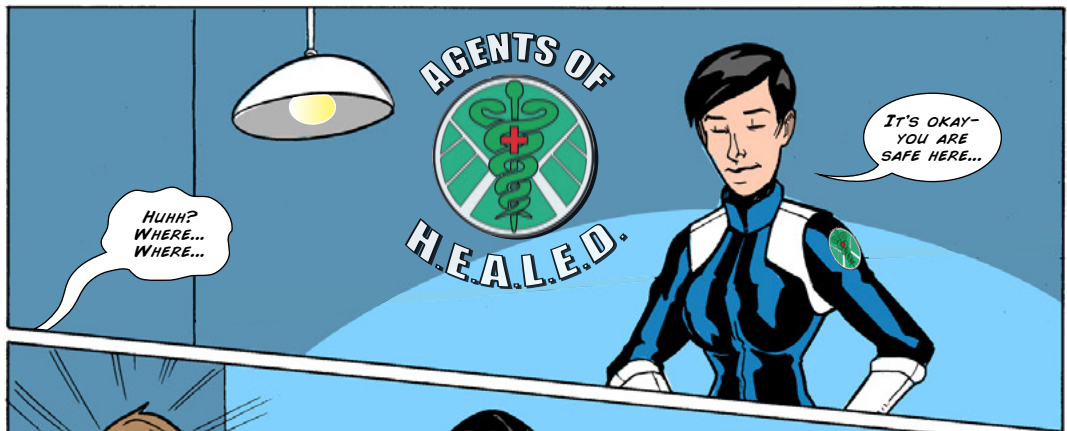


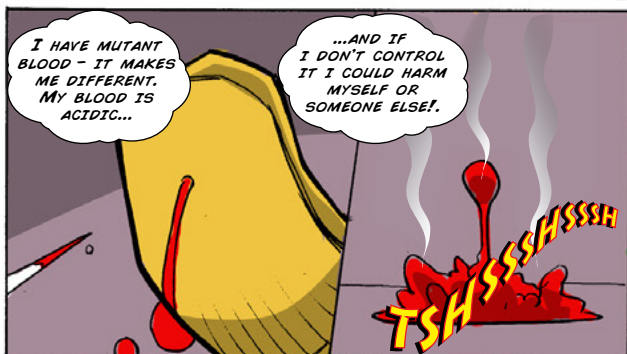
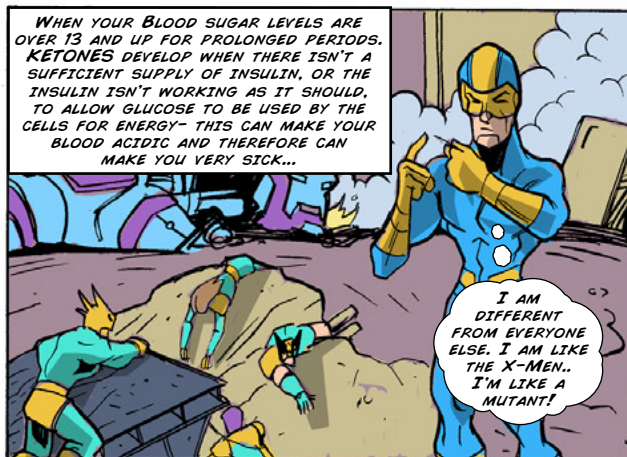
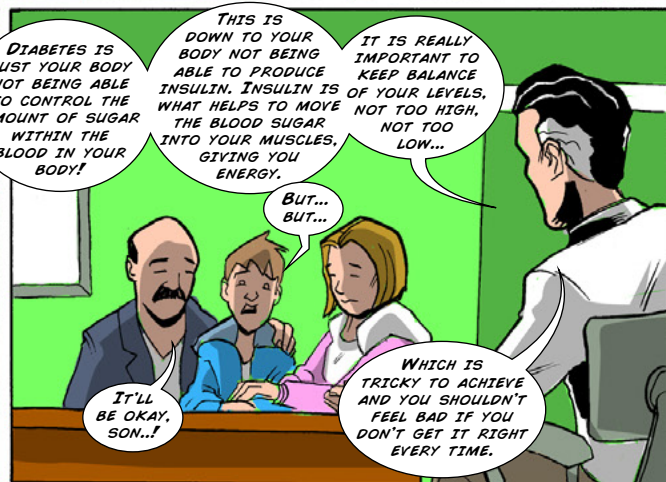
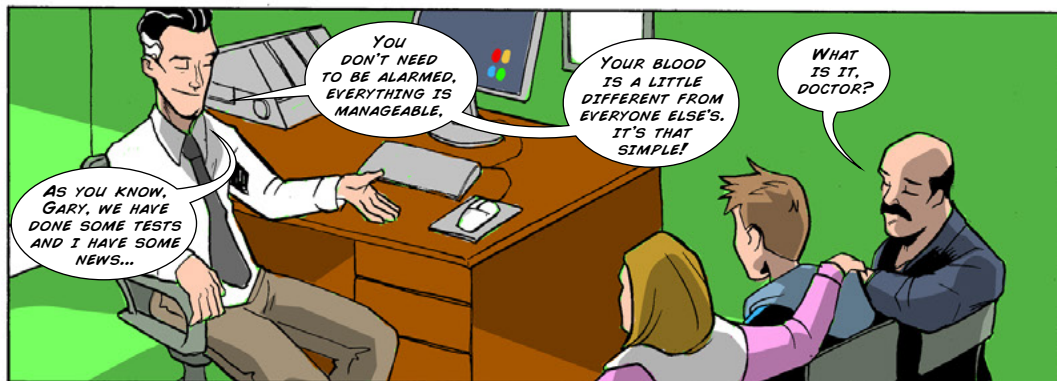


