

Testimony of

Ruby Anderson, age 9

From

Yarmouth, Maine

At the Hearing entitled:

**“Redefining Reality: How the Special Diabetes Program is Changing the Lives of
Americans with Type 1 Diabetes”**

Wednesday, July 10, 2019, at 9:30 a.m.

Before the

United States Senate Special Committee on Aging

Dirksen Senate Office Building, Room 106

Washington, D.C.

Chairman Collins, Ranking Member Casey, Senators – thank you for inviting me to talk to you today.

My name is Ruby Anderson. I am 9 years old and just finished 3rd grade at Yarmouth Elementary School in Yarmouth, Maine.

I was diagnosed with type 1 diabetes (T1D) when I was almost two years old. I don't remember not having T1D.

But I am lucky because I have devices that help me manage my T1D.

I have been using an Omnipod insulin pump since I was about three years old. It has no tubes, which I like, and I don't have to take shots. But sometimes it hurts when I have to change my pod every three days.

I also have been using the Dexcom G6 continuous glucose monitor for over a year. I love it. Things have gotten a lot easier because now I can just check my numbers on my phone. My mom even lets me ride my bike to school because now she can see my numbers on her phone wherever she is.

Before the G6, I was checking my blood sugar up to 10 times a day. Now, I still have to prick my finger, but sometimes not for weeks.

But as great as my pump and G6 are, T1D is still really hard to manage.

I have to count carbohydrates in everything I eat and make sure I'm giving myself enough insulin to keep my blood sugar from going too high. If I give myself too much, I go low. Even if I do my very best, my numbers can still be way off and I won't feel good.

My G6 and pod sometimes alarm when I'm in class, at home doing homework, playing lacrosse with my friends, and swimming at the beach. It even went off one time on an airplane. That was awkward.

When it goes off, I have to stop and check my numbers. I'll have to eat or drink if I'm low or take more insulin if I'm high. My parents, my brother and sister, and my friends and teachers all help me if my numbers are too high or low.

I wish my diabetes would just disappear. And Senators, I don't want my brother or sister to get T1D.

We need more research to find a cure. We need even better devices. And we need to figure out what causes T1D so we can stop it.

All of the kids here at JDRF's Children's Congress need you to continue to support us.

When I grow up, I want to be a scientist – partly because T1D research is so important.

And if they haven't found a cure for diabetes by then, I will.

And when we have a cure, I'm going to have a party and invite everyone in the whole entire world. Senator Collins, you will be first on my list.

Thank you for listening and for all you do for kids like me.