



American Diabetes Association®
SCHOOLWALK
for Diabetes

“If I had a dream”...it would be that one day there would be a cure for diabetes. A cure would mean that I wouldn’t have to prick my fingers seven to eight times a day to check my blood sugar. A cure would mean that I do not have to inject my body with insulin five to six times a day, everyday, 365 days a year, and for the rest of my entire life. A cure would mean that I wouldn’t have to worry that I could have a “low” blood sugar making me feel weak, dizzy, or non-responsive. A cure would mean that I could eat anything at anytime and not worry about “how many carbs or sugars” are in the food, or how it will make my body feel. A cure would mean that I wouldn’t have to worry about losing my eyesight, my sense of touch, or my kidneys. But “I” do have a dream...

I have a dream that I can do anything that I want to do, just as my friends have dreams. I dream of being a Varsity Dragon football and baseball player, then maybe one day being a professional athlete. I dream of being a dad like my dad. I dream of being an endocrinologist (a diabetes doctor) so I can find a cure to help other kids. But one thing is for certain...I will not let diabetes control my life. With the help of my diabetes educators, my doctors and my parents, I have learned that I can control my diabetes by teaching my brain to think like a pancreas.

There are many people, family and friends that are affected by diabetes, including my new friend, Ryan who was just diagnosed or my mentor, Justin. Through education and research, a cure WILL happen. Help me and my friends with “our” dream and come “walk” to raise money for a cure. My name is Jackson and I am 10 years old, and I’ve had Type 1 diabetes since I was seven months old.