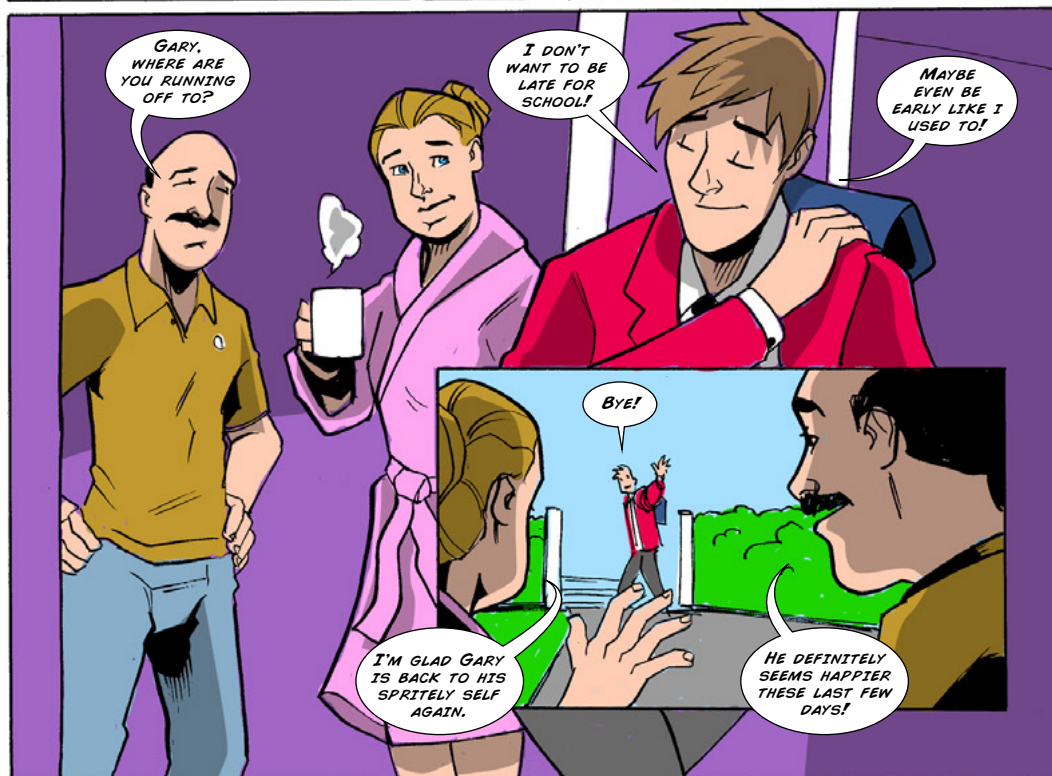
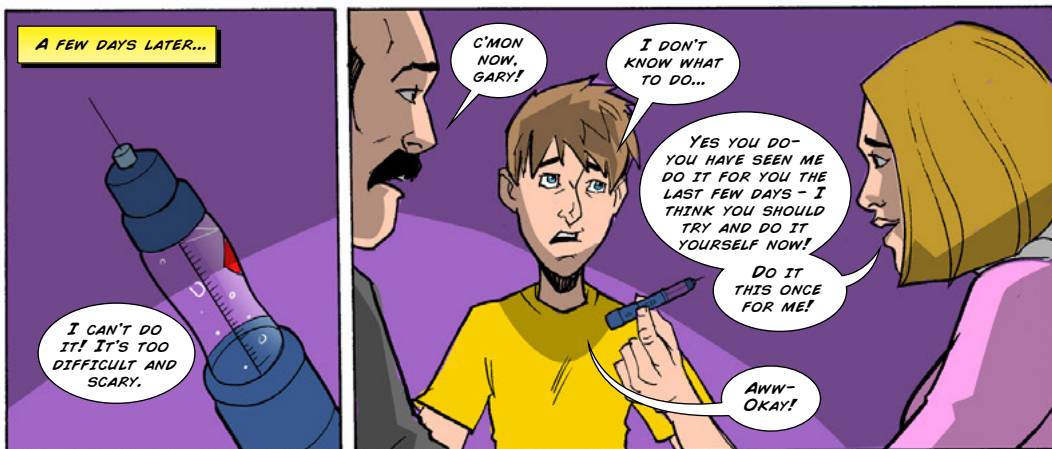
YOU ARE NOT TRYING TO GET OUT OF THIS WITH PLAYING SICK - YOU HAVE BEEN PLAYING UP FOR A WHILE NOW.











IF $18x$ IS EQUAL TO 72 THEN x EQUALS...

$$4(4x) + 2(x) = 72$$
$$16x + 2x = 72$$
$$18x = 72$$
$$x =$$

YEAH I GOT IT! THE ANSWER IS 4!

WELL DONE, GARY!

THANKS, MR STERN.

100% ON ALL YOUR HOMEWORK AND ANSWERING VERY WELL IN CLASS!

I'M GLAD YOU'VE TURNED OVER A NEW LEAF AS OF LATE.

ME TOO!

