



A New Diabetes Website for Kids by Kids? How Sweet It Is

Health Dec 9, 2014



Forget sibling rivalry. Eliana and Mathias Salmon have more important things to do than quibble. They recently teamed up to launch SweetSiblings.org, a website for kids with type 1 diabetes.

The site, which is available in English and Spanish, is aimed at mentoring newly diagnosed kids. The two teenagers post advice on kid-friendly topics, such as eating favorite foods, dealing with diabetes during school, and handling holiday diet temptations.

“We came up with the tips through experience — trial, and error,” Mathias told Healthline. “By creating the website I wanted to share those tips with everyone so they didn’t have to make those errors.”

Let’s Chat

Mathias, 13, was diagnosed with type 1 diabetes when he was just a toddler. His sister, 15, has been helping him cope with the condition for a decade. The two have been active in the diabetes community in New York, but they felt they could have a much greater impact if they posted their suggestions [online](#). They’ve created a space where kids can talk to their peers about their life-changing condition.

“Over the years, I have helped a lot of children who are newly diagnosed transition into a life with diabetes,” Mathias said. “When you’re first diagnosed you feel like your life is over. I meet with them personally and explain to them that everything will be okay. “

Only 5 percent of diabetics have type 1 diabetes, a condition in which the immune system attacks cells in the pancreas that produce insulin. Insulin is a hormone that regulates your blood sugar levels, which can go up and down depending on what you eat. Type 1 diabetics may experience blood sugar spikes or drops so severe that they end up in a coma.

Growing up with diabetes has been challenging for both children. Diabetes is a 24/7 condition, Mathias said, and it takes a lot of energy and concentration to constantly keep tabs on his health.

Siblings Need Support, Too

Having a diabetic in the family can also be taxing for siblings, which is why Eliana's perspective is equally important. As a young child, Eliana remembers being frustrated with her brother's restrictive diet, which affected her ability to eat normally. She taught herself to deal with any disappointments so she could better support her brother.

Diabetes affects the entire family, she said. "Oftentimes the advice is directed specifically toward the diabetic child, but I think it's also important to support the sibling, because they're also greatly affected by diabetes," Eliana said.



The siblings' best advice for newly diagnosed kids is to embrace a positive attitude and stay hopeful that things will get easier in the future.

Eliana and Mathias have posted their contact information on the website, and say they will answer any questions sent their way.

"We want to be role models for children," Eliana said. "With the right support and the right attitude, we believe diabetics

can have the same lives as people without diabetes."

Brother-Sister Duo Create Website to Help Kids with Type 1 Diabetes

11/24/14

Children living with type 1 diabetes know it's an unexpected challenge. It can be overwhelming and frightening. Today, coinciding with diabetes awareness month, a brother-sister duo who know firsthand the difficulties of living with the disease, announced the creation of [Sweet Siblings](#), an online support group for children affected by type 1 diabetes.

The website was envisioned and created by 15-year-old, Eliana Salmon and her 13-year-old brother Mathias, who was diagnosed with type 1 diabetes when he was 3-years-old. With ten years of experience living with the disease, they have acquired useful tips about finding the right foods, diabetes equipment and accessories, and other helpful hints that they want to share with other children like themselves.

"What is truly unique about Sweet Siblings is that it is a site run by kids, for kids, which you don't see at all in the diabetes online community," said Eliana Salmon. "Diabetic kids receive advice daily from their doctors or parents, but what has been lacking is advice from their peers. We want to share what we have learned with other children in order to make a difference in their lives."

Each year 15,000 children are diagnosed with type 1 diabetes and the number is expected to grow worldwide by 3 percent next year. Sweet Siblings hopes to help a fraction of these children by serving as role models for healthy living with type 1 diabetes.

"We are here to help through any of the small bumps along the way and show that you can still live an active, happy and healthy lifestyle after diagnosis," said Mathias Salmon. "The main thing we want to promote is positivity. We believe that with a 'can-do' attitude, adequate care and supplies, and most importantly, support, that every diabetic can succeed."

To help others succeed, Sweet Siblings is packed full of tips for children. Browsing the site you will find links to the latest equipment and current news on diabetes. There is also an interactive blog where children and teens can ask questions and receive answers from Eliana and Mathias. The site also has a bilingual element to reach a broader audience and ensure that a language barrier doesn't keep children who need advice from receiving it.

Parents can also find useful information throughout the site including links from babysitters who can care for diabetic children to tasty recipes that are kid-approved.

"When my child was diagnosed I wanted to make sure I knew everything I could to ease his concerns and help him adjust to life with diabetes," said Leslie Salmon, mother of Eliana and Mathias. "It can be difficult, but when armed with the right tools parents can make the transition seamless and inspire their children to continue living their lives and reaching their dreams."

For more information or to connect with Eliana and Mathias visit www.sweetsiblings.org.

<http://citybizlist.com/article/224960/brother-sister-duo-create-website-to-help-kids-with-type-1-diabetes>



Sweet Siblings: A New Website for Children with Type 1 #diabetes

December 10, 2014



Eliana Salmon

Mathias Salmon

Eliana (age 15) and Mathias (age 13) Salmon have launched a new website called sweetsiblings.org. Mathias was diagnosed with Type 1 Diabetes 9 years ago. Mathias, 13, was diagnosed with type 1 diabetes when he was just a toddler. His sister, 15, has been helping him cope with the condition for a decade. The two have been active in the diabetes community in New York, but they felt they could have a much greater impact if they posted their suggestions online. They've created a space where kids can talk to their peers about their life-changing condition. The site, which is available in English and Spanish, is aimed at mentoring newly diagnosed kids. The two teenagers post advice on kid-friendly topics, such as eating favorite foods, dealing with diabetes during school, and handling holiday diet temptations.

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As teenagers who understand what it means to have diabetes and to have a family member living with diabetes, both Eliana and Mathias know that it takes a long time to get accustomed to life with T1D. They recognize that there is insufficient funding for endocrinologists and their support teams. Despite patients' need for attention and education, busy medical practices often cannot provide adequate support for children that were recently diagnosed. They hope to be here to address all of your unanswered questions. Being advised by adults and professionals does not have the same impact as getting tips from children who have lived with the disease and their siblings. Sweetsiblings.org hopes to serve as relatable role models for healthy living with Type 1 Diabetes.

A New Diabetes Website for Kids by Kids? How Sweet It Is

A brother and sister are helping kids tackle type 1 diabetes by launching a new website chock full of advice.

Written by Mollie Bloudoff-Indelicato | Published on December 7, 2014



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Mathias Salmon

Growing up with diabetes has been challenging for both children. Diabetes is a 24/7 condition, Mathias said, and it takes a lot of energy and concentration to constantly keep tabs on his health.

Siblings Need Support, Too

Having a diabetic in the family can also be taxing for siblings, which is why Eliana's perspective is equally important. As a young child, Eliana remembers being frustrated with her brother's restrictive diet, which affected her ability to eat normally. She taught herself to deal with any disappointments so she could better support her brother.

Diabetes affects the entire family, she said. "Oftentimes the advice is directed specifically toward the diabetic child, but I think it's also important to support the sibling, because they're also greatly affected by diabetes," Eliana said.



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