



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



GARY?

WAKE UP, GARY!



HUH? WHAT THE-?

SLAM

SLEEPING IN CLASS AGAIN, GARY? YOU SEEM DISTRACTED AS OF LATE!

IT'S NOT LIKE YOU BUT I WILL HAVE TO DISCIPLINE THIS BEHAVIOUR!



EXTRA HOMEWORK TONIGHT - MAYBE NEXT TIME YOU MIGHT TRY AND STAY AWAKE IN MY CLASS.

DO IT AGAIN AND I WILL BE FORCED TO...



...GIVE YOU DETENTION AND...

GRRRR

...CONTACT YOUR PARENTS ABOUT YOUR DECLINING BEHAVIOUR--

GRRRR

YOU OKAY, GARY?

GARY..?



BRINGGGGG

SAVED BY THE BELL, GARY!

CLASS - QUESTIONS 1 TO 10 FOR HOMEWORK!

BRINGGGGG

AND GARY - I WANT YOU TO DO UP TO 15 - MAYBE THAT WILL KEEP YOU FROM GETTING DISTRACTED IN FUTURE!

FINE, MR STERN!

GARY IS A MILD MANNERED 14 YEAR OLD BOY. HE FEELS ALONE AND HASN'T VERY MANY FRIENDS EXCEPT HIS FRIENDS FROM THE BOOKS AND COMICS HE READS. RECENTLY HE HAS BEEN NOTICING HIMSELF BECOME MORE ANGRY AT THINGS.



WHY DO I ALWAYS FEEL SO TIRED IN CLASS.

AND WHY DID I GET SO ANGRY? THAT NEW GIRL LOOKED REALLY SCARED!

APART FROM MR STERN BEING BORING!



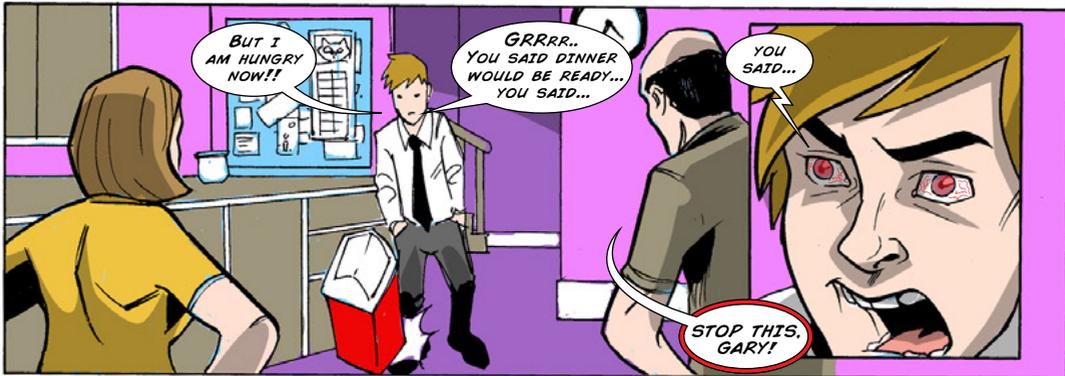
I'M HOME!

IS DINNER READY YET? I FEEL HUNGRY AND A LITTLE TIRED AND A LITTLE SICK TOO.

AND I'M REALLY THIRSTY ALL THE TIME- LIKE... LIKE... ...A THIRST VAMPIRE!

ALWAYS A FLAIR FOR THE DRAMATIC, GARY! I'M SURE YOU'LL BE FINE!

YOU'LL HAVE TO WAIT! WE'VE BEEN WORKING AND ONLY GETTING TO START ON DINNER NOW SO IT WON'T BE FOR ANOTHER WHILE!



BUT I AM HUNGRY NOW!!

GRRRR... YOU SAID DINNER WOULD BE READY... YOU SAID...

YOU SAID...

STOP THIS. GARY!



THIS IS NO WAY TO BEHAVE!

UP TO YOUR ROOM NOW! START YOUR HOMEWORK AND I'LL BRING YOU A DRINK AND YOUR DINNER WHEN IT'S READY!

LISTEN TO YOUR MOTHER.

THIS IS NOT FAIR! YOU DON'T HAVE TO TREAT ME LIKE A BABY!



THIS ISN'T LIKE HIM!

HE'S ALWAYS BEEN A GOOD KID-

HE NEVER GETS ANNOYED LIKE THAT!

DO YOU THINK THERE IS SOMETHING WRONG?

HE HIDES AWAY INTO HIS COMICS AND VIDEO GAMES!

I WISH HE HAD SOME FRIENDS -

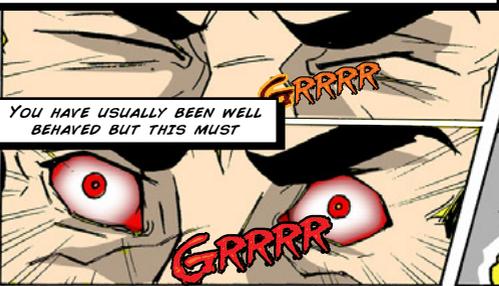
MAYBE THAT'S WHAT'S WRONG LATELY?