BRINGGGGGGG

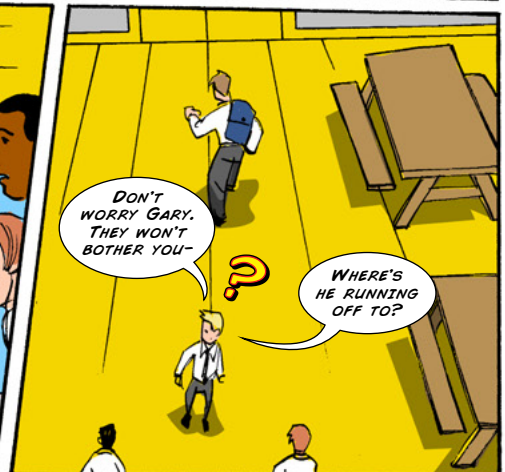
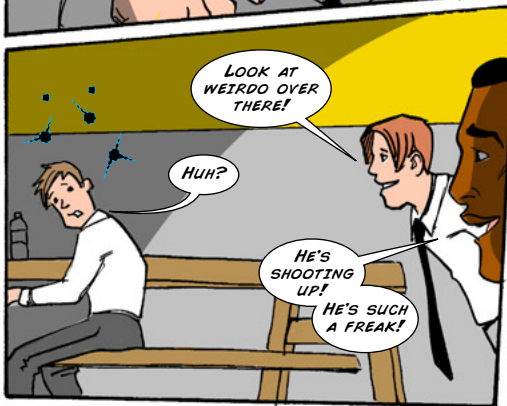
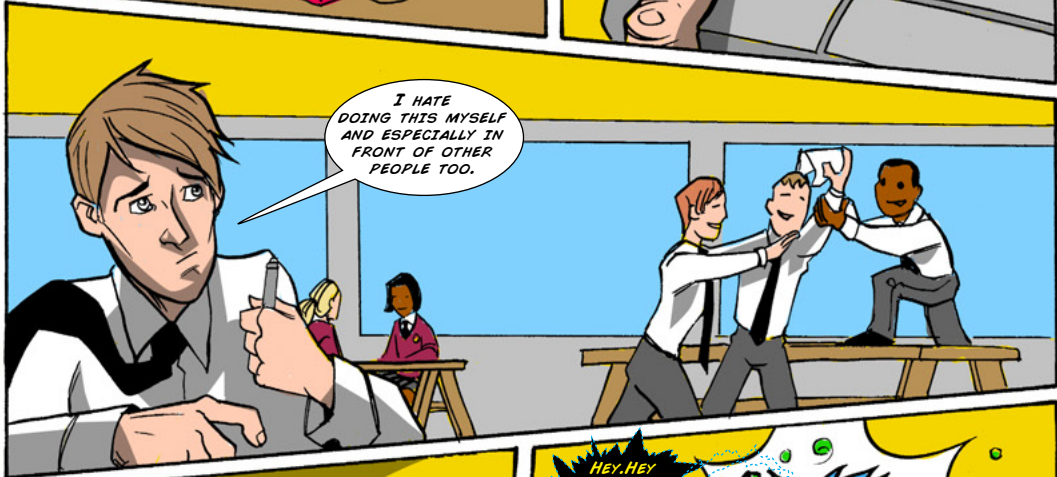
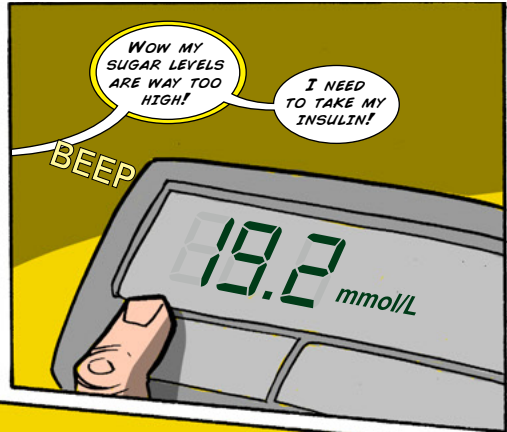
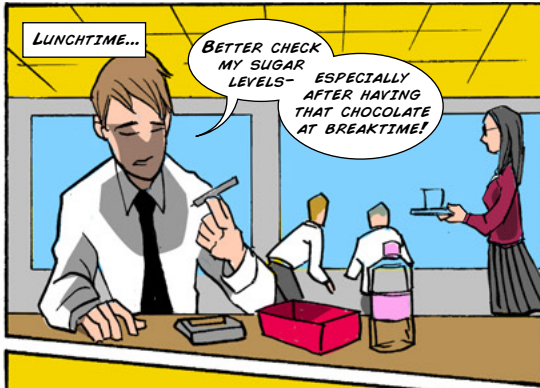
THAT'S LUNCHTIME!

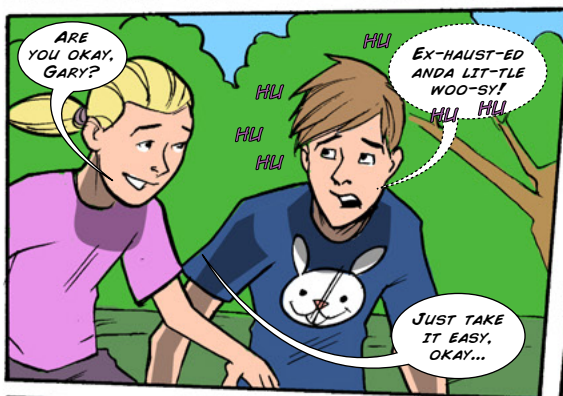
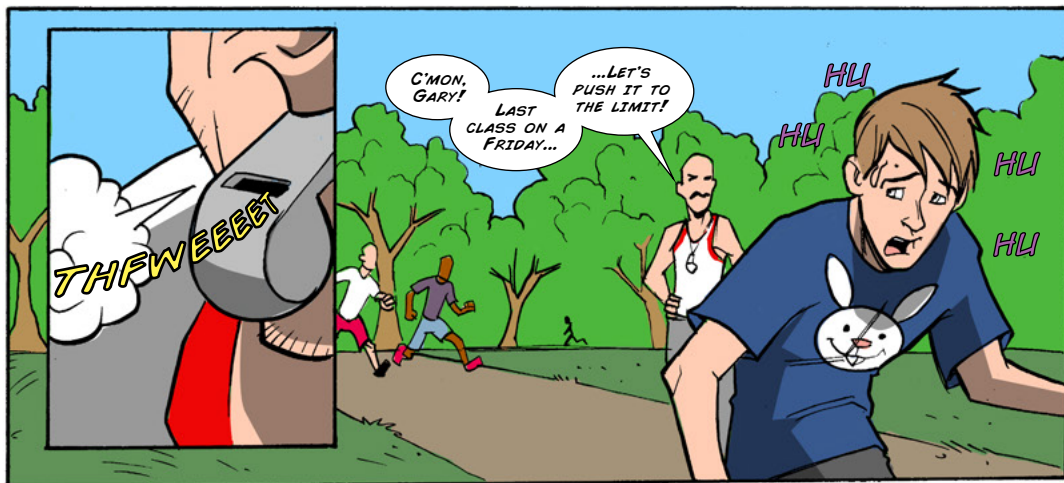
AS YOU ALL DID A GOOD JOB TODAY - NO HOMEWORK TONIGHT!

