

# KARA AND THE (NOT SO) DIRE BEASTIE



Angelina V. Bernier MD

# **KARA** AND THE **(NOT SO) DIRE BEASTIE**

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Drawn from Valor is a 501(c)(3) non-profit animation studio helping to educate and empower children and families impacted by physical and mental health conditions. Our goal is to help children and families live longer, healthier, and happier lives by empowering them to discover new knowledge in an engaging environment at their own pace. For more information, please visit <https://drawnfromvalor.org>.

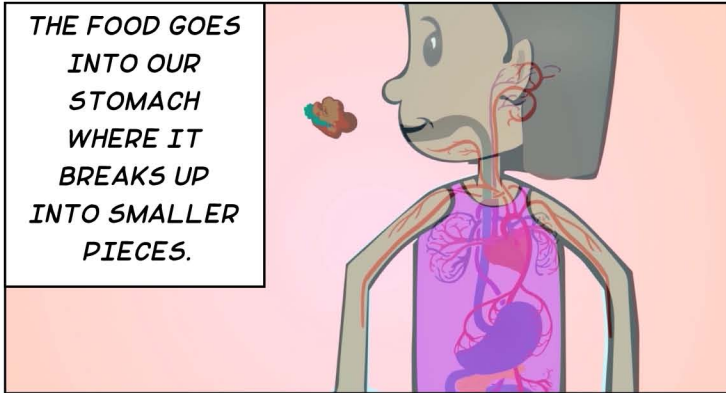
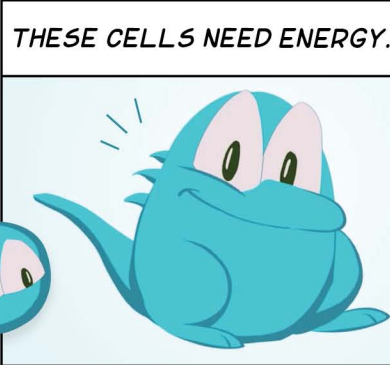
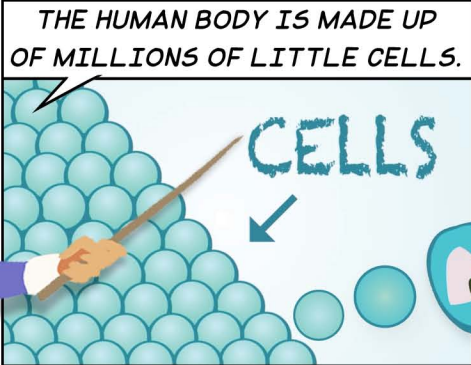
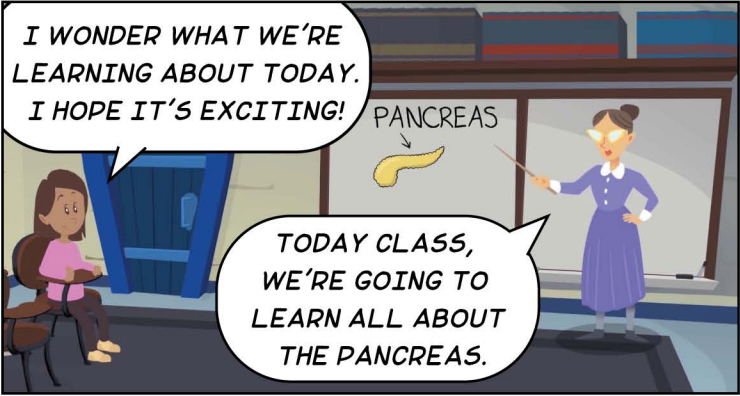
Dedicated to Maria Valladares, who always encouraged me  
to write a book for children about diabetes.

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They are for information and educational purposes only.

Always seek the timely advice and/or treatment of your physician or other qualified health care provider with any questions you may have regarding medical or mental health condition(s), including but not limited to those medical and/or mental health conditions detailed in this animation or animated series.



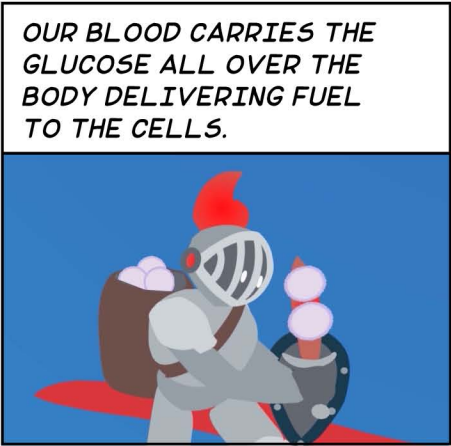


GLUCOSE IS THE FUEL OUR BODY-CELLS NEED FOR ENERGY.



GLUCOSE GOES INTO THE BLOODSTREAM, WHICH IS LIKE A ROADWAY ALL AROUND THE BODY.

OUR BLOOD CARRIES THE GLUCOSE ALL OVER THE BODY DELIVERING FUEL TO THE CELLS.



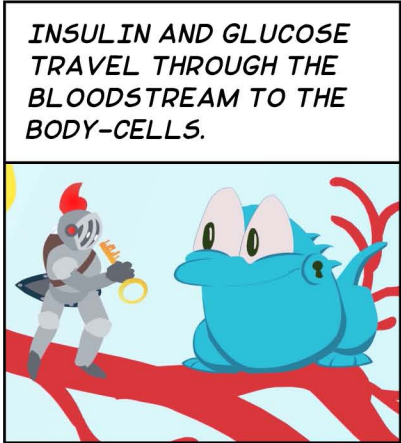
BEHIND THE STOMACH IS THE PANCREAS. WHEN IT SEES GLUCOSE...



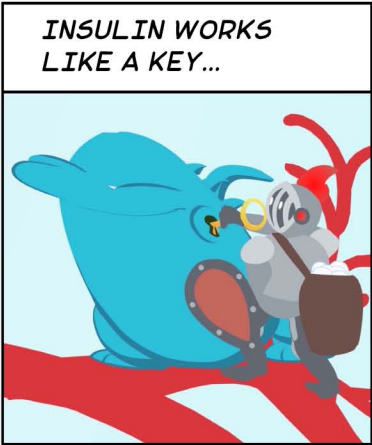
...THE PANCREAS MAKES INSULIN.



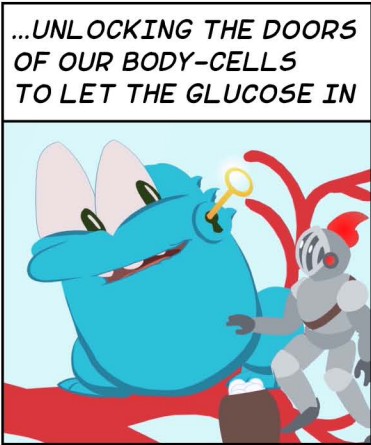
INSULIN AND GLUCOSE TRAVEL THROUGH THE BLOODSTREAM TO THE BODY-CELLS.



