

D1ABESTIES
BE TYPE 1 OF A KIND

BLUELIGHT

Volume 1: We Are One

A comic powered by Type 1 Diabetes

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BLUELIGHT

Volume 1: We Are One



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Illustrated by: Jitesh Ambekar

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BE **TYPE 1** OF A KIND

Disclaimer

This property belongs to The Diabesties Foundation and has been produced after due diligence with medical experts. It is a point of reference for readers. This property is NOT an alternative to the prescribed medical treatment. It does not suggest nor support the avoidance of expert medical advice. Readers are expected to refer to the book for educational purposes only and abide by the medical treatment prescribed to them by their doctor.

AUTHORS' NOTE

The online global community of the condition often jokes: When life gives you Type 1 Diabetes, make a dia-buddy! Your family members and friends who do not live with the condition may be supportive. But, a real smile-from-the-heart moment is realising that you're not the only one at the table checking your blood sugar before eating a meal. Or that you can borrow a glucose tablet from a friend when your blood sugar (and supply of said tablets) is running low! In this book, four newly-diagnosed children become new friends. Together, they learn about the new lifestyle they ought to adopt. By overcoming challenges together, they realise that if they stick by one another, they can be invincible while facing their invisible condition. In keeping with the "friend" theme, we have chosen a cordial approach while writing the book and thereby, educating the readers about Type 1 Diabetes. '*BLUELIGHT Volume I: We Are One*' is an intriguing story written by Type 1 warriors for Type 1 warriors, using a visual medium. It is an assurance that together, all of us are one.

- Pooja Bhawe, Head of Creative Strategy (The Diabesties Foundation)

We are so excited to welcome you all to the world of *BLUELIGHT*!

This comic is a reflection of our stories, peppered with anecdotes of what every person with Diabetes goes through – but told with humour and humility by our characters

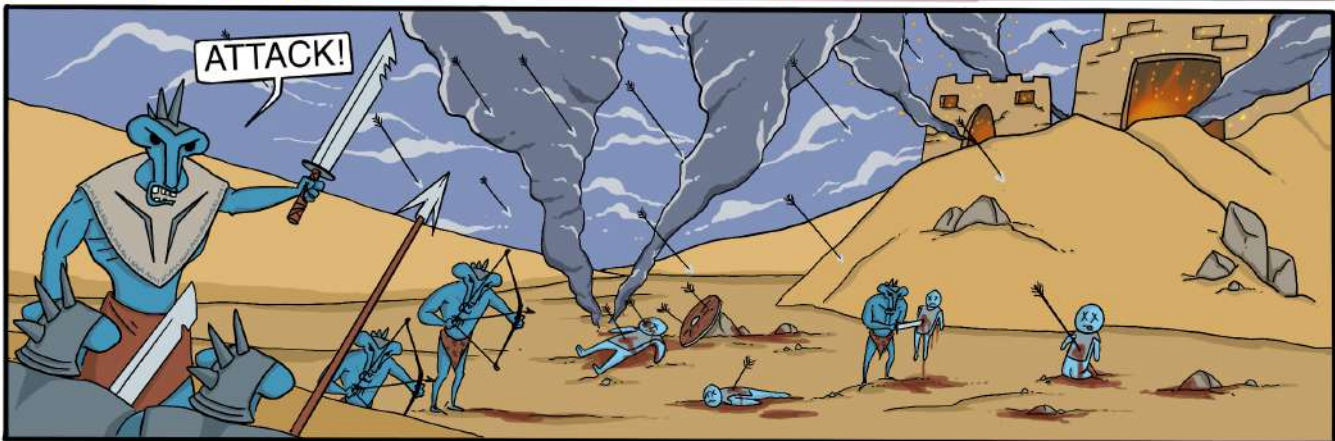
– Akhil, Alisha, Shoubhik and Narayani. We hope that within this story, you will find your story, that you will find comfort and find that you are not alone. The *BLUELIGHT* is a driving force that each of us has within us and we hope that you join our four characters in their quest to learn more, bust myths and form lifelong friendships. We are very grateful to Dr. Mayank Patel and Prof. Partha Kar for welcoming us with open arms into the Multiverse of Type 1 Diabetes adventures and opening up a global gateway of ideas and inspiration. We would also like to say thank you to our incredibly talented illustrator Jitesh Ambekar who has breathed life into each character. We hope you enjoy this action packed story that is filled with excitement, realisations, comedy and is tied together by the Bluelight.

- Jazz Sethi, Founder and Director (The Diabesties Foundation)

Type 1 Diabetes is not selective in whom it chooses to live with, reaching those from all backgrounds and all nations in equal measure. To see how others worldwide are living with the condition, enter the Multiverse to catch up on their adventures.

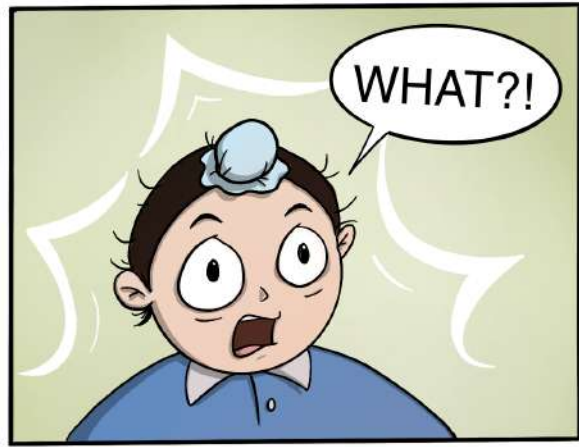
- Dr. Mayank Patel

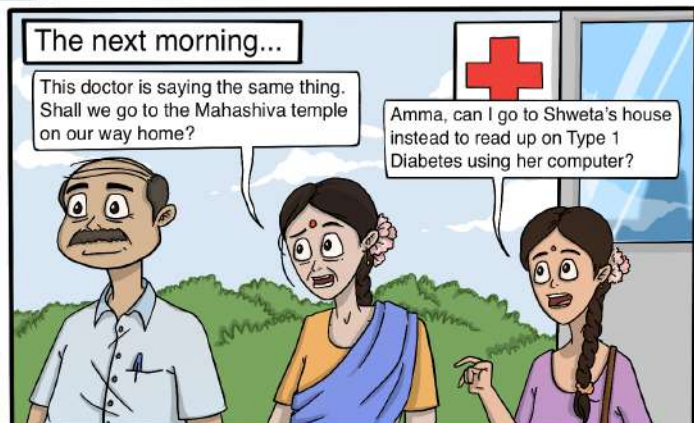
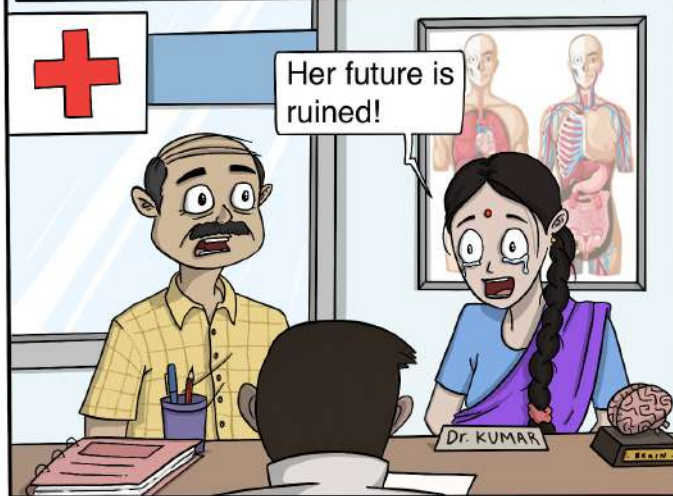
The flourishing kingdom of Pancreas used to be ruled peacefully by two brothers Alpharmus and Betodius until..