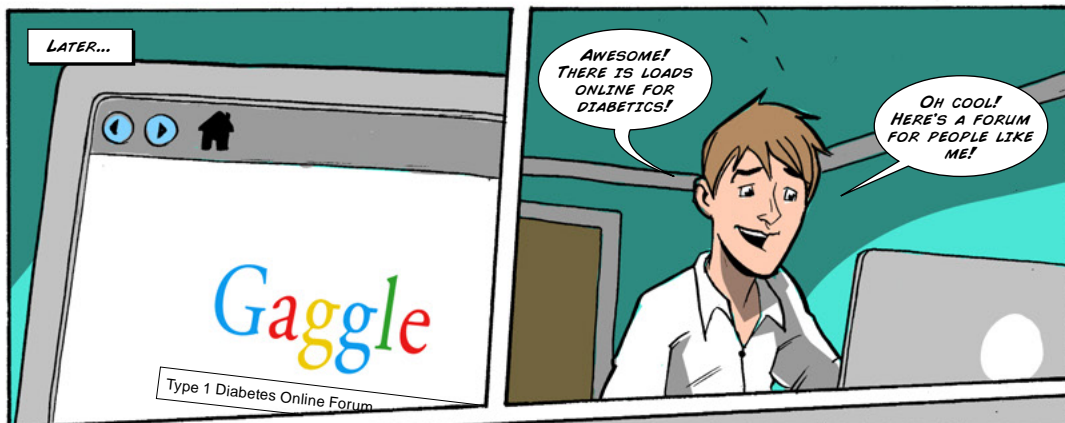
EVERYTHING IS GOOD!

GARY IS LIKE A NEW PERSON ISN'T HE?

YEAH- AND CUTE!







DIABETES ONLINE FORUM: Type 1 Discussion thread.

People online...

- OldManLogan79
- Batman616
- DiabeticGary407
- NonSugarbabe
- Hypo-nitist
- SugarfreeLady
- CaptainCanderel
- InsuLinda
- ParthalsTheMan
- DiabeticAvenger

DiabeticGary407: Hi Guys, I'm Gary and I'm a newly diagnosed Type 1 diabetic. I just thought I'd stop by and say hello and ask if anyone has any advice for me.

Batman616: Hi Gary. Well you are doing the best thing so far- reaching out and asking for advice.

DiabeticGary407: Hi Batman616. Thanks. I am trying to find out more about how others live with the condition etc and I take it you like comics?

Batman616: I do indeed- Batman is the coolest! Actually I see Batman and all his wonderful gadgets and toys as like having diabetes.

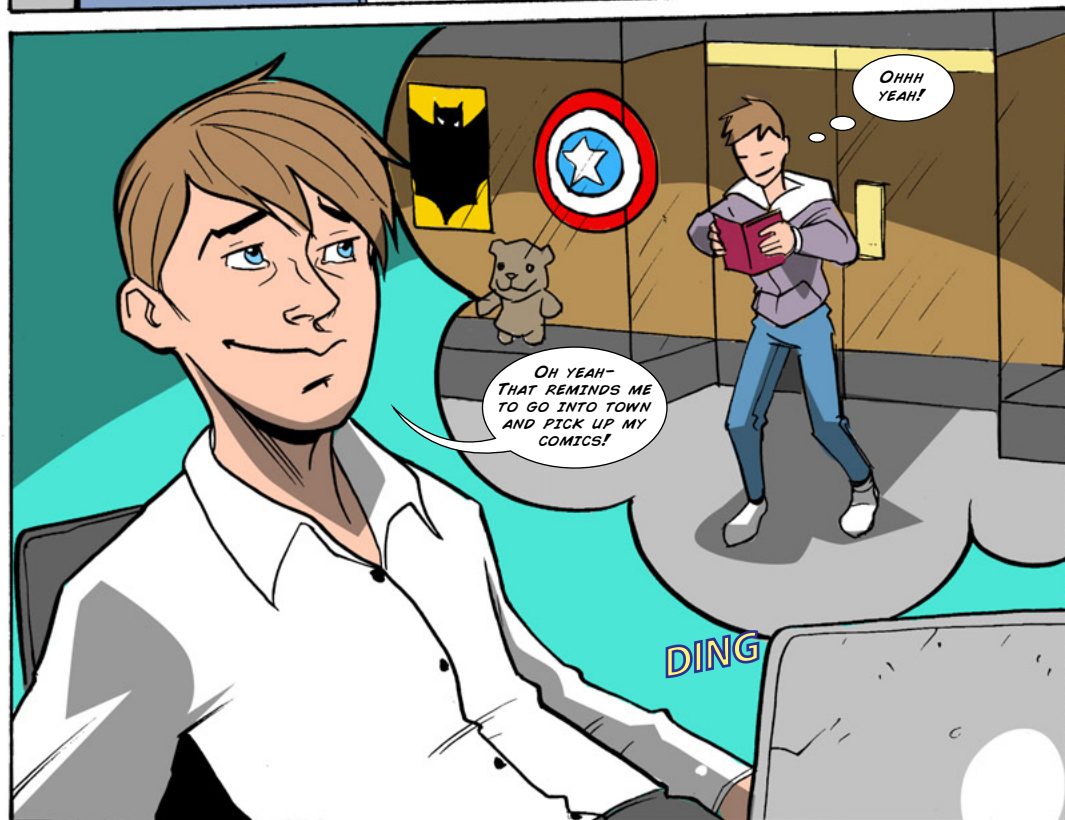
DiabeticGary407: Hmm? What you mean?