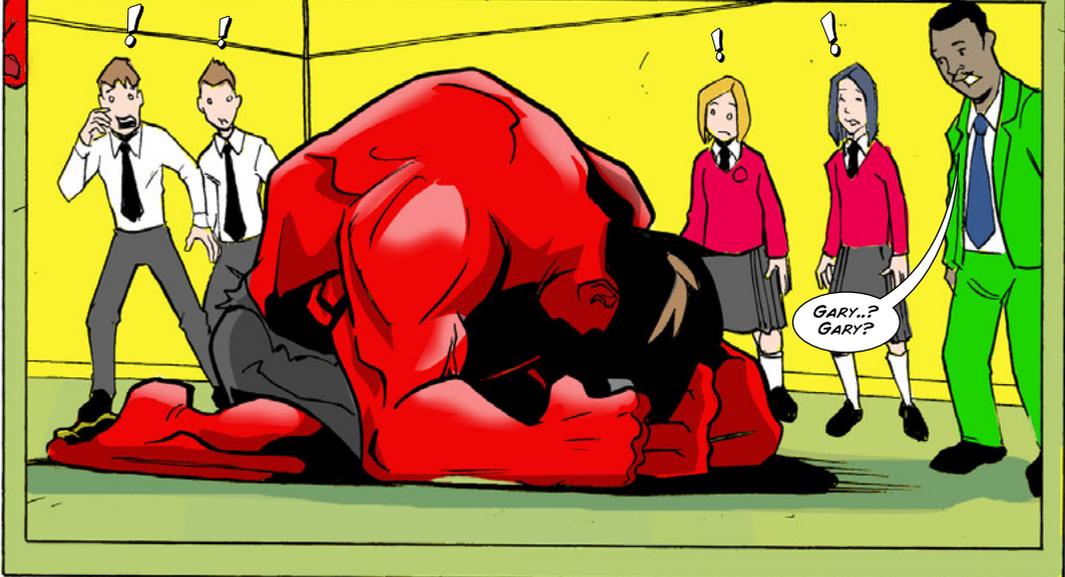


AFTER DINNER...



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









AS YOU KNOW, GARY, WE HAVE DONE SOME TESTS AND I HAVE SOME NEWS...

YOU DON'T NEED TO BE ALARMED, EVERYTHING IS MANAGEABLE.

YOUR BLOOD IS A LITTLE DIFFERENT FROM EVERYONE ELSE'S. IT'S THAT SIMPLE!

WHAT IS IT, DOCTOR?



GARY- YOU HAVE...

TYPE 1 DIABETES!

GARY- DON'T WORRY IT'S GOING TO BE FINE.

DIABETES IS JUST YOUR BODY NOT BEING ABLE TO CONTROL THE AMOUNT OF SUGAR WITHIN THE BLOOD IN YOUR BODY!

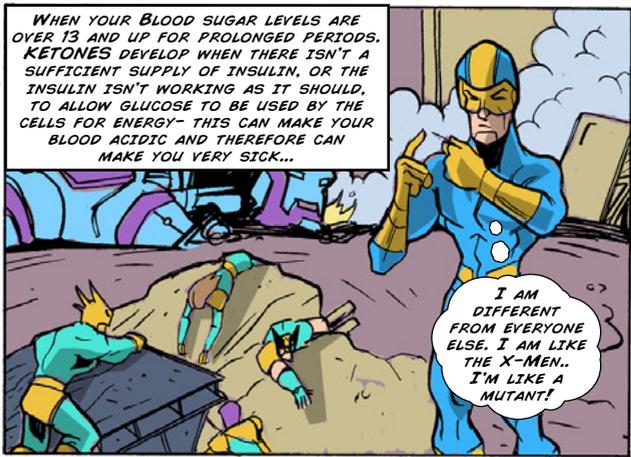
THIS IS DOWN TO YOUR BODY NOT BEING ABLE TO PRODUCE INSULIN. INSULIN IS WHAT HELPS TO MOVE THE BLOOD SUGAR INTO YOUR MUSCLES, GIVING YOU ENERGY.

IT IS REALLY IMPORTANT OF YOUR LEVELS, NOT TOO HIGH, NOT TOO LOW...

BUT... BUT...

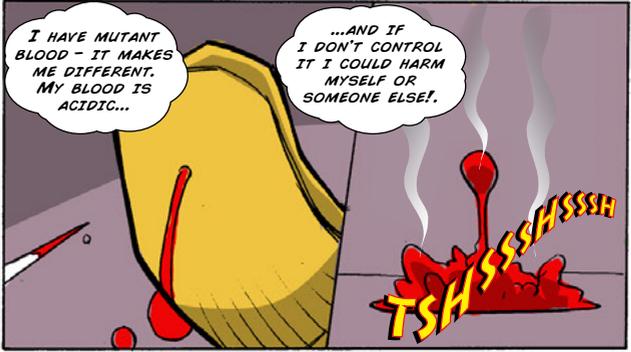
IT'LL BE OKAY, SON...!

WHICH IS TRICKY TO ACHIEVE AND YOU SHOULDN'T FEEL BAD IF YOU DON'T GET IT RIGHT EVERY TIME.



WHEN YOUR BLOOD SUGAR LEVELS ARE OVER 13 AND UP FOR PROLONGED PERIODS, KETONES DEVELOP WHEN THERE ISN'T A SUFFICIENT SUPPLY OF INSULIN, OR THE INSULIN ISN'T WORKING AS IT SHOULD, TO ALLOW GLUCOSE TO BE USED BY THE CELLS FOR ENERGY- THIS CAN MAKE YOUR BLOOD ACIDIC AND THEREFORE CAN MAKE YOU VERY SICK...

I AM DIFFERENT FROM EVERYONE ELSE. I AM LIKE THE X-MEN.. I'M LIKE A MUTANT!