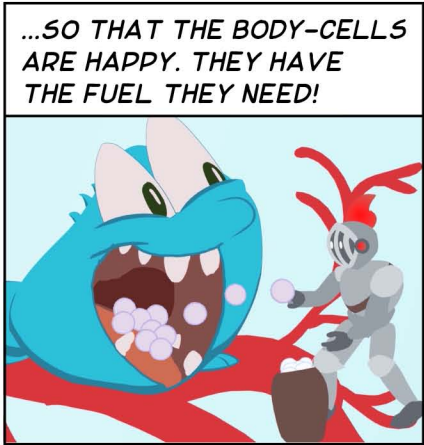
INSULIN WORKS LIKE A KEY...



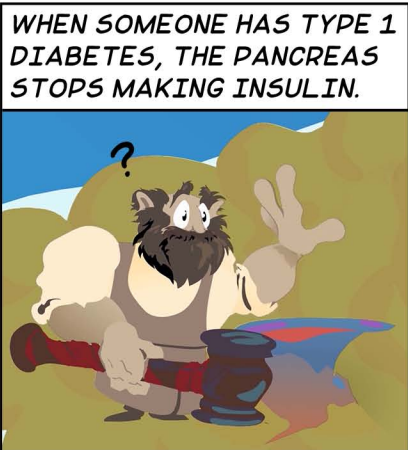
...UNLOCKING THE DOORS OF OUR BODY-CELLS TO LET THE GLUCOSE IN



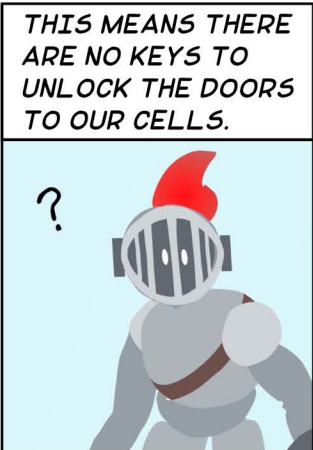
...SO THAT THE BODY-CELLS ARE HAPPY. THEY HAVE THE FUEL THEY NEED!



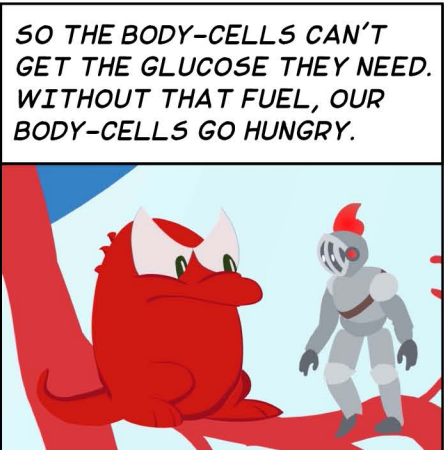
WHEN SOMEONE HAS TYPE 1 DIABETES, THE PANCREAS STOPS MAKING INSULIN.



THIS MEANS THERE ARE NO KEYS TO UNLOCK THE DOORS TO OUR CELLS.



SO THE BODY-CELLS CAN'T GET THE GLUCOSE THEY NEED. WITHOUT THAT FUEL, OUR BODY-CELLS GO HUNGRY.





WE MAY LOSE A LOT OF WEIGHT BECAUSE OUR CELLS ARE STARVING.




ALSO, THIS CAN MAKE US FEEL VERY TIRED.

z z z

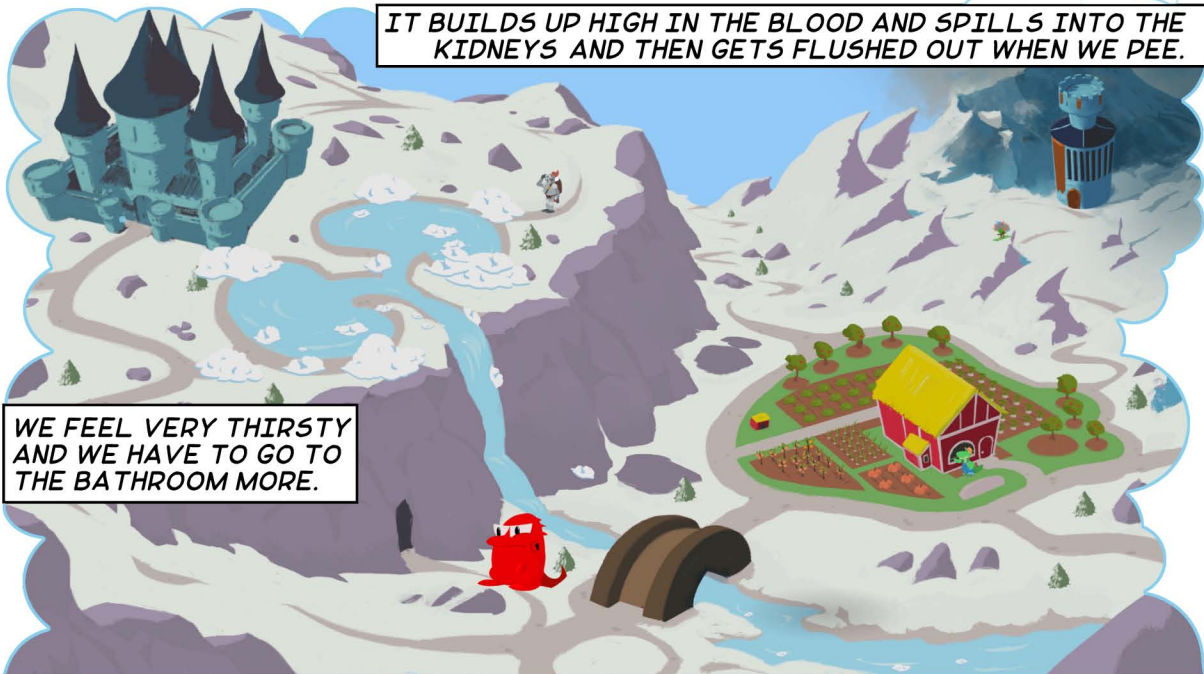


SINCE THE GLUCOSE CAN'T GET INTO THE CELLS, IT HAS NOWHERE TO GO.



IT BUILDS UP HIGH IN THE BLOOD AND SPILLS INTO THE KIDNEYS AND THEN GETS FLUSHED OUT WHEN WE PEE.

WE FEEL VERY THIRSTY AND WE HAVE TO GO TO THE BATHROOM MORE.



DIABETES CAN BE TREATED BY EATING HEALTHY FOOD, GETTING PLENTY OF EXERCISE, AND GETTING INSULIN INJECTIONS TO GET THOSE KEYS.

KARA! WE NEED YOUR HELP!



HUH? WHERE AM I?

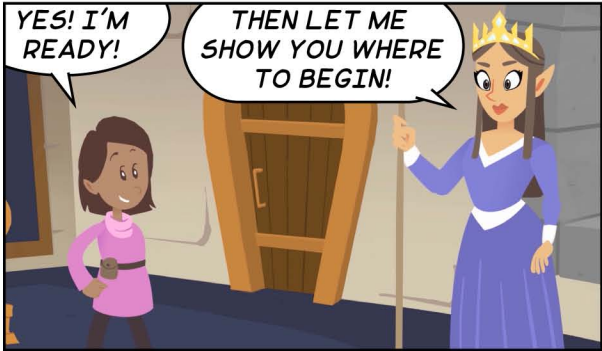


SOMETHING'S HAPPENING IN OUR KINGDOM, KARA! CAN YOU HELP US FIND OUT WHAT IT IS?



YES! I'M READY!

THEN LET ME SHOW YOU WHERE TO BEGIN!