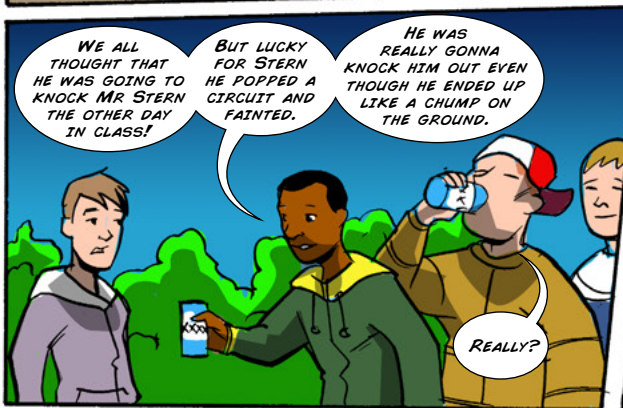
Batman616: Like how diabetics always have their test kit with them. It's like Batman with his Utility Belt- he never leaves home without it and it can get him out of trouble when he needs it. Even Ironman's Arc reactor in his chest is seen like an insulin pump that regulates and keeps him alive lol But I do think the best power is talking to people- it's the best way to realise how your condition affects others.

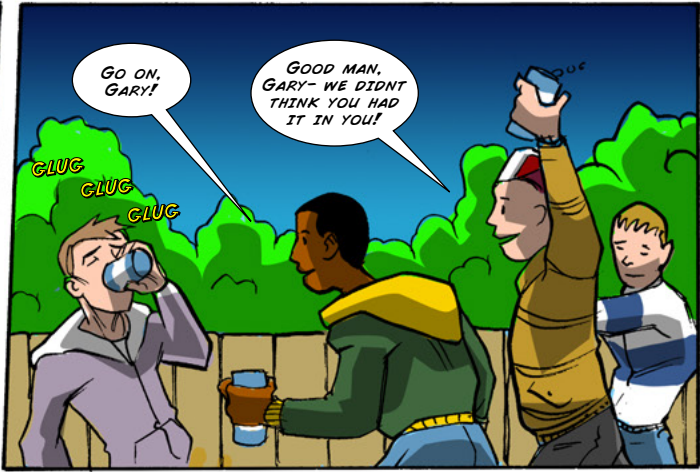
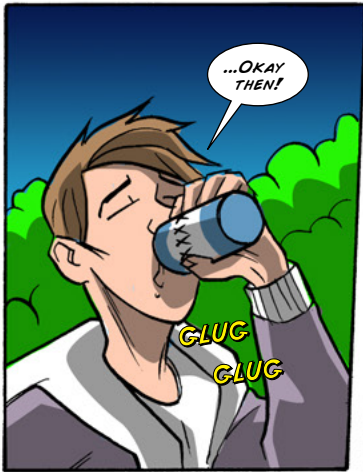
OldManLogan79: For some people maybe, but I've never really met anyone with diabetes and haven't really talked to anyone about the condition- I look after myself and I seem to do just fine! :)

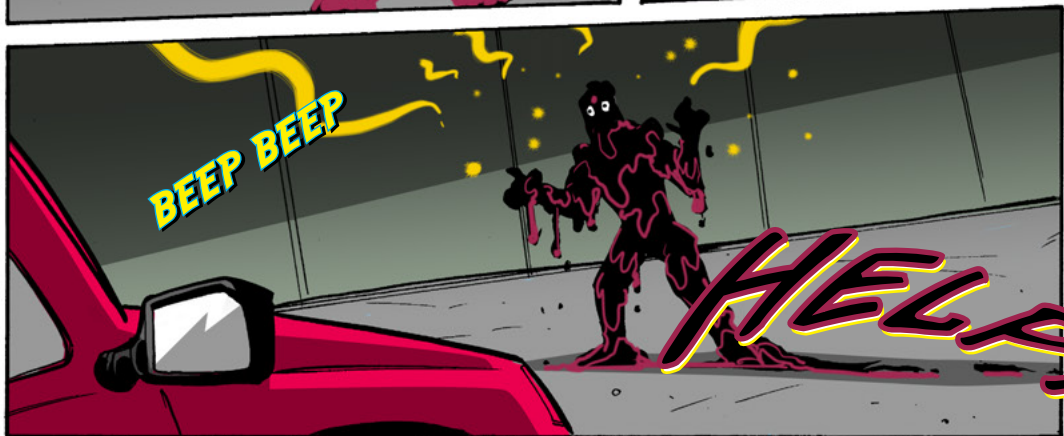
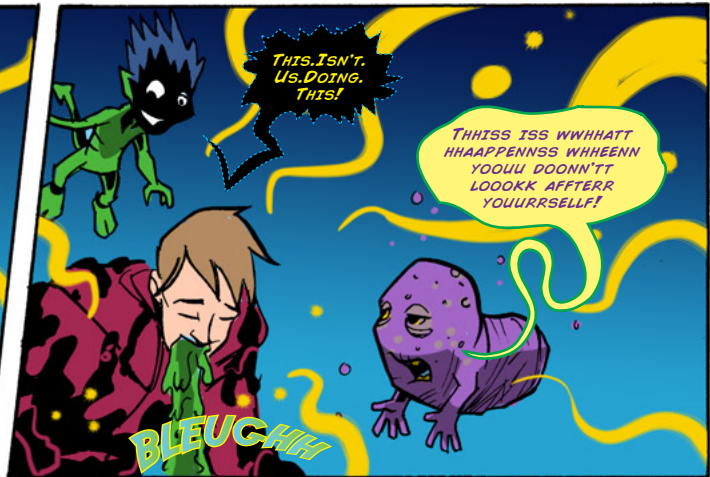
DiabeticGary407: Maybe I should do both- look after myself but also get advice!! I will pick all your brains if you don't mind, guys, about diabetes and more likely comics too lol

