Sex, Drugs, and Rock ’n’ Roll; Two Young Adults Share Experiences and Insights to Survive the Teen Years

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Goals/Objectives:
1. Explain the physical, psychological, and social challenges surrounding diabetes management and sex, drugs, and partying
2. Employ a level of comfort when discussing diabetes management and sex, drugs, and partying
3. Apply effective strategies when educating teens on diabetes management and sex, drugs, and partying
Profile:
Name: Patrick, male
Age: 16, sophomore
Condition: Type 1 diabetes
Activities: Honors program, soccer, band

SEX
~ Yes, I am sexually active and with both genders ~
~ I definitely don’t know everything that goes on in my son’s life. ~

~ No, I actually have no idea how sex affects my blood sugar ~
What went wrong?
- Not asking mom to leave!
- Lack of normalization
- Poor wording
- Ineffective (judgemental) tone
- Rushing through
  - Doubling up on questions
  - Not taking the proper time to explain or reiterate

Sex Safeguards:
- Telling your partner about your T1D
- Being aware of active insulin (IOB)
- Glance at blood sugar before starting (a CGM that can communicate with an Apple Watch or phone can make this more smooth)
- Glance at blood sugars after
  - Look for patterns!
  - Knowing health comes first—it’s okay to stop
Setting the scene...the right way

- Practiced the scenario
- Asked for privacy
- Introduced the conversation
- Normalized the topics
- Ensured confidentiality
- Non-judgemental and patient tone
~ Yup ~

~ Usually 2-3 beers at band parties on the weekends ~

~ Yes, I smoke marijuana ~
~ Maybe 1-2 times a month...also at band parties ~

~ I have noticed that I sometimes go low at parties or the night after a party ~

~ Dancing and beer pong ~
~ I had NO idea ~

~ Yes, I always make sure someone at the party knows about my diabetes. I trained my best friend to test my blood sugar AND do glucagon. He’s awesome ~ (Yes, he is awesome)

Tips and Tricks for a Night Out:
- Tell a friend about your T1D
- Wear a CGM
  - Look for patterns and trends
- Wear a medical ID!
- Carry fast-acting glucose
- Learn strategies for pacing drinks
- Know that it’s okay not to drink…or not drink very much
- Know how a drug may affect you prior to taking it
Summary:

• Be honest and forward
• Ensure privacy and confidentiality
• Be non-judgemental
  - Curiosities are natural even for those who do not partake
• Ask open-ended questions (have a conversation)
• Practice!

Questions?