The kingdom of Pancreas was wiped off on 08 August.







MUMBAI, MAHARASHTRA | 08 August

We lost AGAIN! Why do bad things always happen to me only?

Bade bade deshon mein aisi chhoti chhoti baatein hoti rehti hai, Senorita!

You can't always win. Kabhi khushi kabhi gham, bro!

I'M NOT YOUR BRO, ARJUN!

I hate your raja beta!!

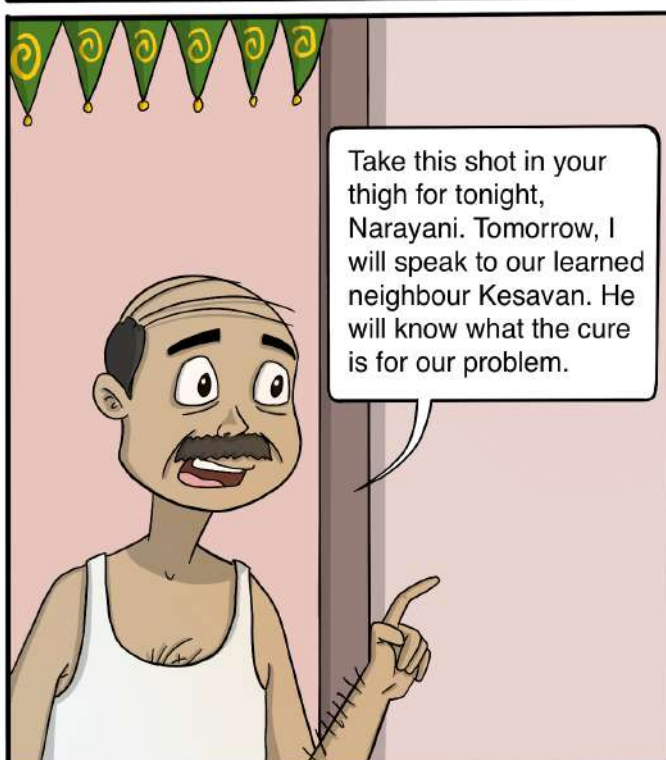
Mumma, hasn't Alisha been getting constantly annoyed these days?

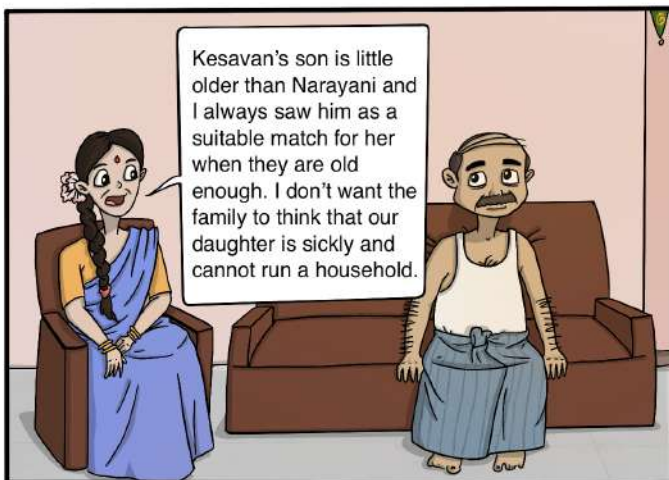
She will be back to normal after the hospitalisation.

What hospitalisation?

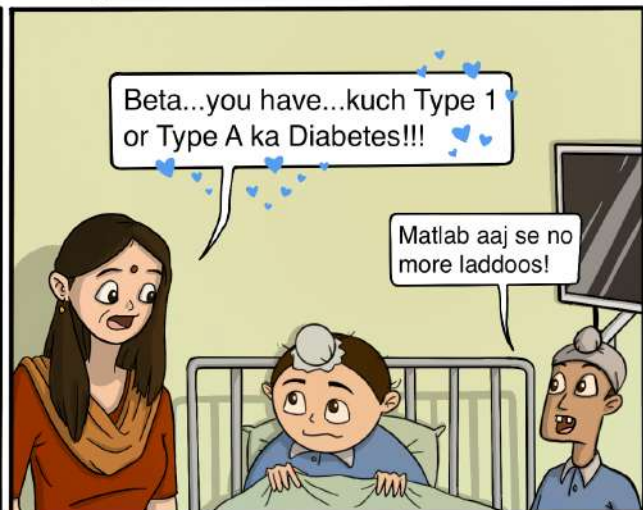
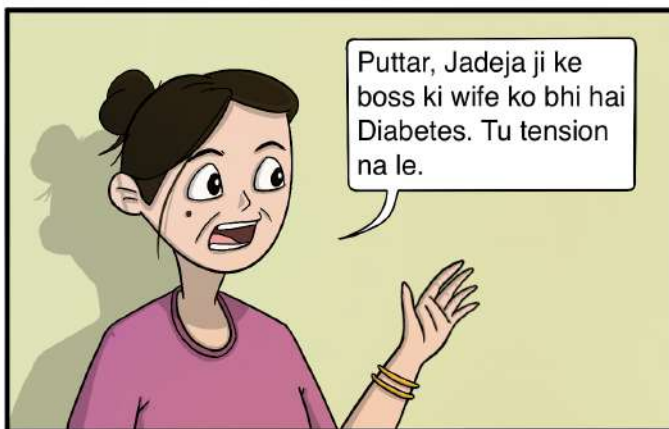


Back in Irinjalakuda, Narayani's parents had bought the expensive insulin pens prescribed by the city doctor, but still had very little information about Diabetes.