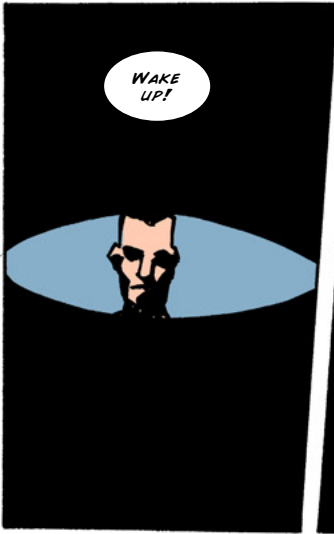
OldManLogan79: Typing...











WAKE UP!



GARY, CAN YOU HEAR ME?



HE'S WAKING UP!

THANK GOODNESS!

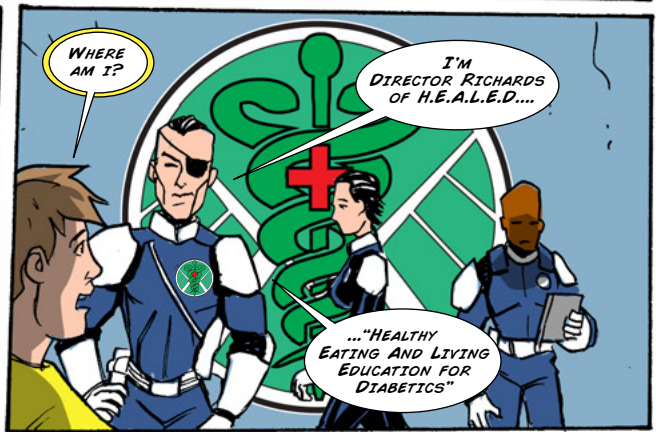
I'M SO GLAD HE'S ALRIGHT!

HMGNHH



HE'LL BE OKAY! BUT NOT IF HE CONTINUES LIKE THIS...

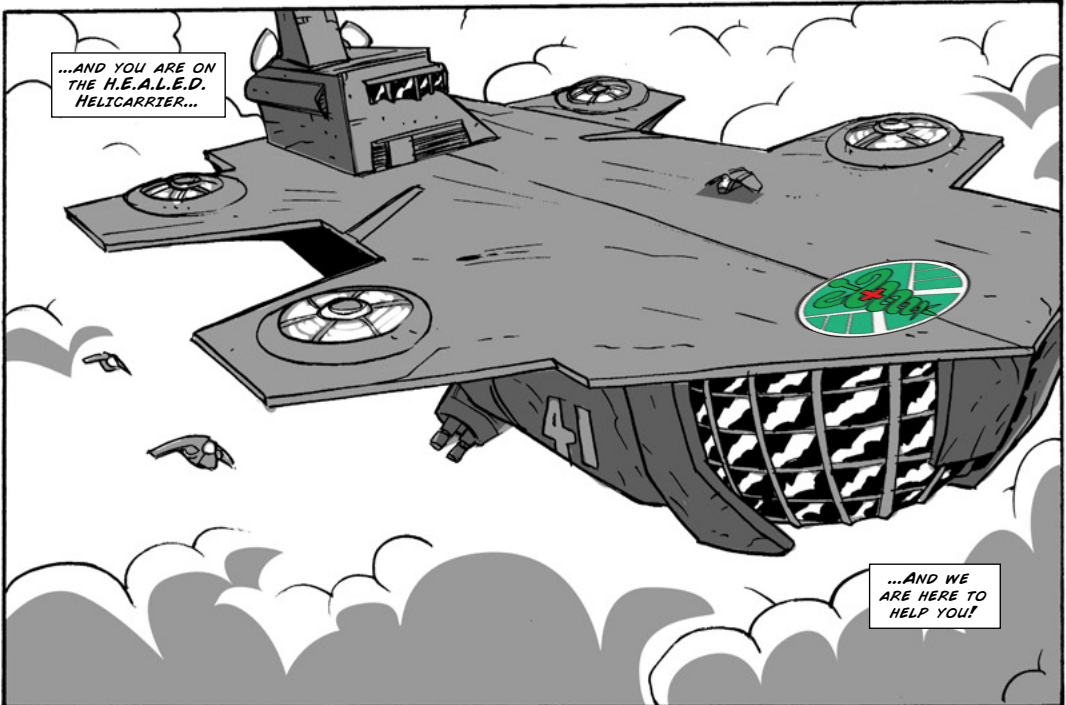
WHE-WHERE-



WHERE AM I?

I'M DIRECTOR RICHARDS OF H.E.A.L.E.D....

