Moseka and her friends on the way to a better life with diabetes
In the early morning, Moseka is getting ready for school. 

Bye bye, my dear, study hard at school! 

See you soon.

Bye Mummy, Bye Daddy

Nsena, don’t you see that Moseka is losing weight, in spite of your good food. 

?! 

Moseka is still a child. She will put on weight later. Don’t worry.

But I am worried!
At school, Moseka does not feel well
Please,
I would like to go the lavatory
No problem, go, Moseka
Once more she has to visit the lavatory

Moseka is now leaving the classroom many times a day. She is terribly unhappy

Please Sir, I must go to the toilet again.

Moseka, this is now the fourth time you have asked to leave the classroom. What is happening to you?

Sorry, Sir

All the young students are making fun of her
At the end of the class, when returning home, Moseka is feeling really weak.

Moseka is now vomiting

My God, what is happening to you?

Moseka is now vomiting

My girl is very sick

Her mother goes with Moseka to a private clinic nearby

Here we are, they will certainly find out what will make you better

CENTRE DE SANTE

She has malaria, amoebas, typhoid fever and gastritis. Just buy the medications in this prescription, she will get better.

At the private clinic, a medical assistant examines the child

Thank you

Moseka and her friends on the way to a better life with diabetes
Moseka takes her medication, but does not feel better.

Her mother finds her almost in a coma.

Help!!

What is the matter Nsona?
Come quickly.

Let us go to the district hospital.

Oh! My God!

They arrive at the hospital.
Please help us! Could it be malaria?

The nurse caring for Moseka realises that she is passing a lot of urine. She tests her urine.

The test shows that Moseka has Diabetes.
Diabetes at her age! How awful!

What will happen to her?

We will take good care and she will be better.

My wife and I will help her as much as possible.

Can she go to school and play with her friends?

Don’t worry, your little girl will go to school and will lead a normal life.

But your task is to help to care of herself, to take the injections of insulin and to control her urine or blood glucose.

Parents have an important role to play - they must encourage and assist the child.

Moseka and her friends on the way to a better life with diabetes
It is important to work together in order to take care of the person with diabetes:

"Of course"

"Could you explain this to us?"

"We are relying on your help"

The team consists of the patient who is confident in their knowledge of the disease, the nurse who advises and assists with the treatment, and the doctor who regularly follows the progress of the young person.

"And last but not least, all the members of the family. If one member of the family or of the team is missing, the results may be bad."

"We are ready to help our little girl and we will follow all your advice faithfully."

"Let us do this together."

Moseka and her friends on the way to a better life with diabetes
Moseka is admitted to the hospital. She receives appropriate care for her diabetes and is now feeling good.

Moseka is now feeling perfectly well, she is very happy and so is her mother.

Mama Nsona is following the teaching with her child, so that she will be able to monitor the diabetes and to take care of herself.

This is how to inject the insulin, how to measure your blood glucose, and what you must eat.

Yes, it is there that a team of nurses and doctors will teach your child how to take care of herself.
Before the injection you must wash your hands and clean the place on your skin for your injection with water and soap.

Gently roll the vial of insulin to suspend the solution.

Draw back gently the plunger until it shows the prescribed amount of insulin.

Insert the needle in the vial.

Turn over the vial and syringe as a whole.

Push the air contained in the syringe into the vial.

Draw the prescribed amount of insulin and remove the needle from the vial.

Hold the skin firmly with one hand and inject with the needle either at 45° or 90° without hesitating.

Push the plunger and inject the insulin contained in the vial.

Remove the needle. Hold a cotton swab on the place of injection for a few seconds.
Replace the cover on the needle. Place the syringe in a safe place.

Here are the areas for injections. Change places very often.

You must check your urine for sugar: see how you do it.

If using strips, have a watch, urine, a container and the strips.

Quickly dip the strip in urine and remove it.

Look at the watch and wait the prescribed time to read the result.

Read the result: compare the colour of the strips with the colours on the box. Write down the result in your booklet.

You must also measure the sugar in your blood.
You will need a blood glucose meter and strips for that type of meter.

Carefully read the instructions. Check the code number if necessary. Check the batteries, the way strips are kept, and check that the meter is clean.

If the code number on the meter differs from the number on the bottle for strips, change it. Wash your hands with water and soap. Place the strip into the opening of the meter. The meter starts automatically.

Prick the pulp of the finger with the lancet.

Aspirate a small drop of blood by bringing the strip end just in contact with the drop of blood. The meter starts automatically and gives results, usually in 5 seconds.

Read the results on the display (in mg/100 ml or mmol/L).

Write down the results in your booklet. If too high or too low ask your health provider. He or she will help you to improve your results.

Your booklet is your "lifeline": You record your injections, other treatment, and tests for blood and urine.
Moseka and her friends on the way to a better life with diabetes
Finally, Moseka succeeded in injecting herself

Bravo, Congratulations you see, you are able to do it for yourself

Come and see, doctor, Moseka did it on her own

Very Good!

After leaving the hospital Moseka feels all right and goes back to school.

Hello, Moseka are you cured?

I feel well

Moseka is very proud, she explains to her friends that she can inject herself with insulin

I am able to inject the insulin, I am not afraid

Oh! really!
Oh, Ida! I am really thirsty, please give me a sip of your soft drink.

Hmm...

Moseka I think that you better drink water with some bread or a doughnut.

But why?

You must choose a food which raises you blood sugar slowly.

Insulin and some well chosen food helps maintain the normal level of sugar in blood.