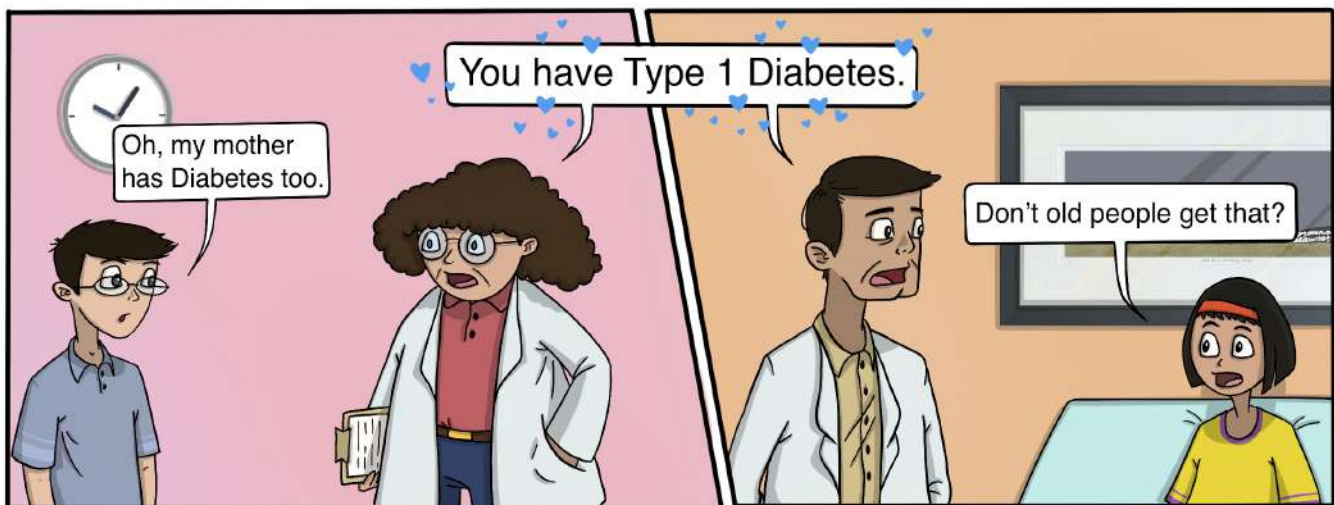


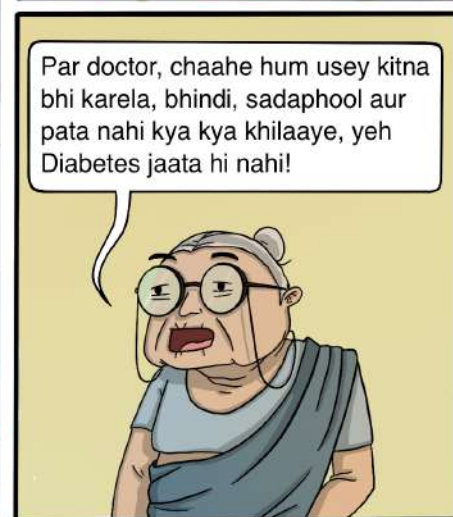
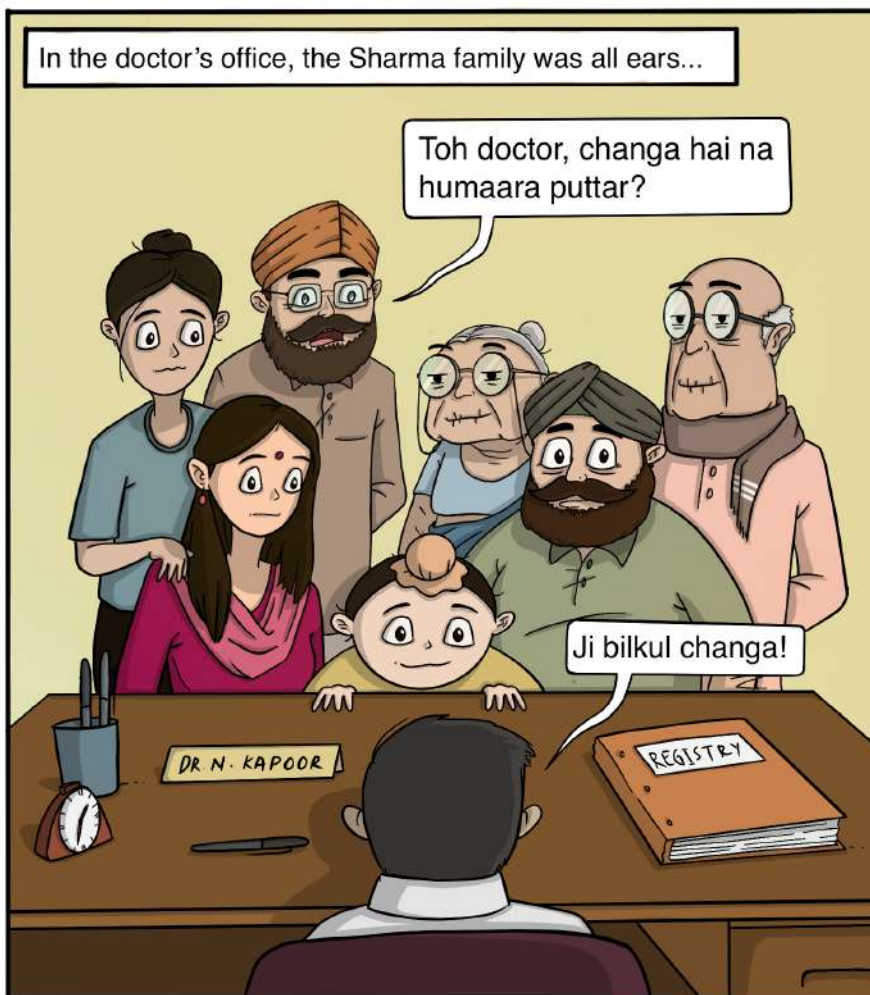
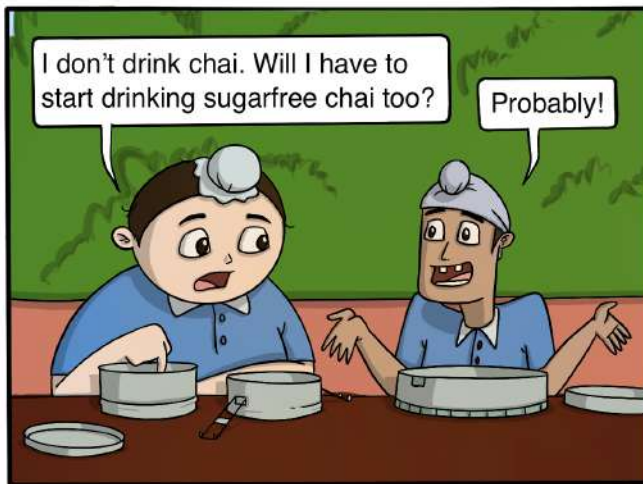


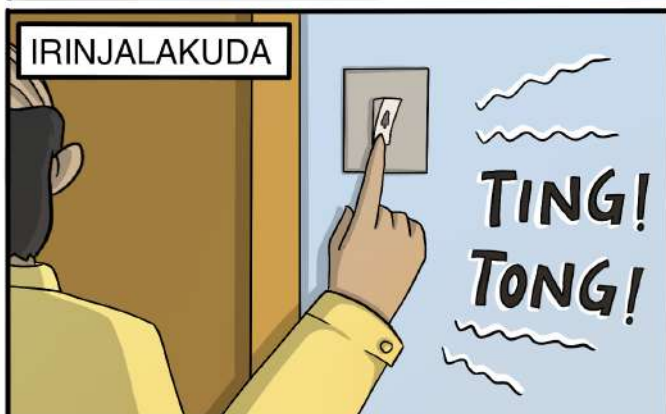
CHANDIGARH: Akhil's hospital room, on the other hand, was quickly filled with a lot of people who were saying a lot of things!