PART 2



WELL KARA, I JUST GOT YOUR RESULTS BACK

IT LOOKS LIKE YOU HAVE TYPE 1 DIABETES.



OH DR. B, HOW DID THIS HAPPEN?  
DID WE DO SOMETHING WRONG?

NO, YOU DIDN'T DO ANYTHING WRONG. TYPE 1  
DIABETES IS AN AUTOIMMUNE DISEASE.  
KARA'S IMMUNE SYSTEM GOT CONFUSED AND  
DAMAGED PART OF HER PANCREAS.

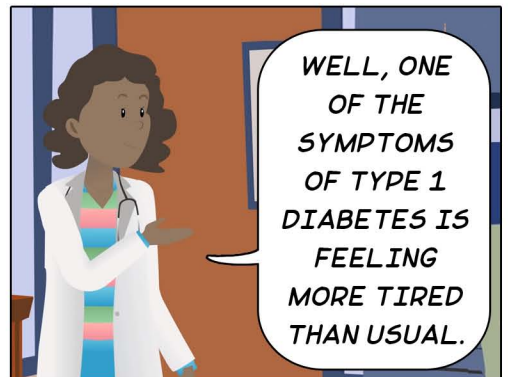


AND NOW KARA'S PANCREAS DOESN'T MAKE  
INSULIN LIKE IT'S SUPPOSED TO.



WE WERE  
JUST  
LEARNING  
ABOUT  
THAT IN  
SCHOOL...

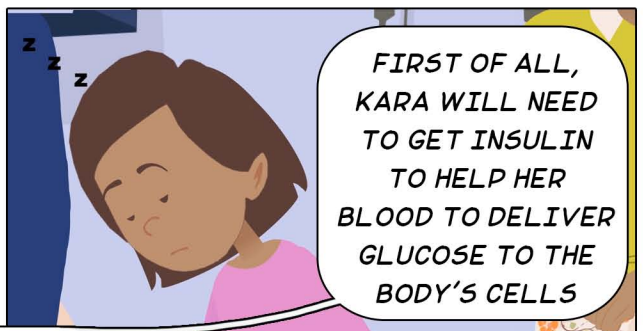
BUT, I ... KIND  
OF FELL  
ASLEEP IN  
CLASS, AND I  
HAD THE  
STRANGEST  
DREAM.



WELL, ONE  
OF THE  
SYMPTOMS  
OF TYPE 1  
DIABETES IS  
FEELING  
MORE TIRED  
THAN USUAL.

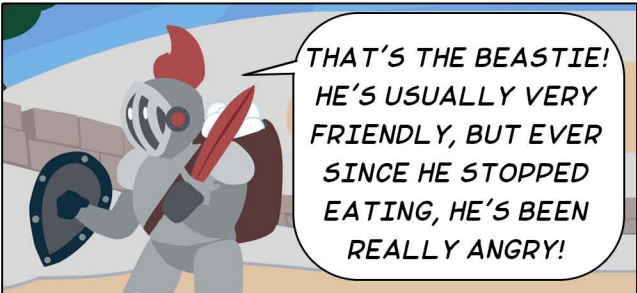
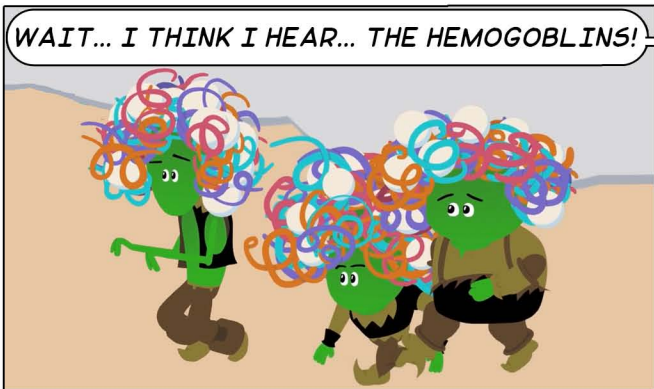
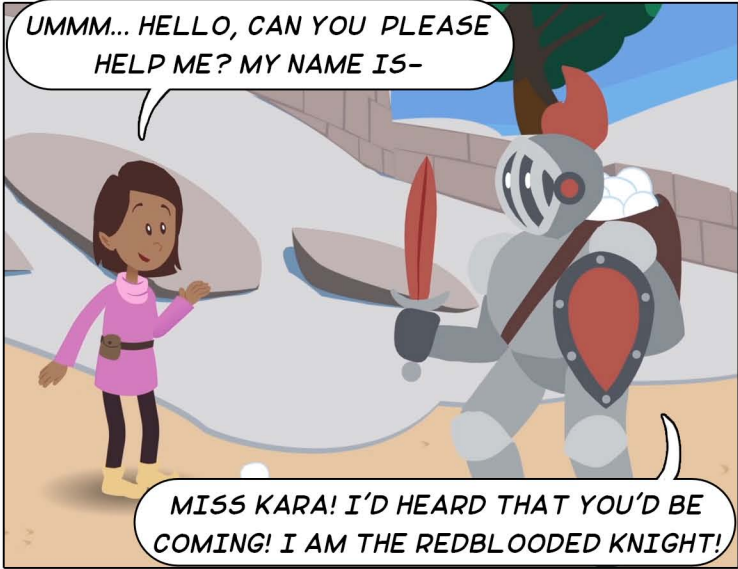


NOW LET ME TELL YOU HOW TO TAKE  
CARE OF TYPE 1 DIABETES.