I HAVE MUTANT BLOOD - IT MAKES ME DIFFERENT. MY BLOOD IS ACIDIC...

...AND IF I DON'T CONTROL IT I COULD HARM MYSELF OR SOMEONE ELSE!.



A LITTLE LATER...

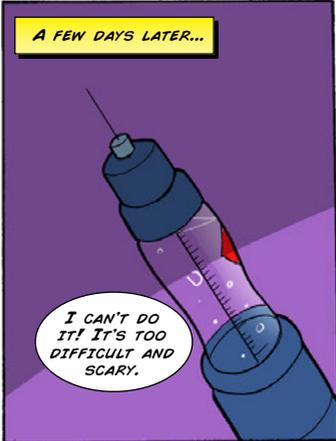
BEFORE YOU INJECT, YOU MUST PRICK YOUR FINGER AND TEST THE BLOOD SUGAR LEVELS, AND IF IT IS VERY HIGH YOU NEED TO BRING IT DOWN...

AMM...

...OR IF IT'S VERY LOW, WE NEED TO BOOST IT UP WITH SOME FAST ACTING SUGAR!

BUT THERE'S NO NEED TO BE FRIGHTENED - I WILL SHOW YOU EVERYTHING YOU NEED TO START INJECTING YOURSELF NOW!

THE BEST THING YOU CAN DO IS TO TRY AND KEEP YOUR BLOOD SUGAR LEVELS ADEQUATE BY OBSERVING THEM.



A FEW DAYS LATER...

I CAN'T DO IT! IT'S TOO DIFFICULT AND SCARY.



C'MON NOW, GARY!

I DON'T KNOW WHAT TO DO...

YES YOU DO - YOU HAVE SEEN ME DO IT FOR YOU THE LAST FEW DAYS - I THINK YOU SHOULD TRY AND DO IT YOURSELF NOW!

DO IT THIS ONCE FOR ME!

AWW - OKAY!



HERE GOES...



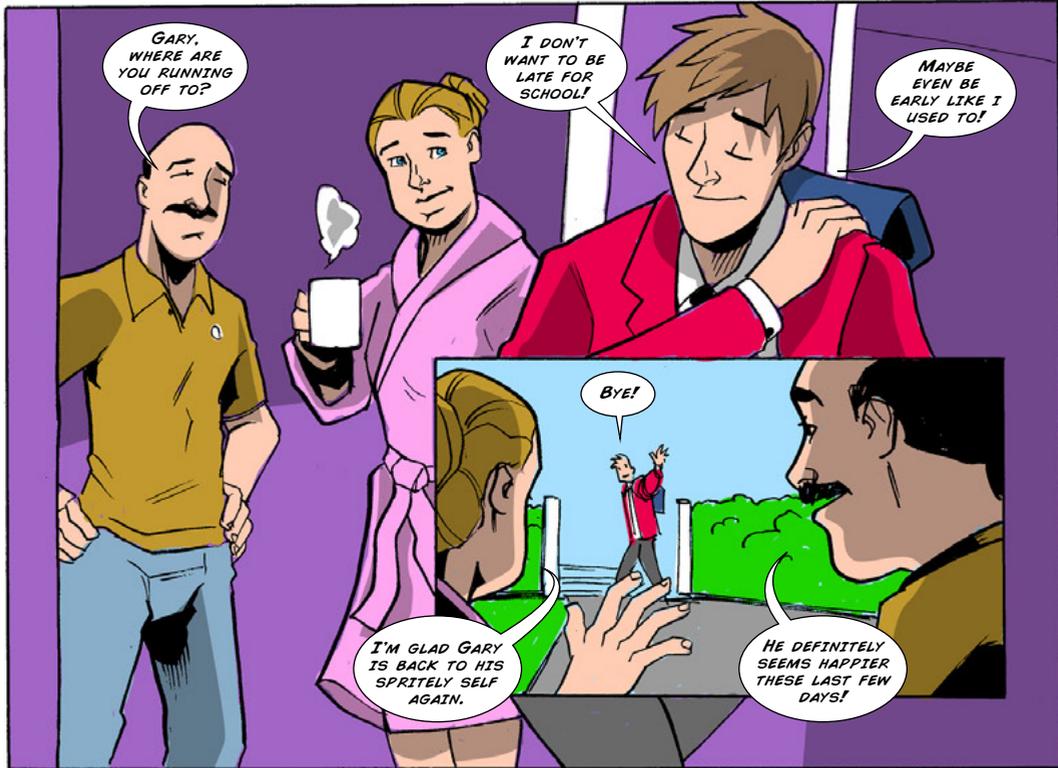
HNNNGHHNNNN



THAT WASN'T SO BAD, WAS IT, GARY?

THE THOUGHT OF IT IS WORSE THAN ACTUALLY DOING IT.

YEAH, I SUPPOSE IT WASN'T TOO BAD.



GARY, WHERE ARE YOU RUNNING OFF TO?

I DON'T WANT TO BE LATE FOR SCHOOL!

MAYBE EVEN BE EARLY LIKE I USED TO!

BYE!

I'M GLAD GARY IS BACK TO HIS SPRITELY SELF AGAIN.

HE DEFINITELY SEEMS HAPPIER THESE LAST FEW DAYS!

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!