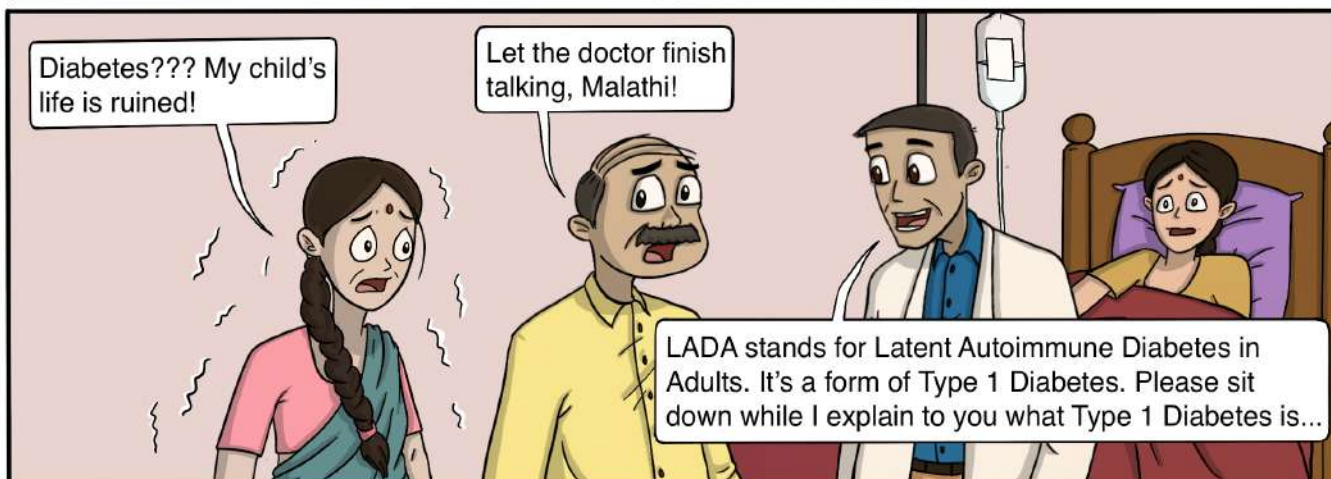
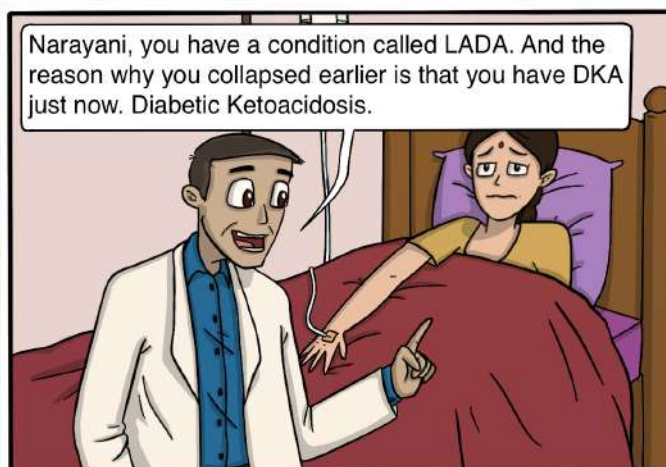
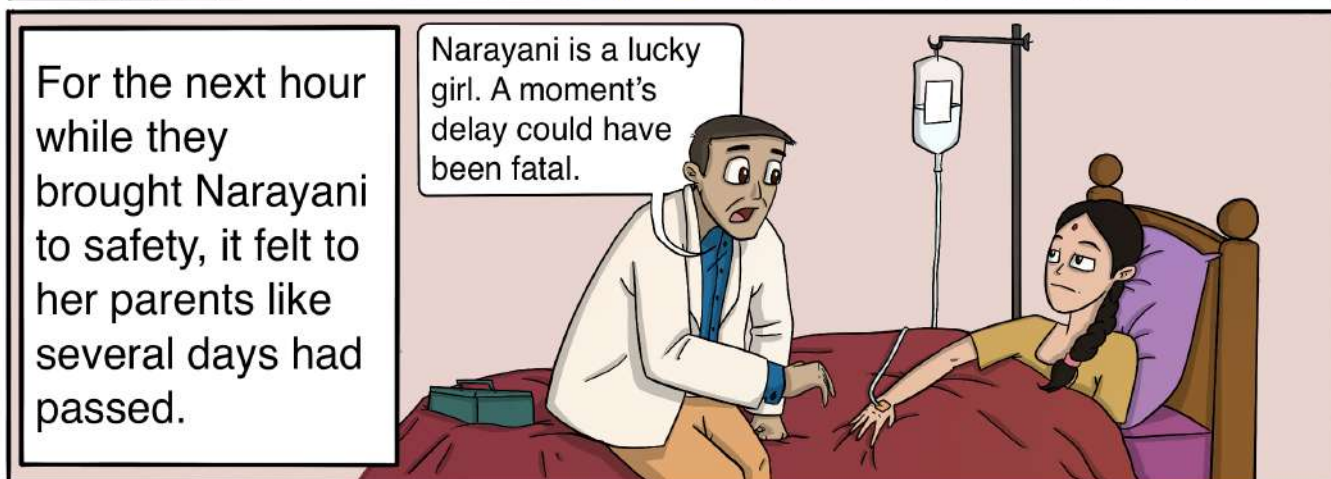


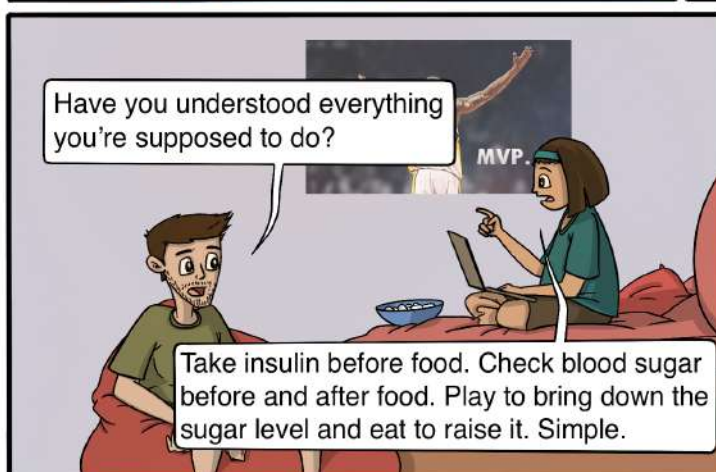




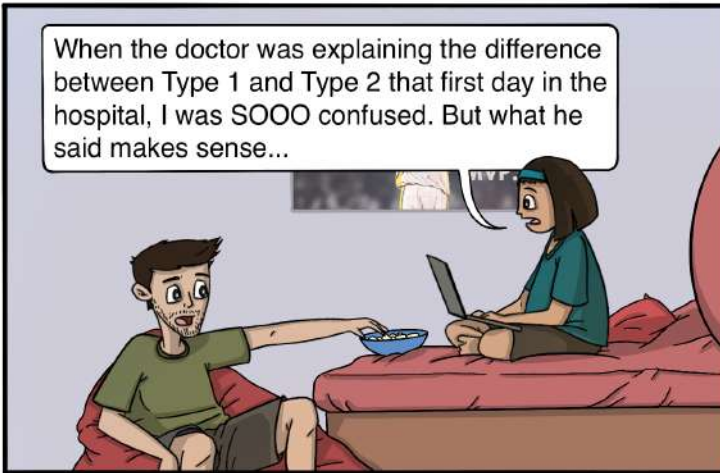








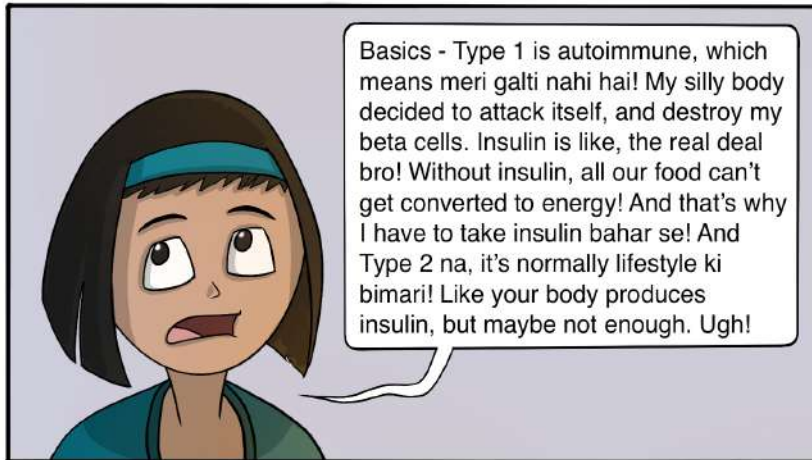
When the doctor was explaining the difference between Type 1 and Type 2 that first day in the hospital, I was SOOO confused. But what he said makes sense...



Kya bole?



Basics - Type 1 is autoimmune, which means meri galti nahi hai! My silly body decided to attack itself, and destroy my beta cells. Insulin is like, the real deal bro! Without insulin, all our food can't get converted to energy! And that's why I have to take insulin bahar se! And Type 2 na, it's normally lifestyle ki bimari! Like your body produces insulin, but maybe not enough. Ugh!