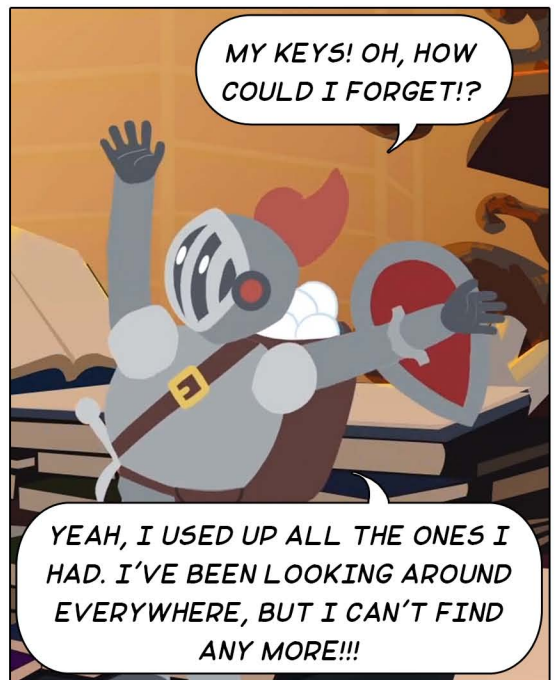
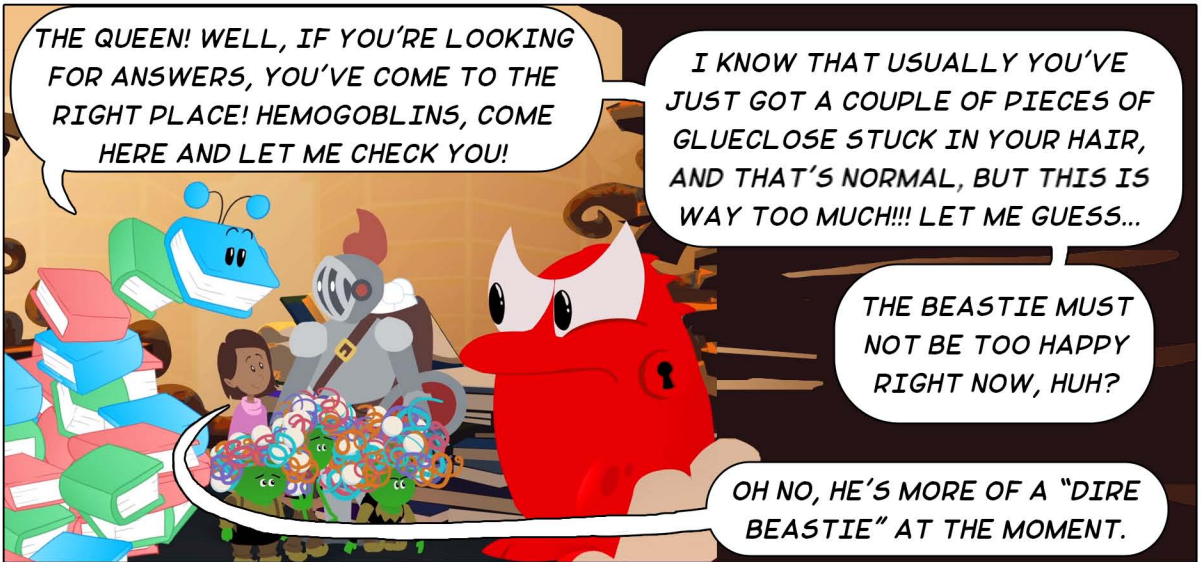
FIRST OF ALL,  
KARA WILL NEED  
TO GET INSULIN  
TO HELP HER  
BLOOD TO DELIVER  
GLUCOSE TO THE  
BODY'S CELLS





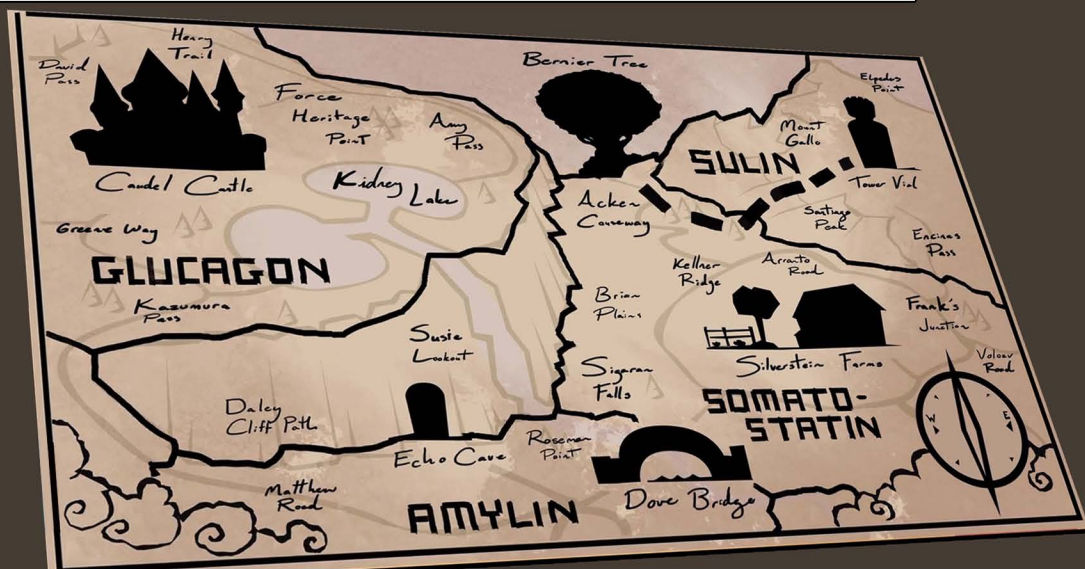








THERE IS ANOTHER PLACE WHERE YOU CAN GET THE KEYS YOU NEED.



IT'S OUTSIDE THE BOUNDARIES OF OUR KINGDOM, SO USE CAUTION!

YOU WILL  
NEED TO  
FOLLOW  
THIS MAP  
ALL THE  
WAY TO THE  
TOWER  
VIAL, WHICH  
IS IN SULIN.



THERE, YOU WILL MEET THE GUARDIAN OF THE KEYS. HE IS THE KNIGHT THEY CALL...



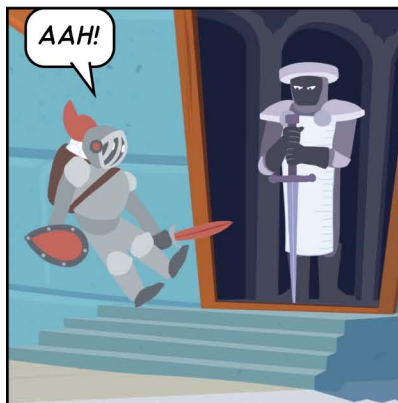
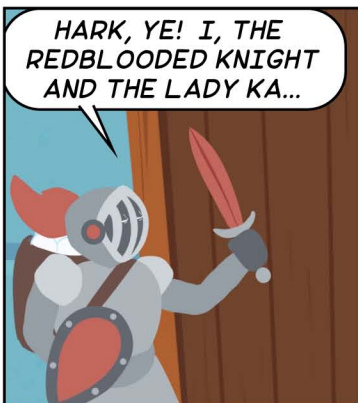
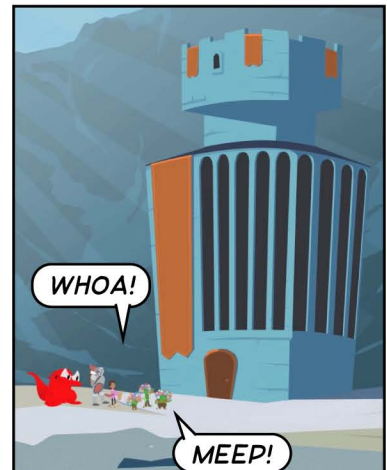
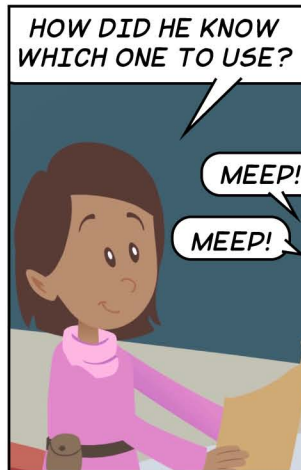
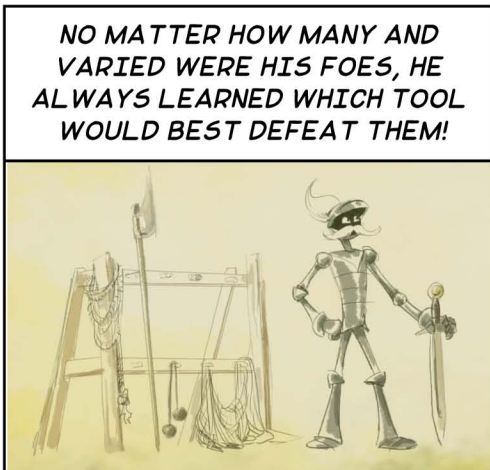
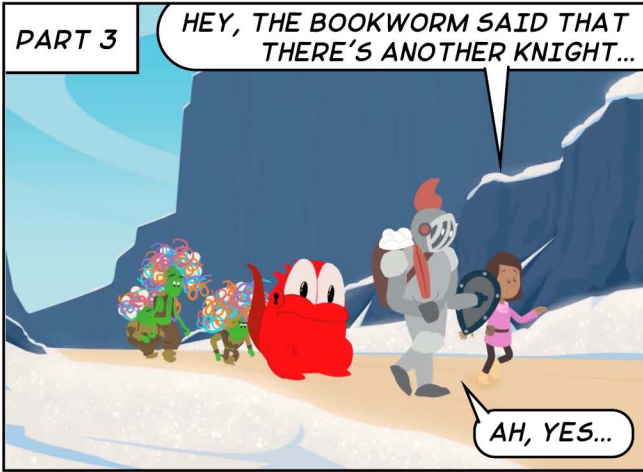
... "SIR RYNGE."