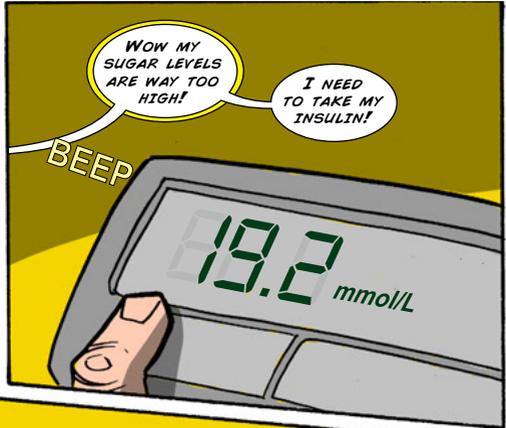
GARY IS LIKE A NEW PERSON ISN'T HE?

YEAH- AND CUTE!



LUNCHTIME...

BETTER CHECK MY SUGAR LEVELS- ESPECIALLY AFTER HAVING THAT CHOCOLATE AT BREAKTIME!



WOW MY SUGAR LEVELS ARE WAY TOO HIGH!

I NEED TO TAKE MY INSULIN!

BEEP

19.2 mmol/L



I HATE DOING THIS MYSELF AND ESPECIALLY IN FRONT OF OTHER PEOPLE TOO.



LOOK AT WEIRDO OVER THERE!

HUH?

HE'S SHOOTING UP!
HE'S SUCH A FREAK!



HEY, HEY GARY, I'M HYPER. GUES S.WHAT I DO?

YIP, YIP, YIP. I MAKE THINGS, CONFUSING AND FAST, PACED, AND CAN MAKE YOU FEEL ANXIOUS AND UNCOMFORTABLE!!

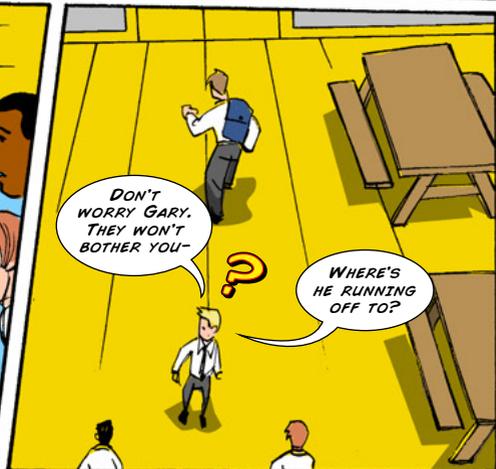


IS HE DISEASED? MAYBE HE HAS...

ENOUGH!! LEAVE THE KID ALONE!

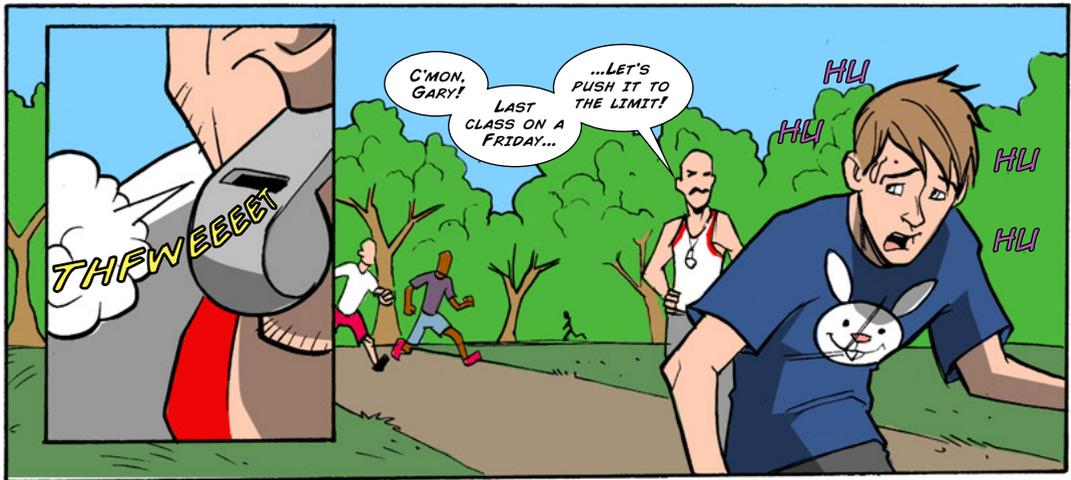
GREG?

SORRY, GREG!



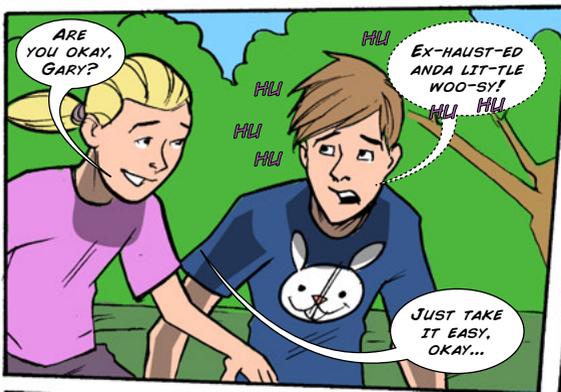
DON'T WORRY GARY, THEY WON'T BOTHER YOU-

WHERE'S HE RUNNING OFF TO?

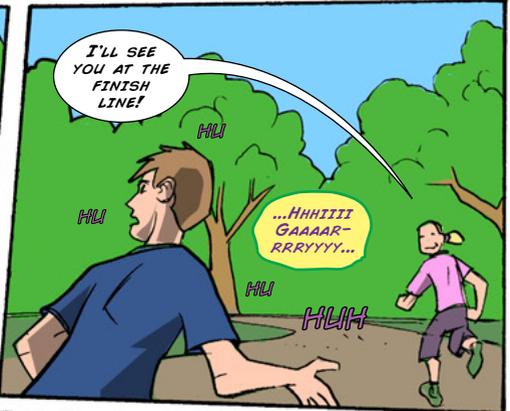


C'MON, GARY!
...LET'S PUSH IT TO THE LIMIT!
LAST CLASS ON A FRIDAY...