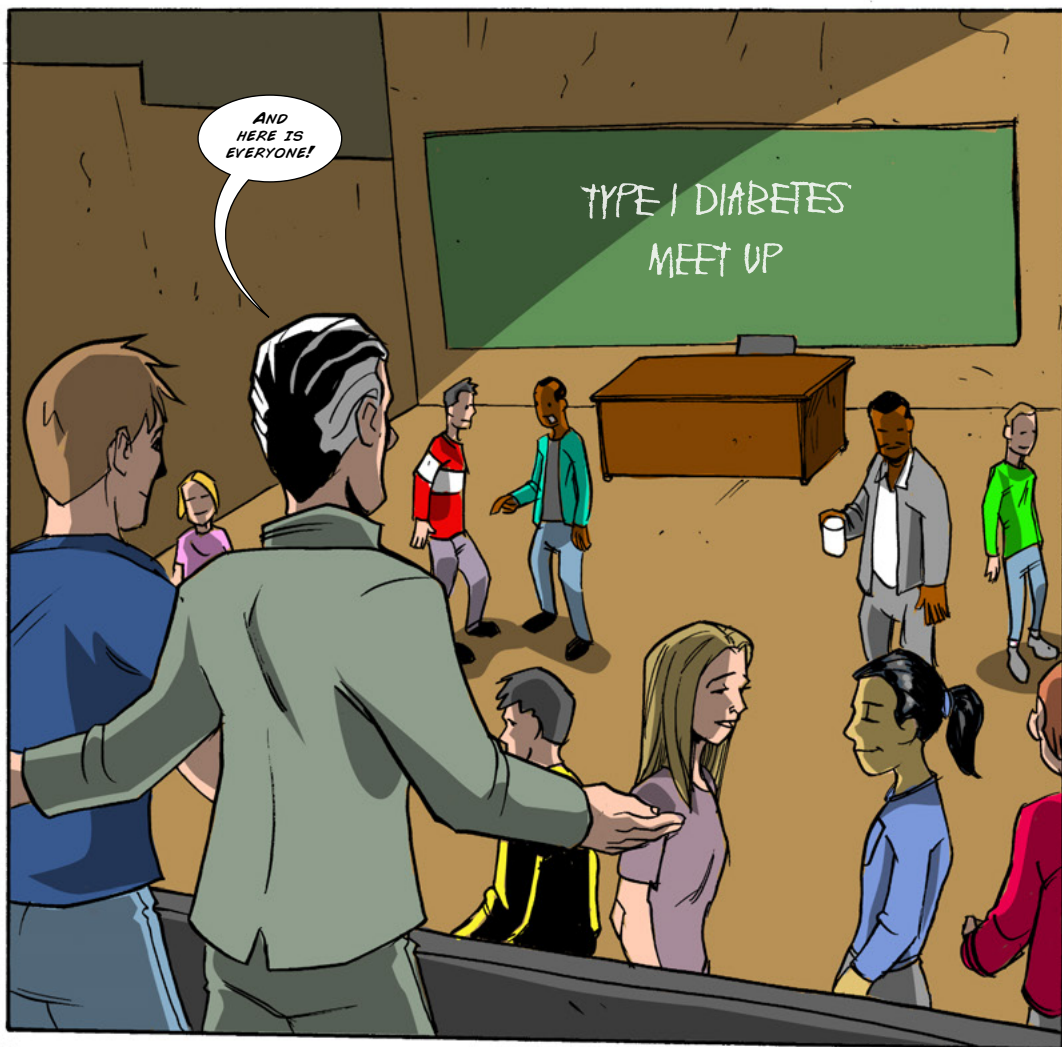
... "HEALTHY EATING AND LIVING EDUCATION FOR DIABETICS"

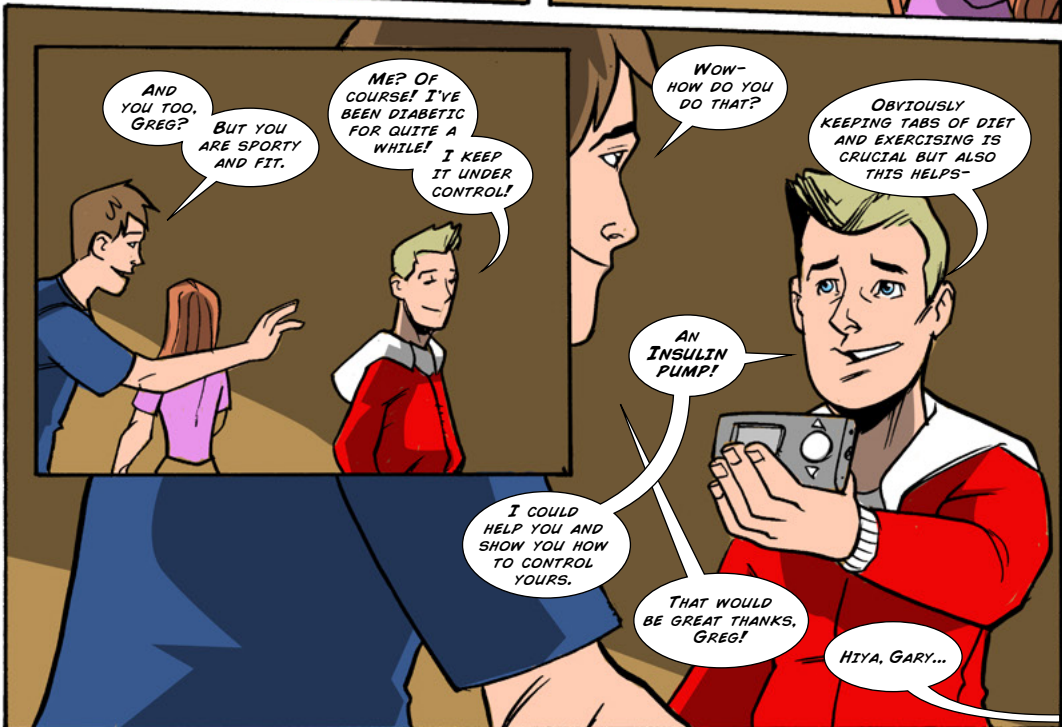
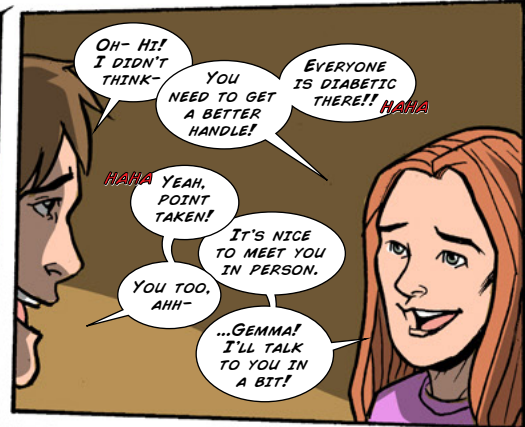
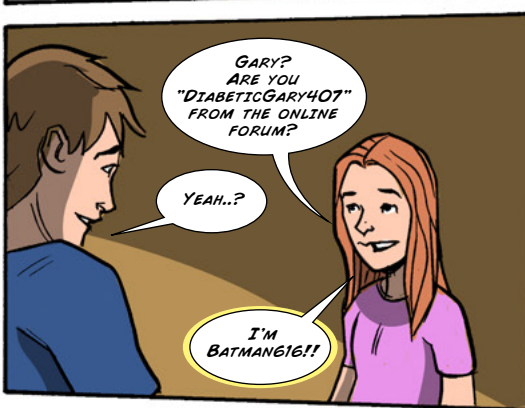