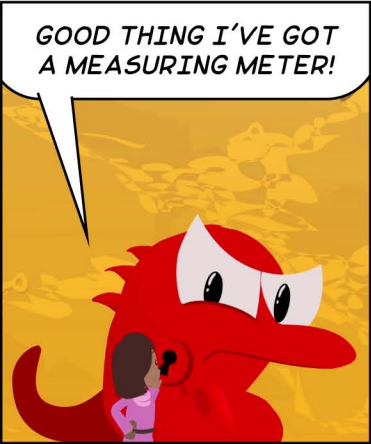
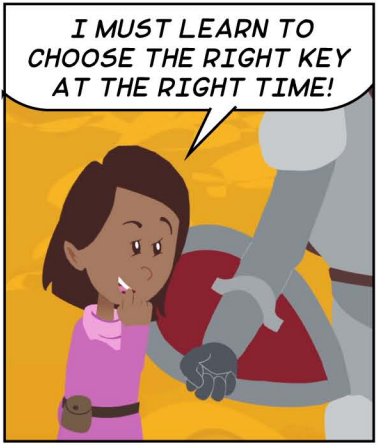
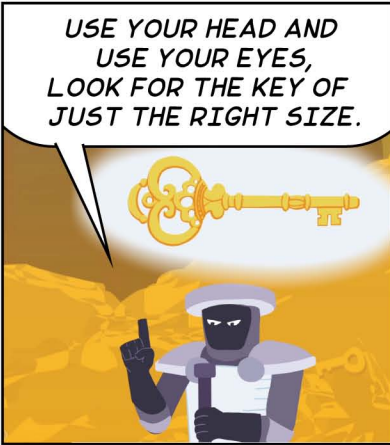
SEEK OUT SIR RYNGE. LEARN HIS LESSONS.



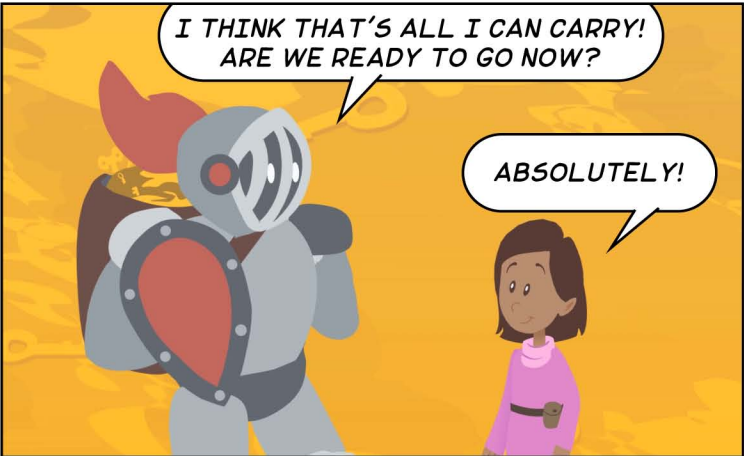
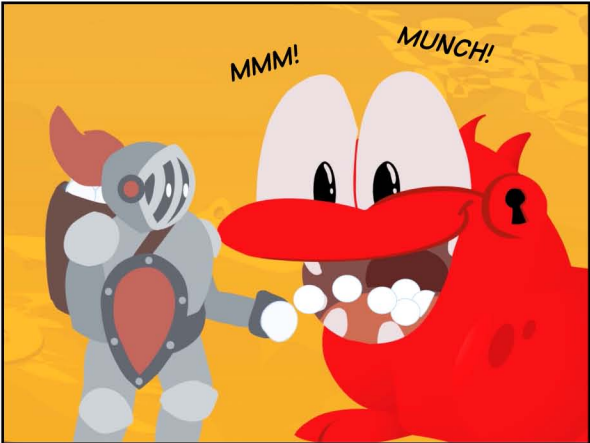
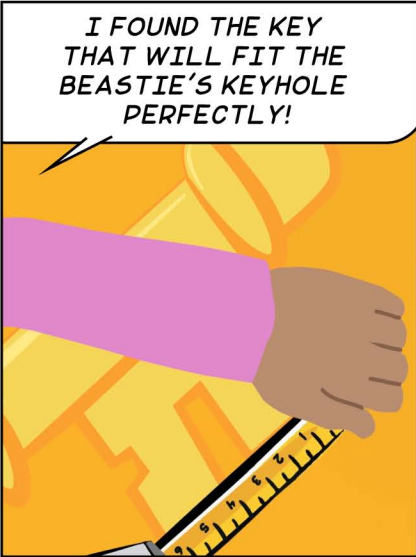
BRING HARMONY BACK TO OUR KINGDOM!













PART 4

I CAN'T WAIT TO GET BACK AND SHOW THE QUEEN WHAT WE'VE LEARNED!

BUT, WHERE DID THIS STORM COME FROM?

REMEMBER WHAT SIR RYNGE SAID.

AS RAINS OF IVY GATHER NEAR, THE GLUECLOSE SOON WILL DISAPPEAR. TAKE CARE WHAT ENTERS THE BEASTIE'S HEAD TO KEEP IT TRULY WELL AND FED.

DON'T WORRY BEASTIE. I'LL TAKE CARE OF YOU.

MAYBE THE BEASTIE NEEDS ANOTHER KEY?

NOW I WANT TO HEAR MORE ABOUT THE WHITE KNIGHT!

