

Mom: Who are you? **Sophia:** I am Sophia Silovsky. I have diabetes.

Mom: Why is the ADA walk important to you? **Sophia:** Because they raise money to give to scientist to find a cure.

Mom: What is it like living with diabetes? **Sophia:** Harder that non-diabetes lives.

Mom: How is life harder with diabetes? **Sophia:** Because then you have to get shots somewhere on your body every day if you don't have a pump and you have to get your finger poked every day.

Mom: Why do you have to get your finger poked? **Sophia:** Because to see what number I am in case I am low or high with glucose in my blood.

Mom: What do you have to do if you are low? **Sophia:** Drink a juice. (Mom note: This raises blood glucose quickly.)

Mom: Why is being low not good? **Sophia:** Because you might faint.



Mom: Why is having high blood glucose not healthy?

Sophia: I don't know. I want to know though.

Mom: Because high blood glucose over time can harm major organs in your body, like your kidneys, heart, and eyes.

Sophia: That's scary.

Mom: The doctor says your blood glucose has been great! That is why we are so careful so that your blood glucose is okay.

Mom: Why do you wear a pump? **Sophia:** To give me insulin.

Mom: What is insulin?

Sophia: I'm not sure.

People always ask me that.....

Dad: It helps your body change food into energy.

Mom: Is there anything else you want to other people to know about you? **Sophia:** Diabetes is not contagious

Mom: That's a good one. Anything else?

Sophia: mmmm if you ever meet me, there is one thing you should know.

Mom: What is that? **Sophia:** I'm insane -☺ like crazy. I'm full of energy every day - like jumpy and I do weird fun stuff. (Mom note: She is definitely full of energy – the insulin is working! Maybe too well ☺)

St. John's Eagles are Soaring to Cure Diabetes with a school walk on September 16th. Join us at 1:45 at St. John's Episcopal School. We will also have a team for Oklahoma's ADA's walk for diabetes at Orr Farm on Saturday September 17th. Register at www.diabetes.org/stepoutokc - join "Walking for Sophia" Team. **Online donations can be given under any registered walkers at www.diabetes.org/stepoutokc.** or cash or check donations can be given to any St. John's student or walker.

Most importantly, thank you so much for your many years of love and support!!!!!! Sophia, Clarice, Steve, and Jane