HAVE YOU LOST YOUR BRAINS WITH YOUR PANCREAS TOO?!?

Ayy, good one! Who knew you were funny?

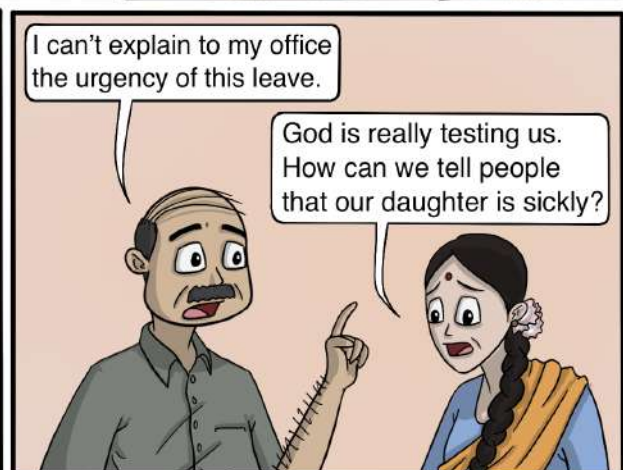
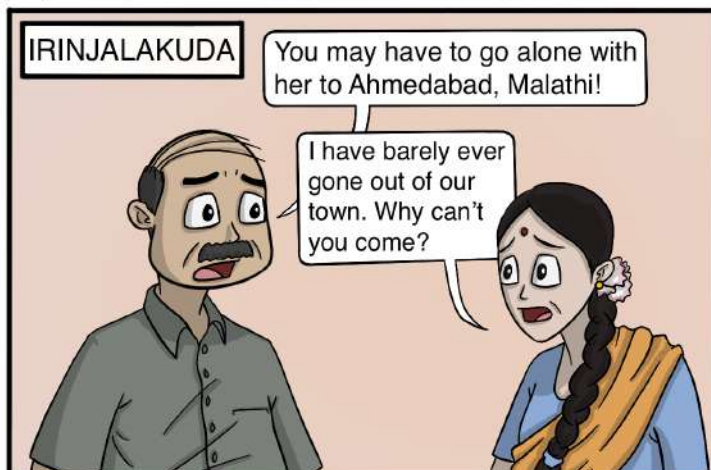
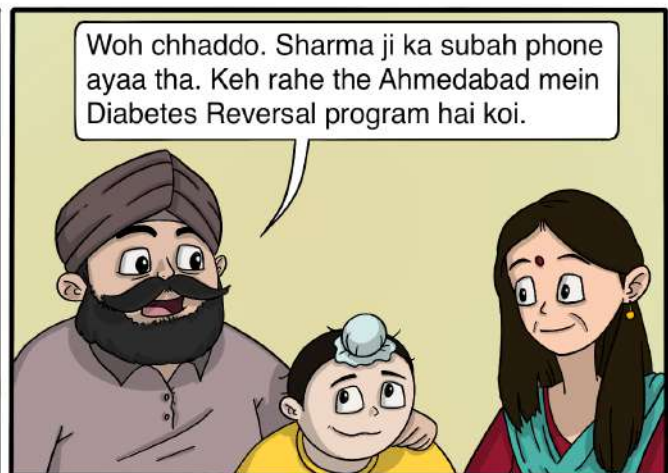


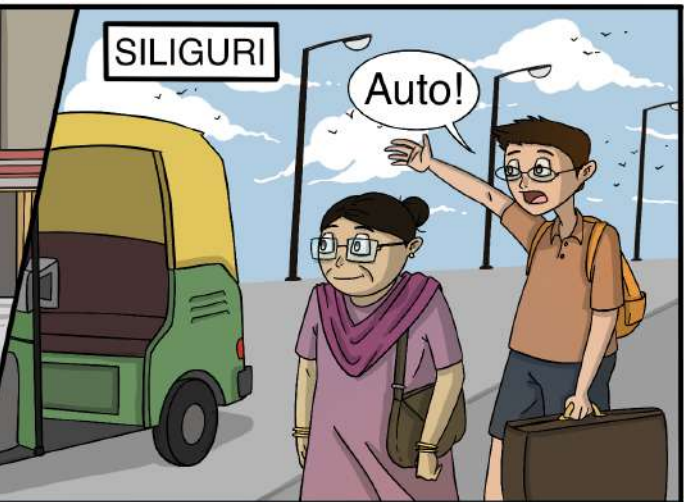
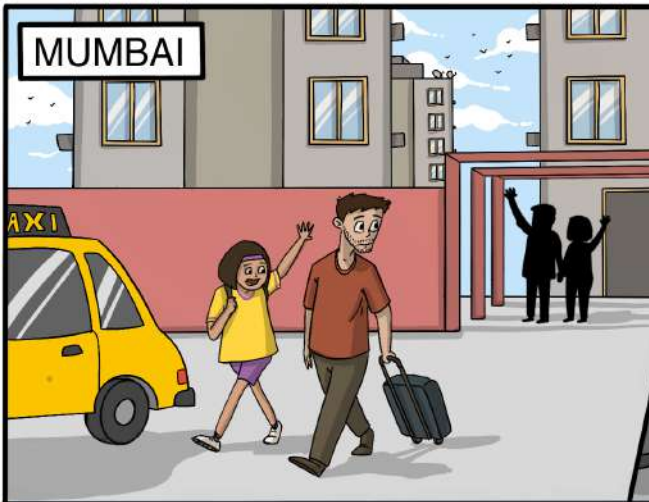
Dont worry, Arjun! We are attacking her on your behalf!

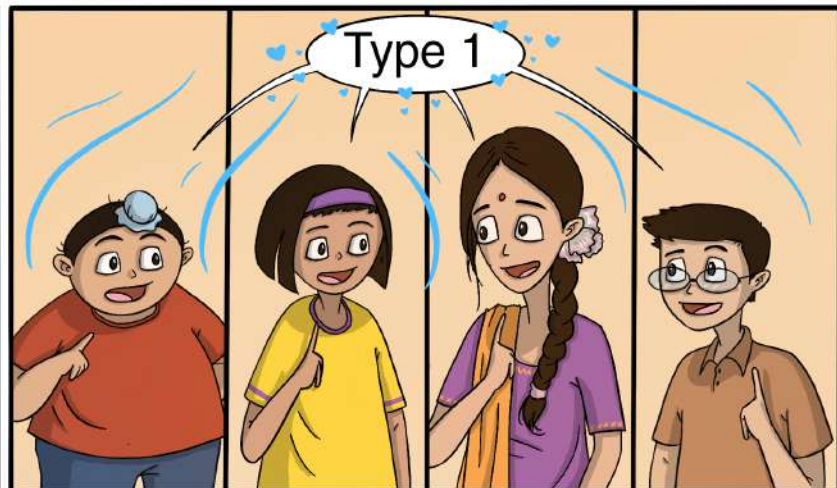
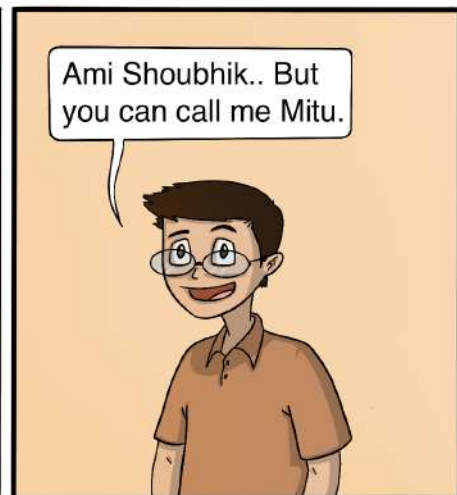