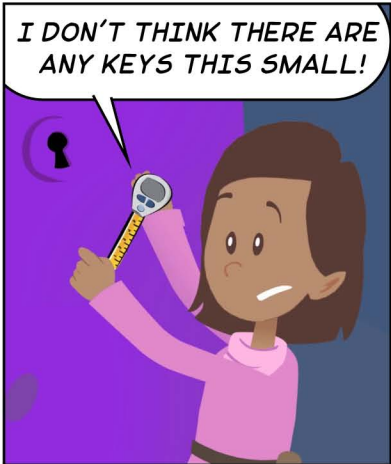
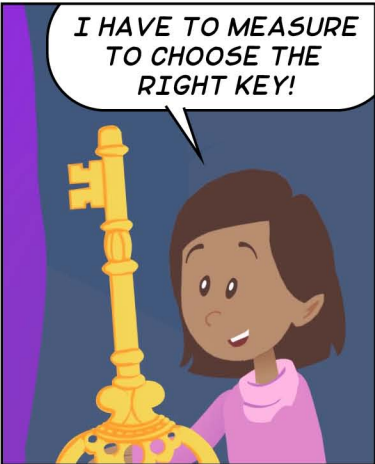
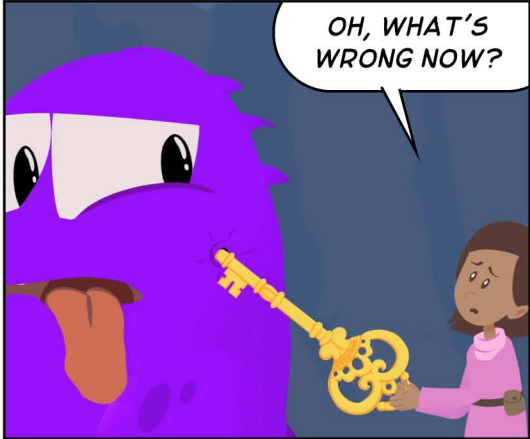
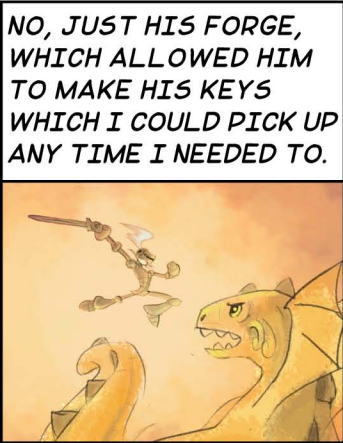
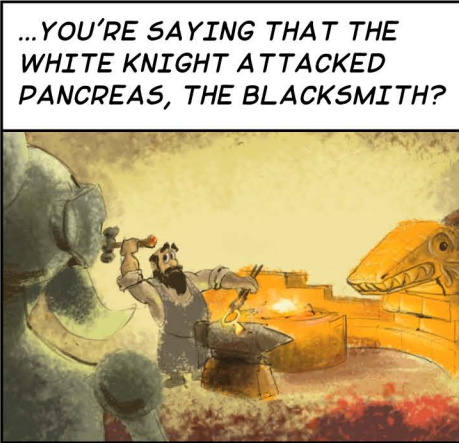
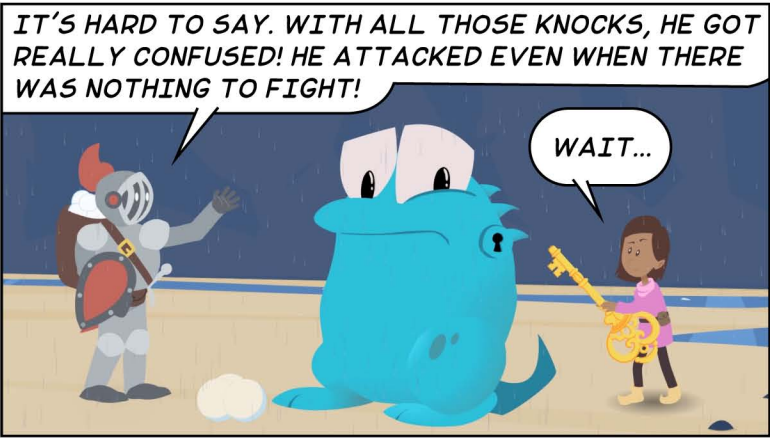
MUNCH!

SURE!...

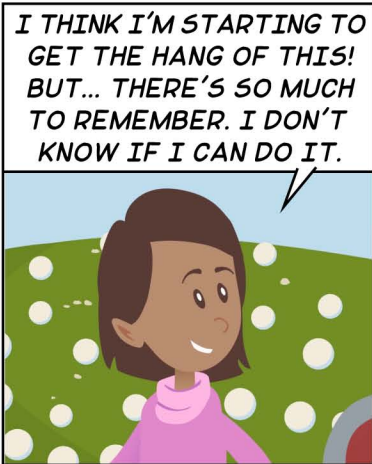
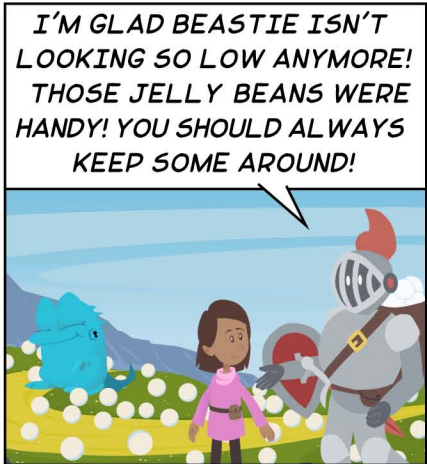
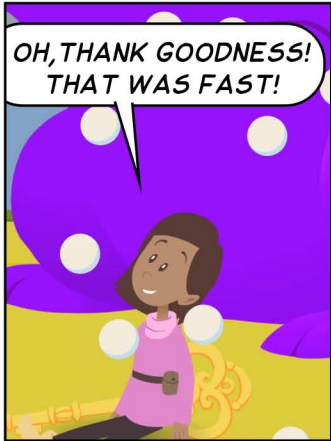
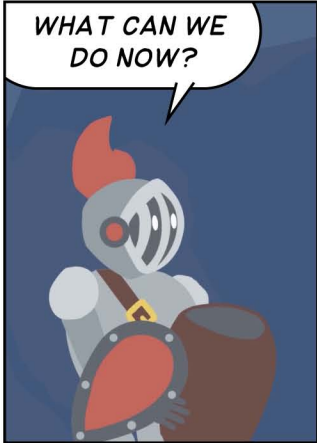
...AS YOU REMEMBER,

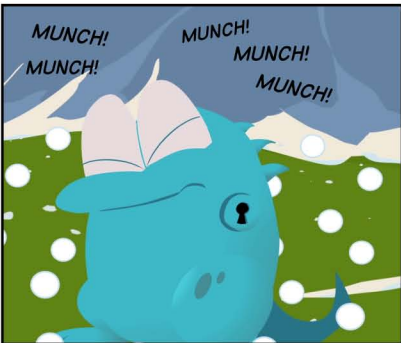
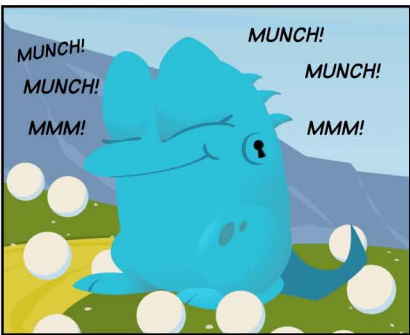
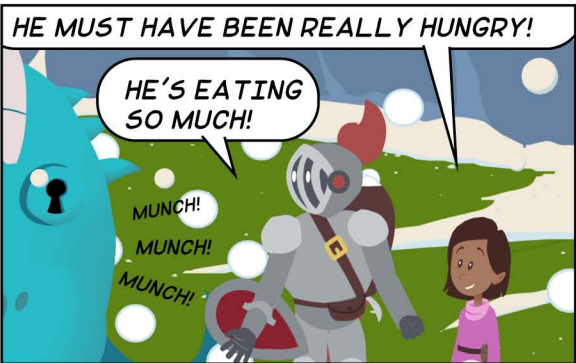
THE WHITE KNIGHT PROTECTS THE LAND FROM INVADERS. HE DID A GREAT JOB!