HLI
HLI
HLI



ARE YOU OKAY, GARY?
EX-HAUST-ED AND A LIT-TLE WOO-SY!
JUST TAKE IT EASY, OKAY...



I'LL SEE YOU AT THE FINISH LINE!
...HHHHIII GAAAAA-RRYYYYY...
HLI
HLI



I AAMM HYYPO...
III CAAN MMAAAKE EYVVERRYTHING SLLLOOOWW AAND CLOUDDDED AANND CAAN MMAAKE YOUU FEEL SIIITCCK.



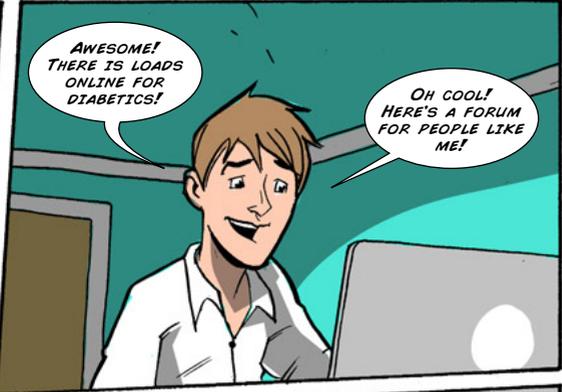
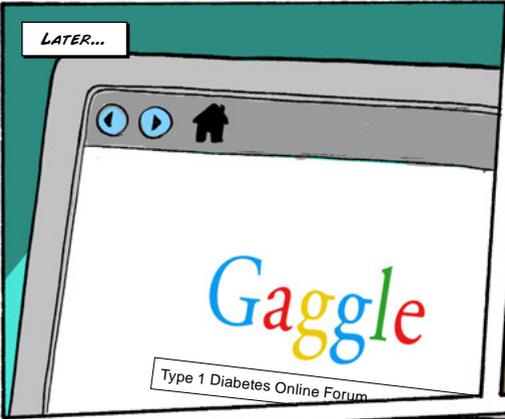
I MUSST BEE LOWW-I NNEEEDD SUGGARRR!
I BETTERR GETT BACKK TO THE CHANGINGG ROOMSSS!



AHH- I FEEL BETTER ALREADY!
IT'S STRANGE HOW MY BLOODSUGAR WAS HIGH EARLIER AND IT WENT LOW SO QUICKLY!

Dango 06

LATER...



AWESOME!
THERE IS LOADS
ONLINE FOR
DIABETICS!

OH COOL!
HERE'S A FORUM
FOR PEOPLE LIKE
ME!

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...

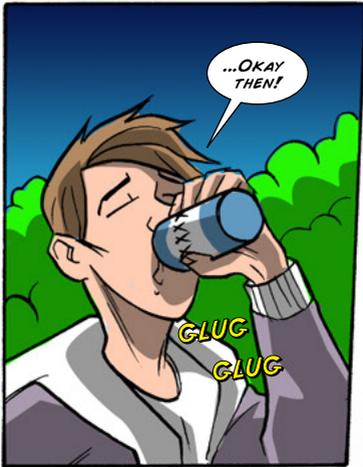


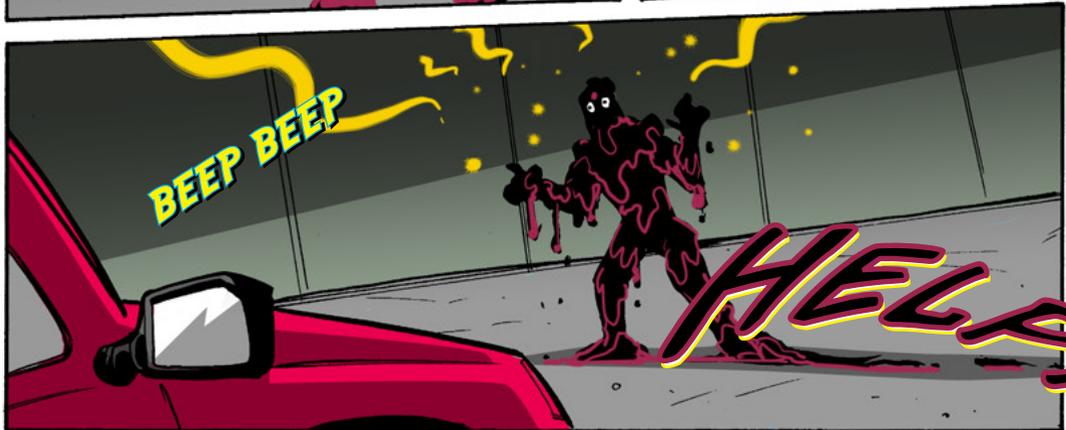
OH
YEAH!