The teacher had been informed about the disease and knows what to do if the blood sugar drops too fast, if Moseka is shaking and perspiring.

How do you feel? Did you eat your breakfast?

Yes Sir.

Moseka returns home.
Mummy, I am hungry
Everything is ready my dear

Moseka washes hands, injects her insulin and sits at the table
I was waiting for you, everything is ready

At breakfast she eats half a bread roll and drinks a cup of milk
Around ten o'clock she eats some peanuts with the other half of the bread roll.
At noon she varies her diet - a root vegetable with greens and grilled fish or a brochette.

Towards 4 pm, she eats some fruit, a biscuit or a doughnut.

In the evening she takes a second injection of insulin before eating with the whole family.

Eat well my dear; the food with your insulin will do you good.

Sidi lives in the compound facing Moseka’s family. He is a shoe shiner in the city.

His father is unemployed; his mother sells charcoal to get money for the family.
Sidi goes every morning and shines the shoes of Moseka’s father. The father pities the young boy and pays him generously.

I am going to shine the shoes of Moseka’s father across the street.

Sidi looks ill; he is losing weight and has no more strength.

I was about to tell you so: he has the same symptoms as our little girl. It could be diabetes also.

I really feel sorry for him.

Sidi here are the shoes, please shine them.
Sidi, let’s go together to the town

No, it is not possible. Sidi is ill. I am going with him to the hospital.

They arrive at the hospital. Mama Nsona is now familiar with the place.

Come on, little boy, don’t be afraid.

A blood and urine test shows that Sidi has diabetes as well. Cheer up my friend, if you take insulin and follow a proper diet you will be all right in a few days.

Our little girl has the same disease as you. We will help you to buy your insulin and all that you need.
Sidi attends the “school for diabetes” and learns how to inject himself and perform the urine test.

I have no blood glucose meter.

But Sidi has problems finding enough food in time to take his insulin.

No problem, go to the health centre next to your house and they will do the test for you.

He has a job downtown and must earn money. He has to buy his food during the day.

I am hungry.

Happily, at twelve o’clock...

Thank God I have enough money to buy bread and peanuts.

Sidi injects his insulin and eats his meal at noon.
Around 4 p.m. Sidi goes home, he is very hungry but the food is not yet ready.

Mother: I must eat a bite.

I just came back home, the food is not yet ready, wait as the others do.

Luckily Sidi gets some help from Moseka’s mother.

In the evening when the pot with boiling water is ready, mother prepares a starchy meal.

Here is a cup of milk and a doughnut.

Sidi washes his hands and injects his insulin, the whole family eats together.

Moseka and Sidi are friends now, they go together to the health centre for regular check-ups.
Moseka presents her control logbook, but Sidi forgot to write his treatment and test results. He sits down and writes everything for two weeks! Moseka tells him off.

This is not a class for writing, you must take care of your diabetes. You can fool the doctor but not the disease.

Sidi did you inject your insulin?

Yes Mom

One day, Sidi gets up but does not find any bread for his breakfast.

And...

Doctor told me to take insulin regularly...

Sidi feels terribly hungry and feels ill

He is sweating a lot, although it is not very hot. He is dizzy and trembling

What a hunger and I have nothing to eat
Suddenly, the boy collapses
He convulses and a crowd assembles

A crowd is gathering fast
This boy lost consciousness. I know him

Sidi’s parents are informed

Sidi’s father is coming fast
Sidi fell down in the street. It seems that he is not breathing any more

Madam, don’t tell that my son is dead, I cannot accept that
I don’t know, let us go find out what happened

My Sidi, no, oh my God no no
Some members of my family bewitched my son, they would like to kill him. I am going to see the witch doctor, he must kill them with lightning.

The neighbours try to reassure him
Calm down, let us go to the health centre and will see what can be done.

My son! I want to die

The mother and sisters of Sidi arrive on the spot where Sidi is lying. They are frightened and screaming.

On their arrival they take Sidi in a Taxi.

The family goes with him and they drive as fast as possible to the health centre.
A the health centre, the nurse finds his notebook, the family explains that he has diabetes and receives insulin. The nurse makes a diagnosis of hypoglycaemia.

This boy is in coma, sweating, convulsing, this is hypoglycaemia.

Let us inject glucose 50% I.V. Sidi awakes after a few minutes very surprised.

Where am I?

Surprise and joy from the whole family

Hooray! He is alive! Hooray!

You must never forget to eat when you take your insulin.

Otherwise, your sugar will become dangerously low and you will fall into a coma.
Three weeks later there is a celebration for the young people with diabetes.

Moseka and Sidi are invited to learn more about how to care for themselves.

Learn about the symptoms of hypoglycaemia: hunger, shaking, sweating, trembling.

And the signs of high blood sugar: dry mouth, lots of urine, thirst, and loss of weight.

Moseka and Sidi are not alone. Older ones explain that they have been taking care of themselves for many years. They are members of the local association of patients. Parents also are helping each other regularly.
Moseka and Sidi quickly learn how diabetes affects them and how it will bring many changes to their lives.

They and their parents are frightened at first. But gradually they learn to make sure they eat at regular hours, bravely give their injections, and cleverly check their urine and blood sugar levels.

The health care team of doctors and nurses help them to return to a normal life, where they are confident in managing their diabetes.

We hope young people who have diabetes and their parents and friends, and school teachers will read this comic/graphic novel. You will learn many useful things about what it means to have diabetes, and how to care for someone with diabetes.

Diabetes associations exist in nearly every country. Become a member, so you can support each other.

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