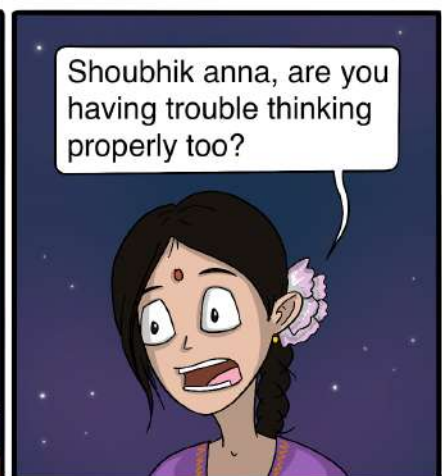


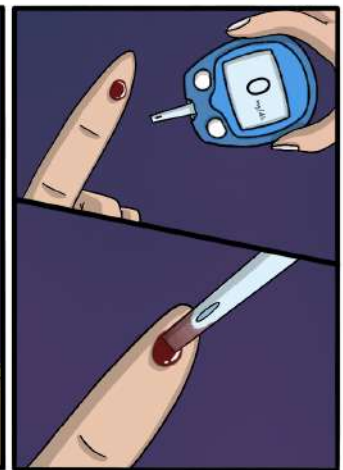
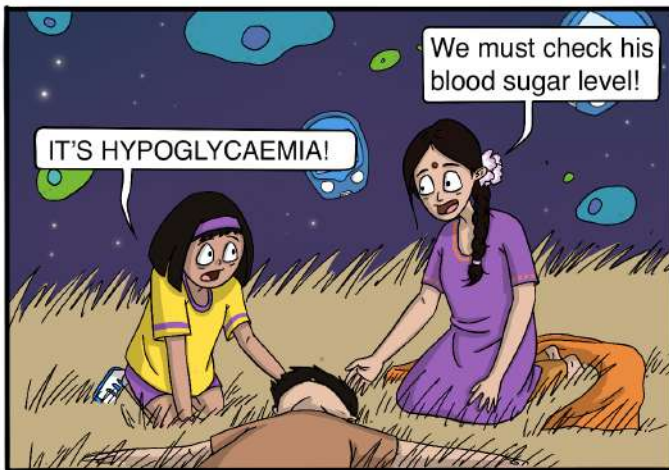




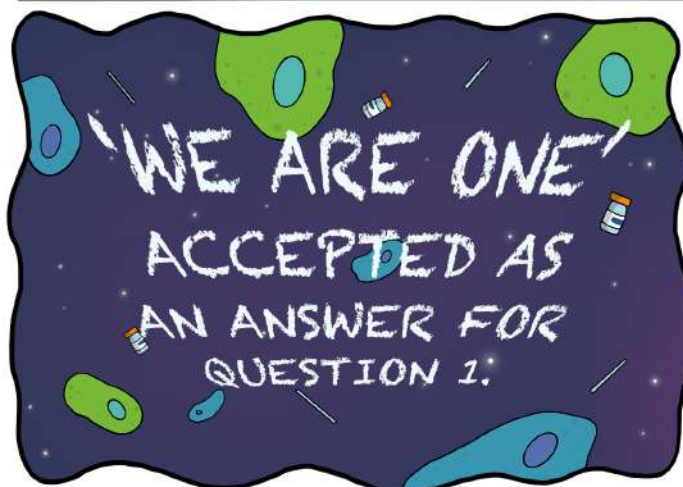
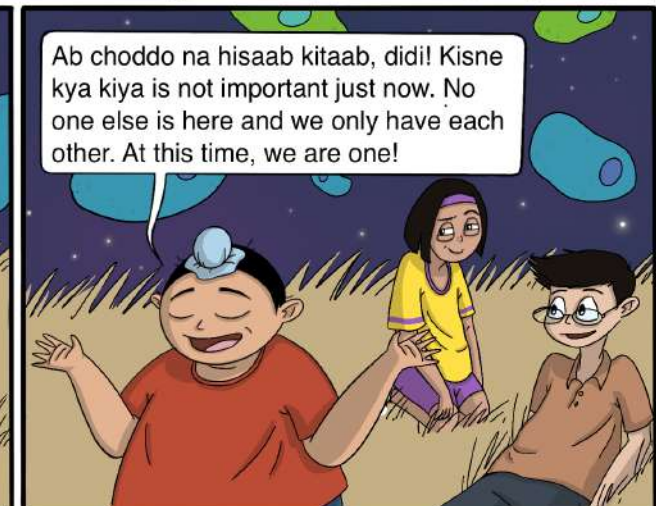


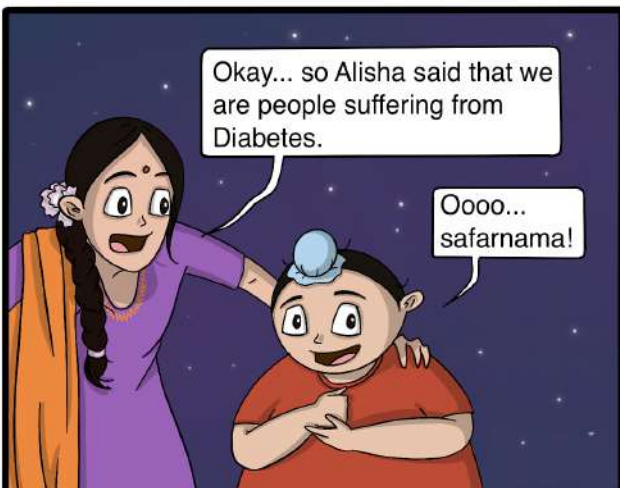


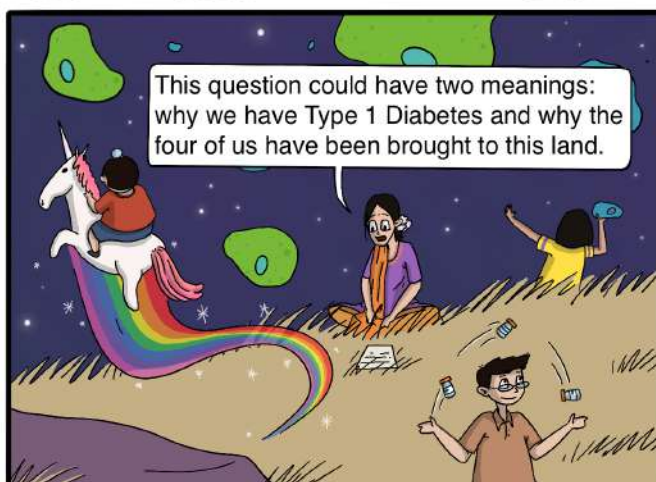
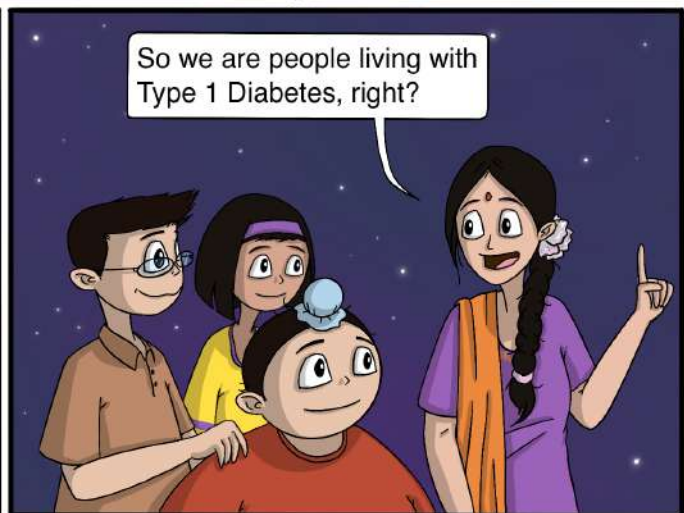


