

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



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Courtney Duckworth

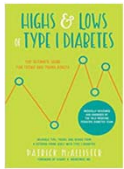
BS Kinesiology and Public Health,
College of William & Mary
2nd Year Medical Student, University of Virginia

Diagnosis: October 27, 2003



Patrick McAllister

BS Biology, Saint Michael's College
Medical School Applicant
Diagnosis: August 11, 2008



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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



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Profile:
Name: Patrick, male
Age: 16, sophomore
Condition: Type 1 diabetes
Activities: Honors program, soccer, band



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SEX



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~ Yes, I am sexually active
 and with both genders ~

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~ I definitely don't know everything that goes on in my son's life. ~

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~ No, I actually have no idea how sex affects my blood sugar ~

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**TIME
OUT**



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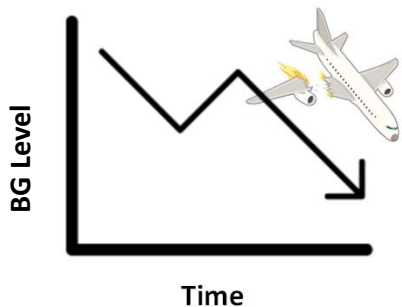
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What went wrong?

- 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

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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

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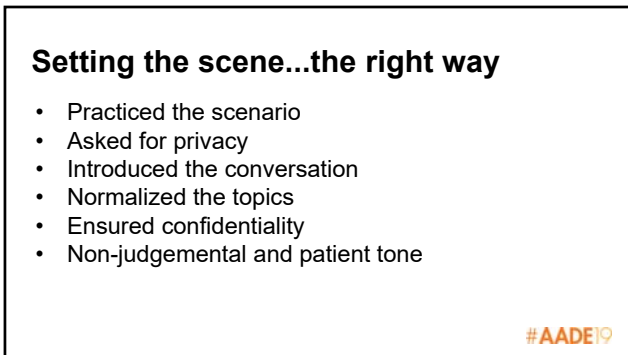
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Alcohol, Drugs & Partying





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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 ~

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

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~ Yes, I smoke marijuana ~

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~ Maybe 1-2 times a month...also at band parties ~

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

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~ Dancing and beer pong ~

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~ I had NO idea ~

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~ 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)

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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

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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!

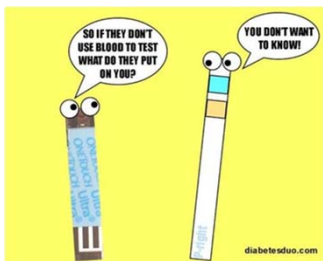
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Questions?



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