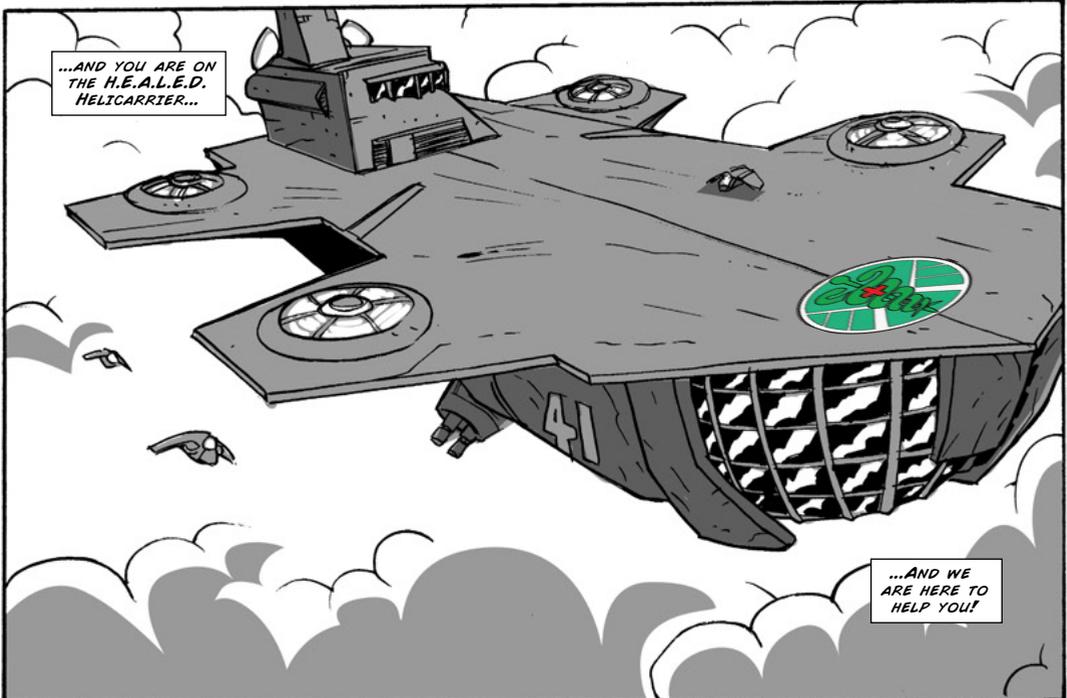
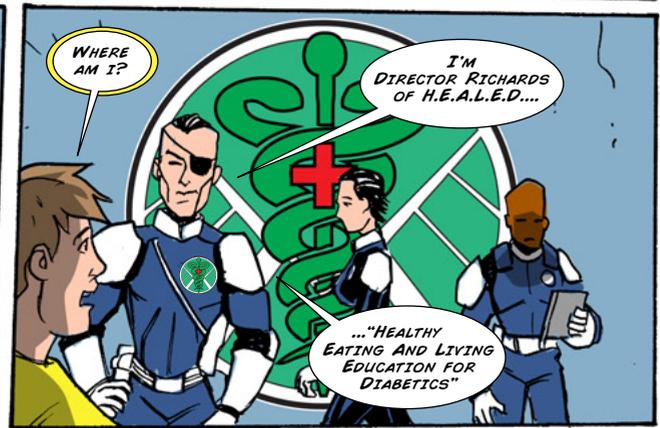
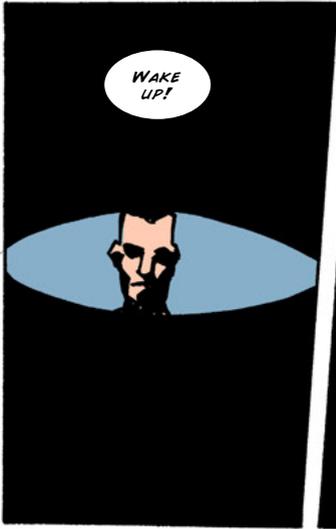
OH YEAH-
THAT REMINDS ME
TO GO INTO TOWN
AND PICK UP MY
COMICS!

DING











A LITTLE LATER...

YOU CAN'T LET THINGS LIKE THAT HAPPEN AGAIN- IT'S VERY DANGEROUS YOU COULD HAVE DIED!



THERE'S A LOT TO REMEMBER AND IT IS HARD TO CONTROL.



I KNOWS IT IS HARD, IT TAKES PRACTICE BUT I WANT YOU TO GO TO TALK WITH OTHERS WITH DIABETES.

THEY HAVE MADE ALL THESE MISTAKES, AND WITH THEIR ADVICE- YOU WONT HAVE TO.

YOU DON'T HAVE TO HANDLE ALL THIS ALONE.



A FEW DAYS LATER...

IT'S LIKE A CLUB OF PEOPLE JUST LIKE YOU!

LIKE THE X-MEN?