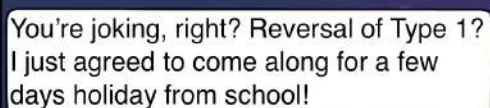
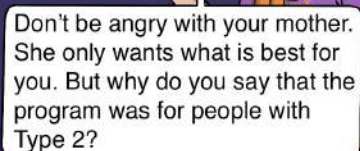
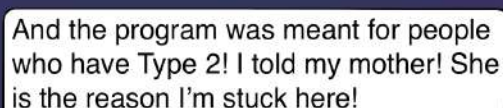
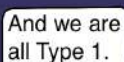
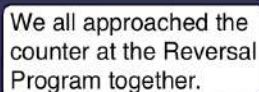
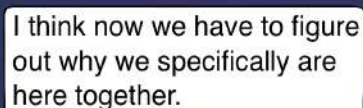
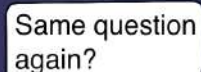
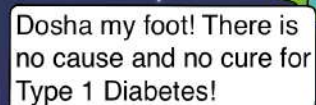
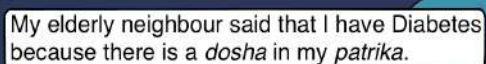


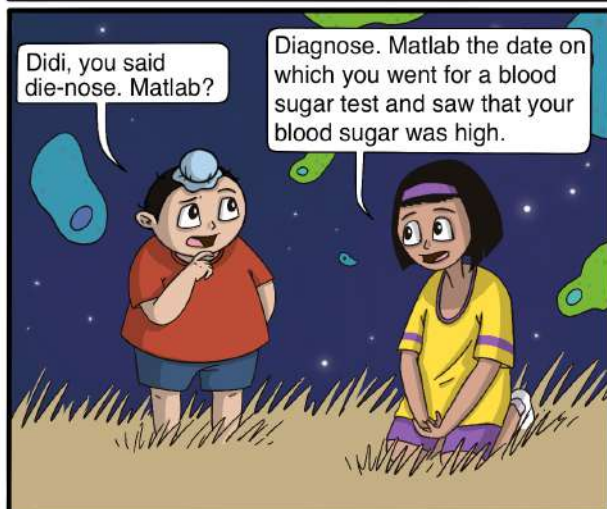
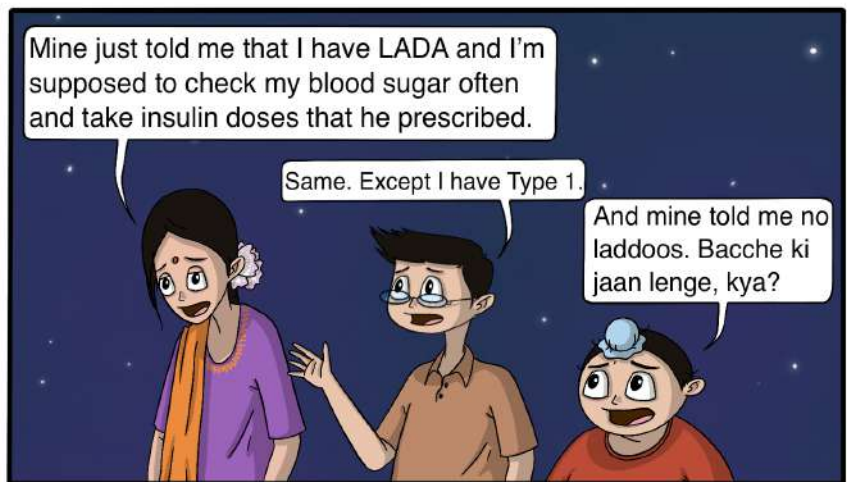
And how exactly did you contribute?

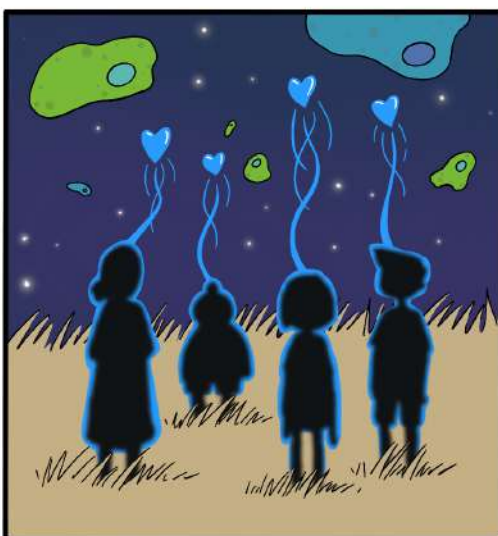








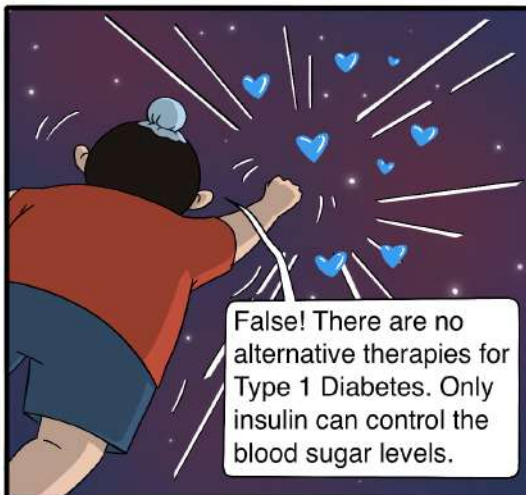




Drawing certainty, knowledge, hope and acceptance from the Bluelight, Team We Are One got ready for their next challenge.



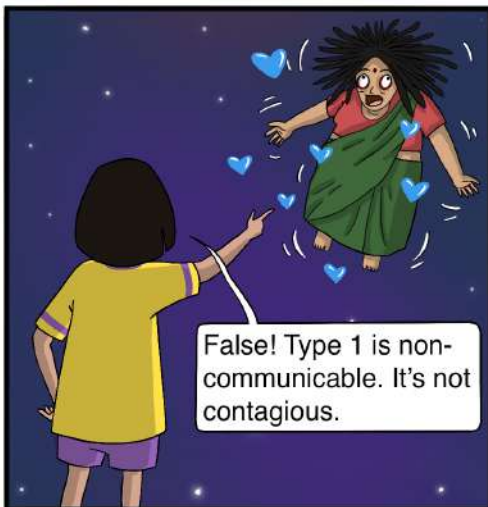
Stop Insulin. Try neem ka juice instead!



False! There are no alternative therapies for Type 1 Diabetes. Only insulin can control the blood sugar levels.



If you get married, you will pass it on to your spouse!



False! Type 1 is non-communicable. It's not contagious.



You know what is contagious? Stupidity!

Boht hard!

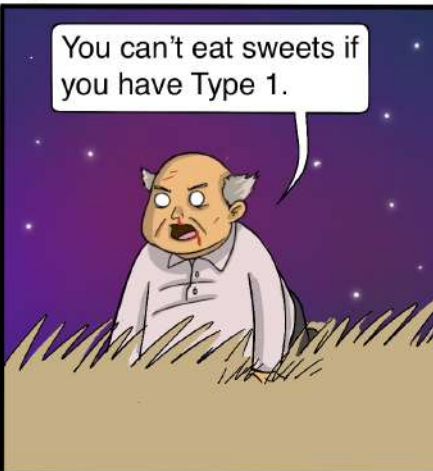
Ooooo



You should tell as few people as possible if you have Type 1 Diabetes!