WELL... AS GOOD AS CAN BE EXPECTED. NEAR AS WE CAN FIGURE THOUGH, SOMETHING WENT WRONG!

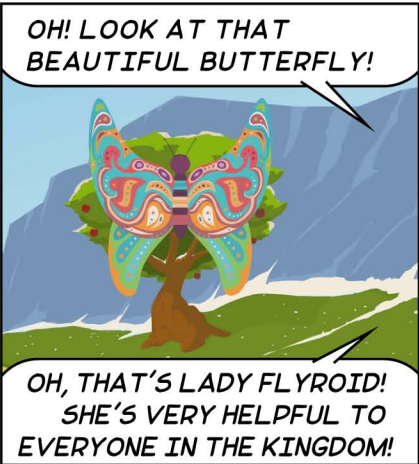
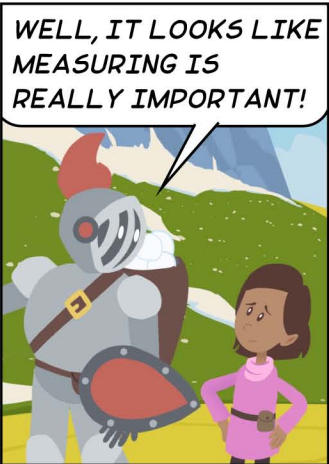
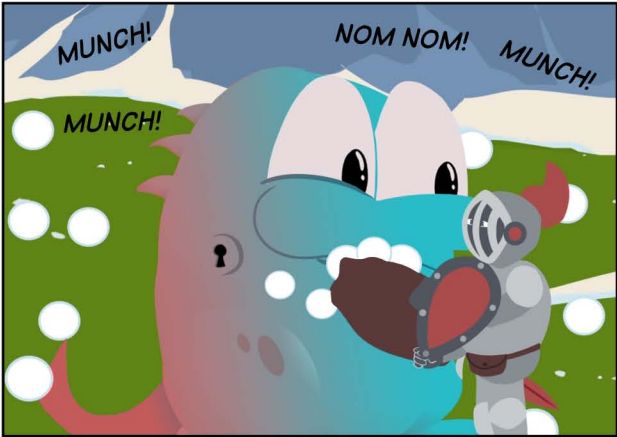
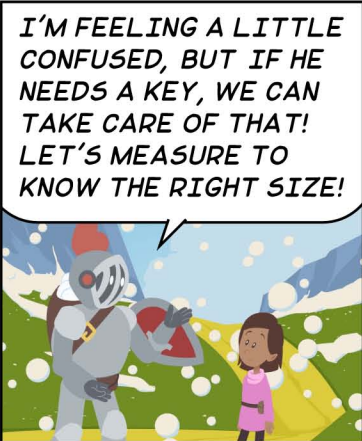


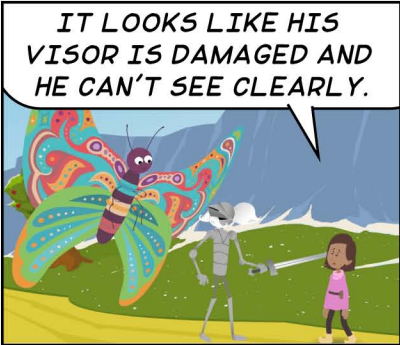
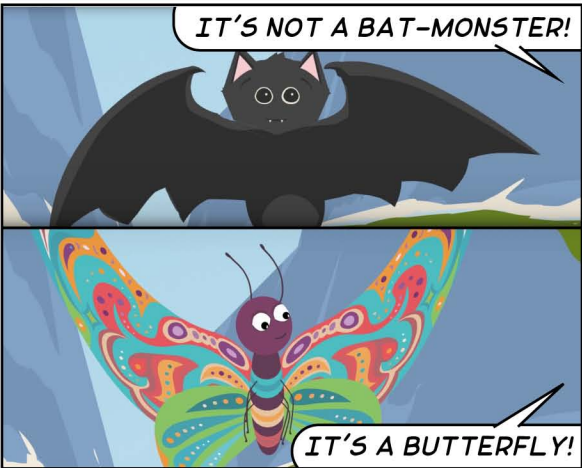
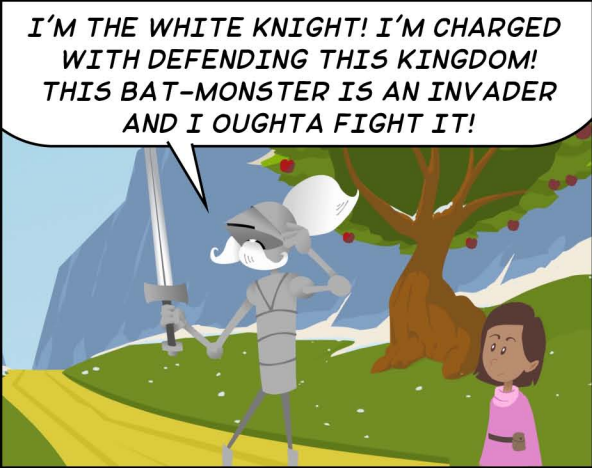




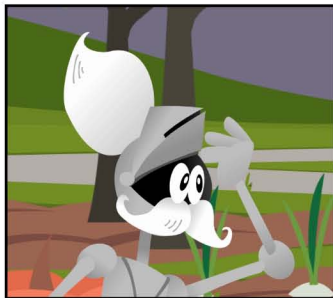
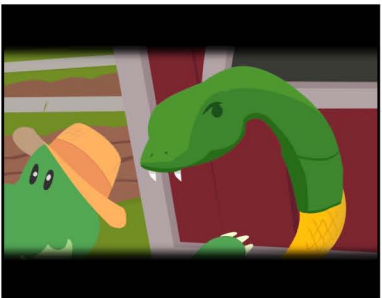
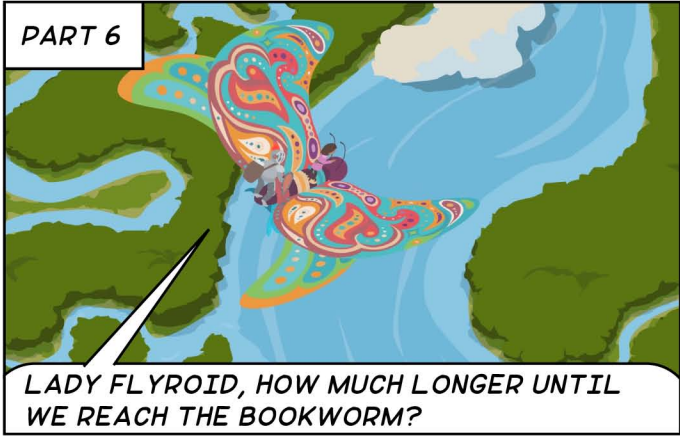