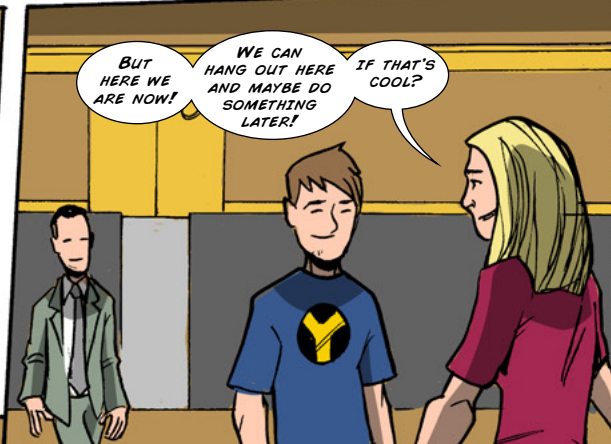
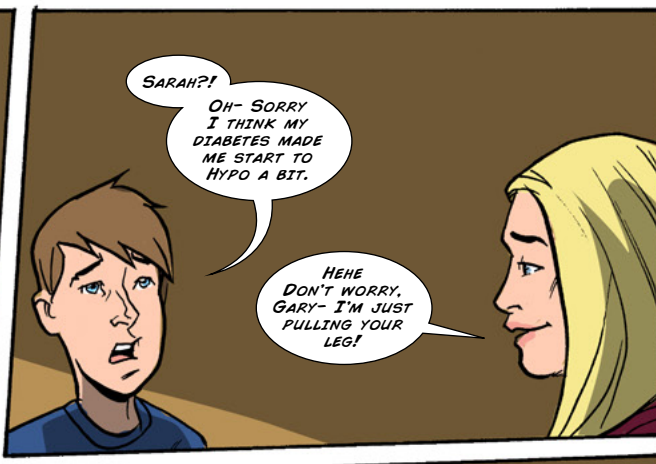
...AND YOU ARE ON THE H.E.A.L.E.D. HELICARRIER...

...AND WE ARE HERE TO HELP YOU!











FURTHER ADVICE AND HELP...

Like Gary in the **Type 1: Origins Comic**, you may feel like all this is a lot to think about or you want to know more about living with Type 1 Diabetes; there are plenty of resources online that help you and your parents or guardians.

Check out some, or all, of these great online platforms below:

T1resources.uk (Website)

GBDOC (Website, Twitter and Facebook)

@OurDiabetes (Twitter)

Diabetes UK (Website, Twitter and Facebook)

JDRF UK (Website, Twitter and Facebook)

Input Diabetes (Website, Twitter and Facebook)

Diabetics with Eating Disorders -

(Website, Twitter and Closed Facebook Group)

Parents of Type 1 Teens (Facebook)

Type 1 Diabetic Teens (Facebook)

Type 1 diabetes family (Facebook)

@BeyondType1 (Twitter and Community Forum App)

Type 1 Diabetes Information and Support (Facebook)

Type 1 Resources which pulls together links to forums, blogs, websites, youtube videos and much more from other Type1 sites for people with Type1 to use.

This site will go live in September 2016 so make sure you check that out!

But if you can't get online or have difficulties it's good to know that most areas will have either a diabetes clinic in their local hospital or there will be clinics held at your own GP surgery.

The best way to find informative literature for those who aren't using the internet is to go to your local clinic and ask the clinicians for any leaflets or info booklets, or pick them up in clinic waiting rooms.

Another useful way to find out what you need is 'word of mouth'. In the UK there is no set reading material that health care professionals have to give out to anyone newly diagnosed, but talking to other people with diabetes or other health care professionals or simply talking to your friends or parents can help too.

Find what way is best for you to learn to look after yourself and use that to live a full and happy life.

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revolvecomics.com