False. Friends, colleagues and family members must know about your condition so that they can act appropriately if you ever have an episode.



You can't eat sweets if you have Type 1.



No... No... False again! You can - you just have to take insulin accordingly.

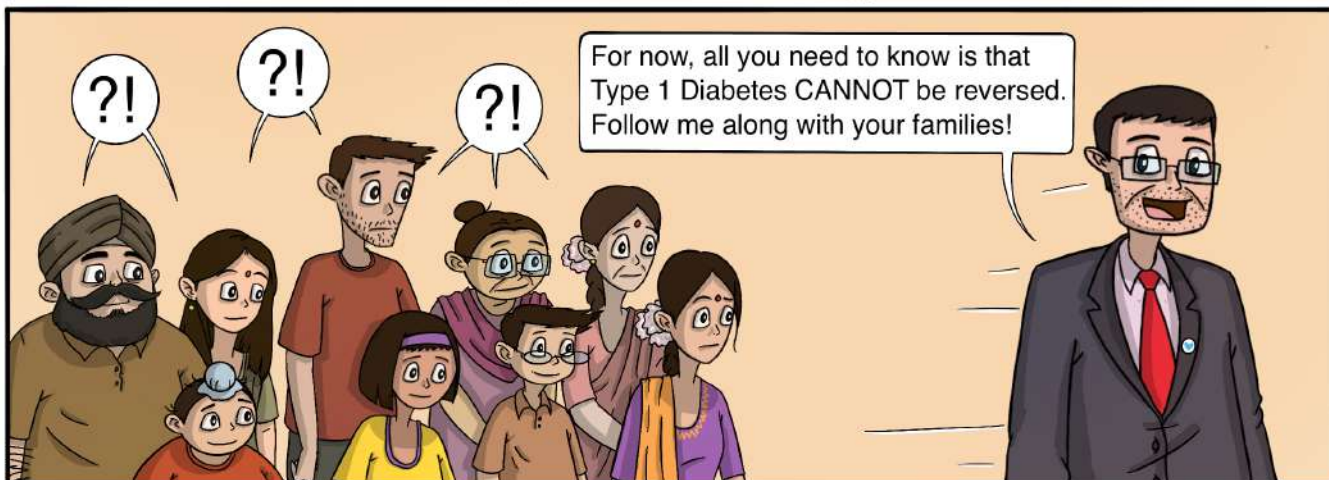
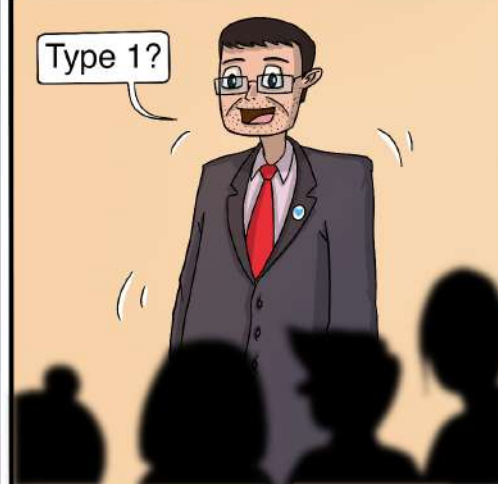
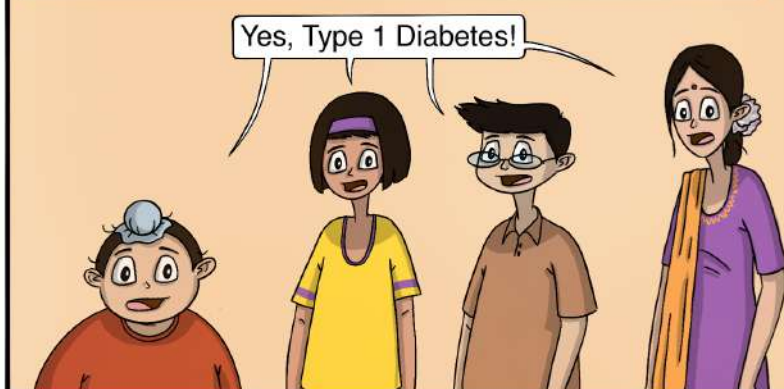
Haaanji! Laddoo bhi kha sakta hoo main!

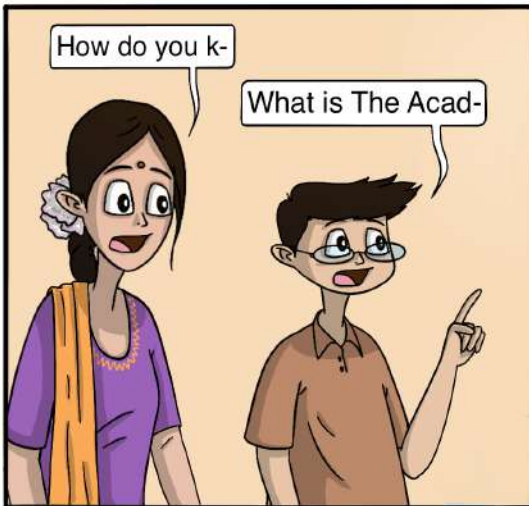


Registration



It was as if time had stood still in Ahmedabad while the four were transported to (and brought back from) the mystery land.





FOR FURTHER REFERENCES AND READINGS: www.d1abesties.com
TO READ THE TYPE 1 COMICS (UK): <https://revolvecomics.com/read-diabetes-type-1-comics/>

TEAM DIABESTIES

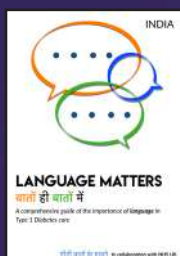
Founder and Director: Jazz Sethi
Head of Development: Pragya Bakshi
Head of Creative Strategy: Pooja Bhawe
Head of Operations: Ritika Maheshwari
Head of Media: Yuvan Seth
Design Associates: Deeksha Honawar and Sanjana Mohan
Design Consultant: Prarthana Dixit

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Gujarat Chapter: Ritika Maheshwari
Maharashtra Chapter: Pragya Bakshi
Kerala Chapter: Indu Thampy
Punjab Chapter: Deeksha Dev
Madhya Pradesh Chapter: Nikhil Soni
Karnataka Chapter: Sanjana Mohan
Uttar Pradesh Chapter: Srishti Pandey

Extended Team member: Tanmay Rawal
Trustees: Nancy Patel and Akash Karnatki

The lives of Akhil, Alisha, Shoubhik and Narayani from different parts of India are turned upside-down when each of them is told the same thing by their respective doctors- Type 1 Diabetes. Each one's journey thereon is different- each one takes the news differently, each one's family and doctors take it differently too. But, despite their differences, their fate is one. When the four of them meet, their lives change yet again as they realise that they are one. Join Team We Are One in their journey of adventure, acceptance and friendship as they learn about Type 1 Diabetes, and are guided by the 'Bluelight'.



All posters and books available on: www.dlabesties.com

Diabesties is an initiative to make every Type 1 Diabetic feel loved, heard, supported, understood and celebrated. We are spread across several chapters. The Diabesties Foundation has launched several projects namely DiaMeets, Kiran, Mishti, D-Tour, One Drive, UNWIND and so on. We are driven to empower all the people living with and affected by Type 1 Diabetes. Our aim is to educate and make the society at large aware about Type 1 Diabetes.

For more visit: www.dlabesties.com
Drop us an email on: foundation@dlabesties.com

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