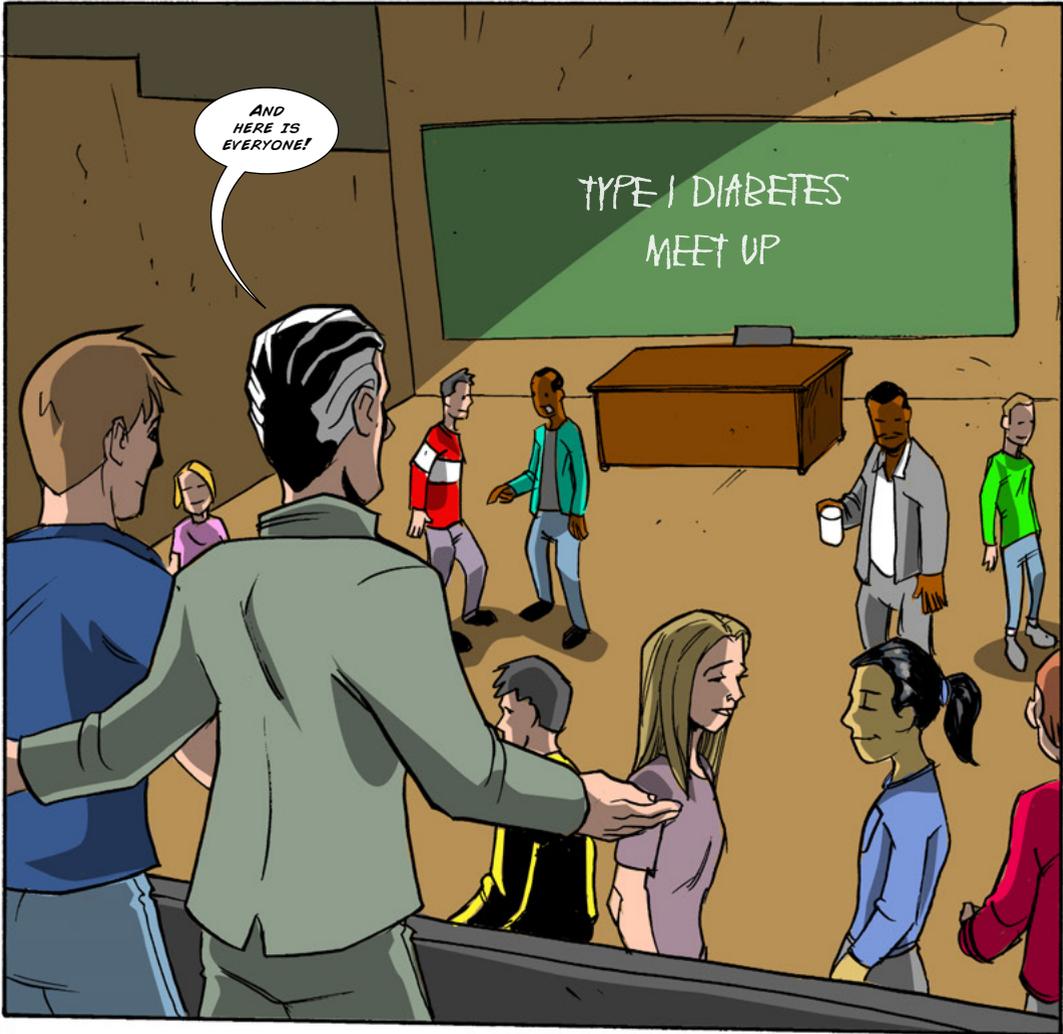
HAHA YEAH, PRETTY MUCH!

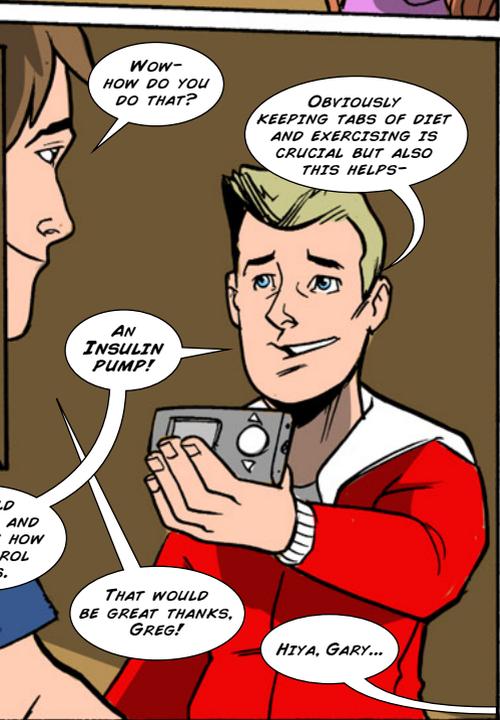
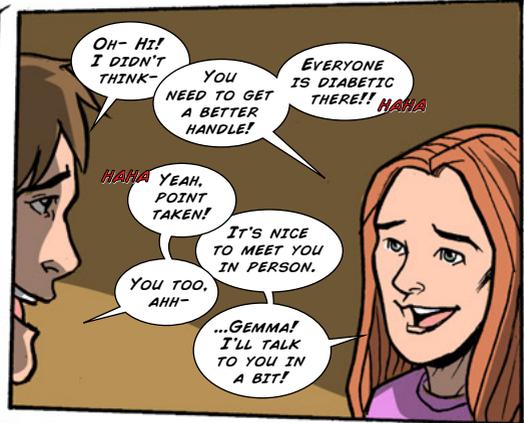
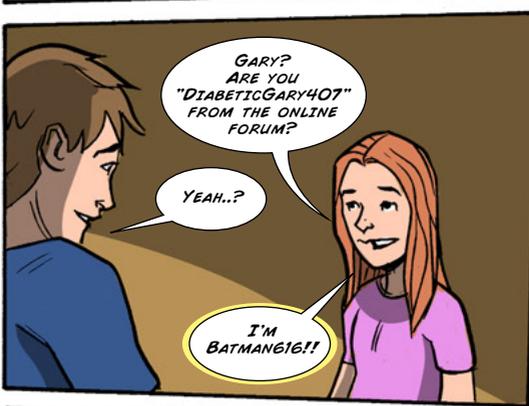


JUST LIKE THE X-MEN BUT THESE HEROES HAVE DIABETES TOO!

AND THEY ARE HERE TO HELP YOU!

AWESOME!







...YOU NEVER MET ME AT THE FINISH LINE!



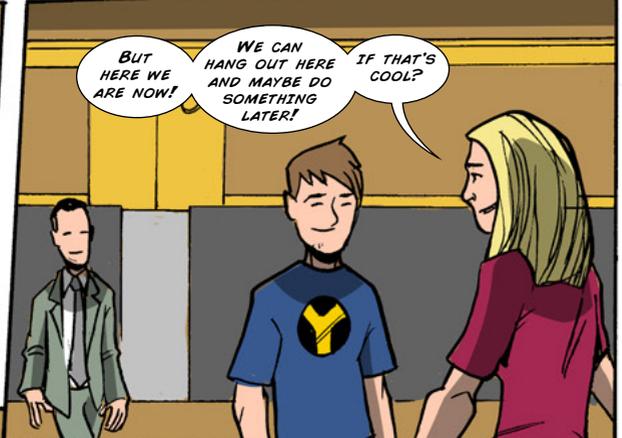
SARAH?!
OH- SORRY I THINK MY DIABETES MADE ME START TO HYPO A BIT.

HEHE DON'T WORRY, GARY- I'M JUST PULLING YOUR LEG!



I WANTED TO ASK YOU IF YOU WANTED TO HANG OUT OVER THE WEEKEND WITH ME BUT YOU NEVER SHOWED UP.

OH!



BUT HERE WE ARE NOW!

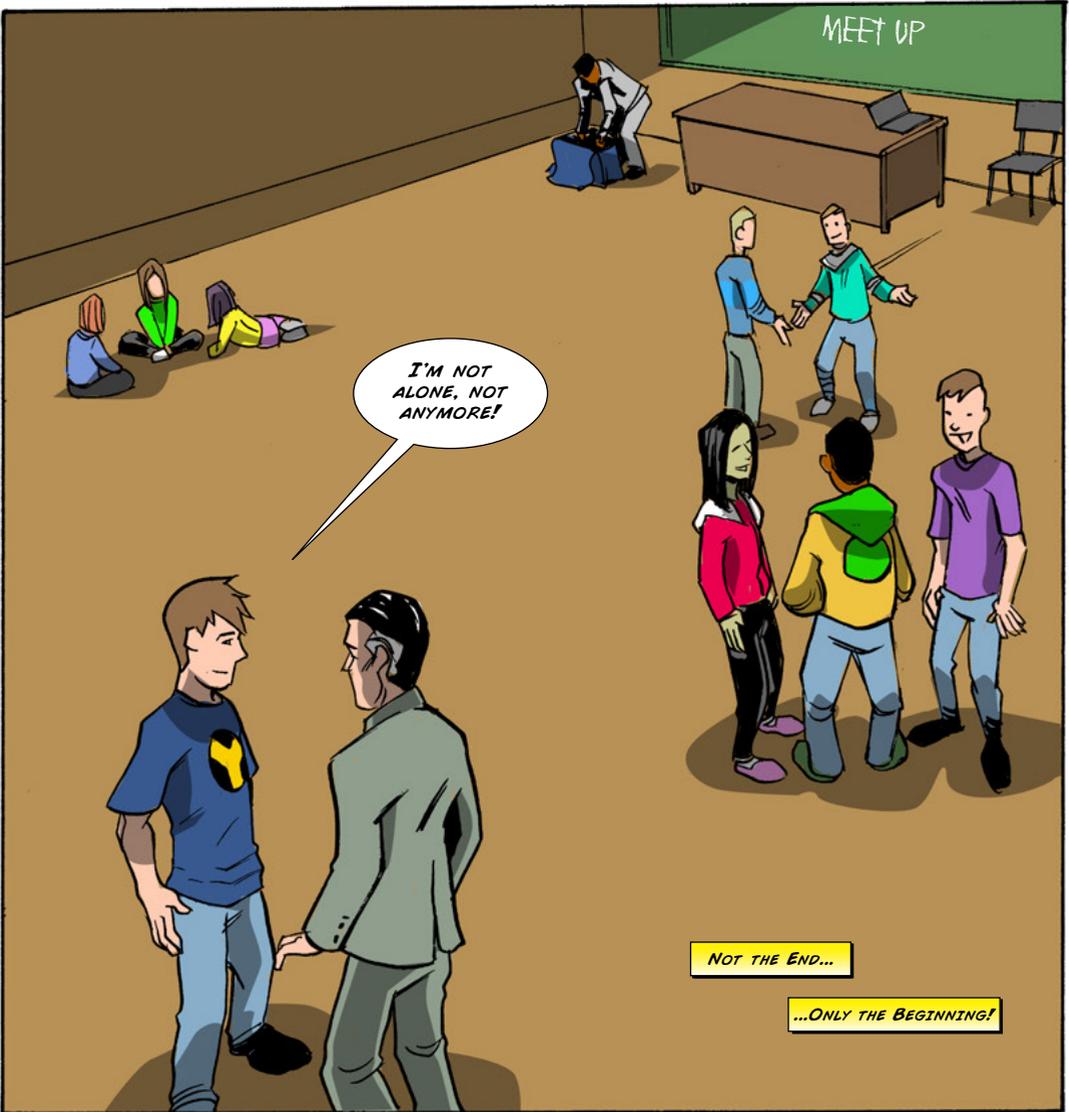
WE CAN HANG OUT HERE AND MAYBE DO SOMETHING LATER!

IF THAT'S COOL?



YEAH SURE, SARAH, THAT SOUNDS VERY COOL!

HEY, GARY...



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.

TYPE 1

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revolvecomics.com