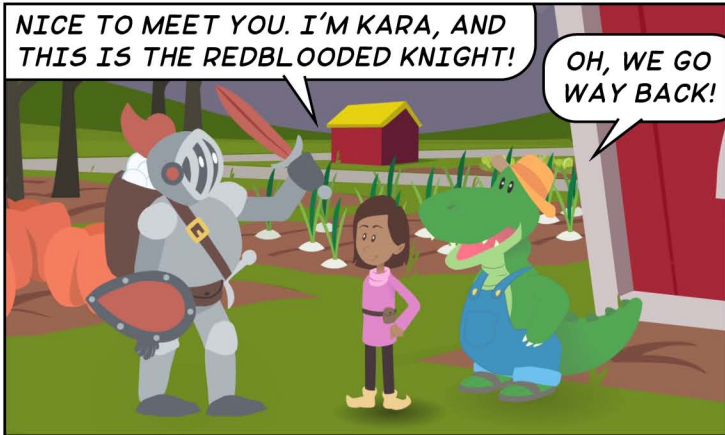
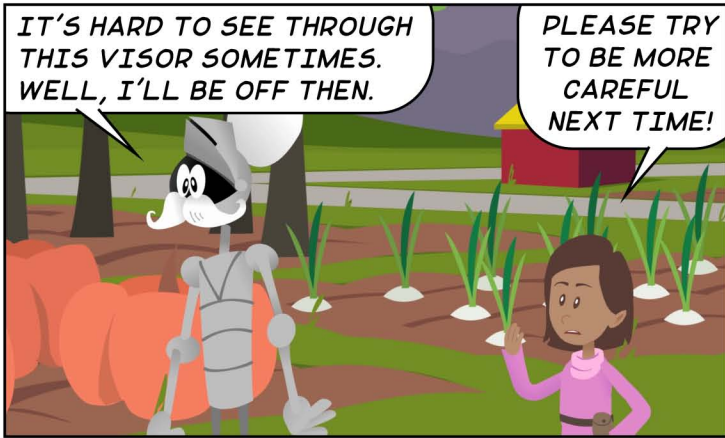












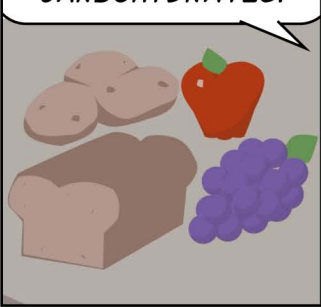


NOT WORSE, KARA, JUST OUT OF BALANCE: BUT WE CAN FIX THAT! HERE'S THREE TYPES OF FOOD. WHAT CAN YOU TELL ME ABOUT THEM?

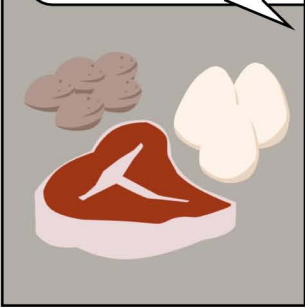


WELL...

...THE FRUITS, BREAD, AND POTATOES ARE CARBOHYDRATES.



THE MEAT, EGGS, AND NUTS ARE HIGH IN PROTEIN.



THE BUTTER, CREAM, AND VEGETABLE OIL ARE HIGH IN FAT.




IT'S NOT THAT ONE TYPE OF FOOD IS MORE IMPORTANT THAN THE OTHERS. YOU NEED TO HAVE THE RIGHT AMOUNT OF ALL OF THEM...



...BUT ONLY ONE OF THESE WILL IMPACT THE LEVELS OF GLUCOSE THE MOST.



WELL, WHEN I ATE THE APPLE, GLUCOSE STARTED SNOWING DOWN FROM THE SKY; AND THE APPLE IS A CARBOHYDRATE...



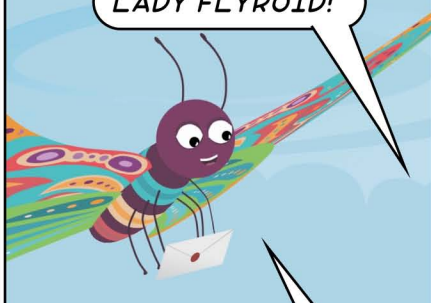
...SO I NEED TO PAY CLOSE ATTENTION WHEN I EAT CARBOHYDRATES TO HELP BEASTIE AND ME LIVE IN BALANCE!



THAT'S EXACTLY RIGHT! SEEMS YOU'RE LEARNING QUICKER THAN YOU REALIZED!



LADY FLYROID!



THE BOOKWORM ASKED ME TO DELIVER THIS IMPORTANT LETTER TO YOU!

WHAT IS IT, MISS KARA?

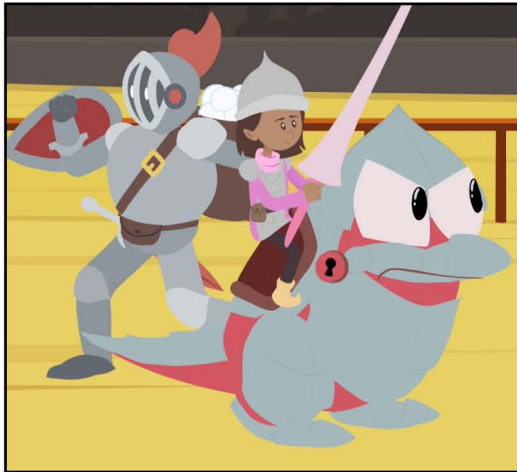
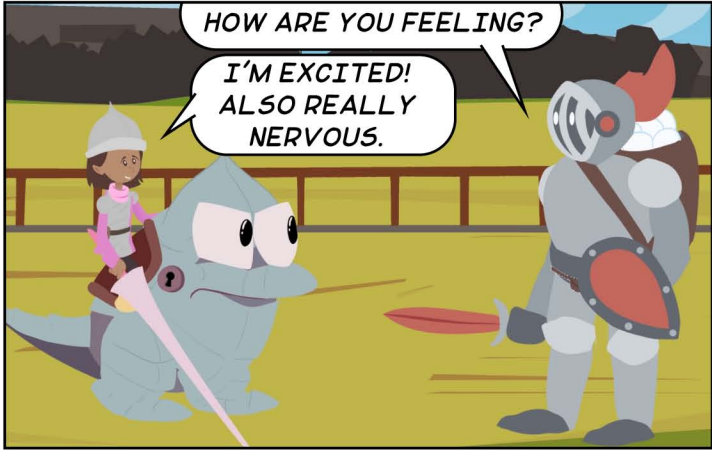
THE NEXT PART OF OUR JOURNEY!



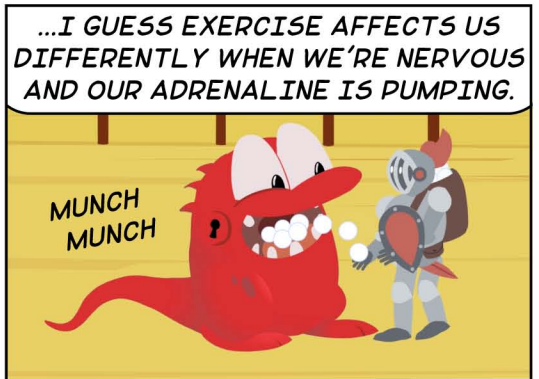












PART 8



THIS MUST BE THE PLACE!



THIS IS A SPECIAL OCCASION! TODAY WE MEET THE REAL QUEEN OF OUR LAND!



HELLO KARA! I'M SO HAPPY TO SEE YOU!



WHAT?  
YOU'RE NOT?



WOW! THERE IT IS! TECH CITY!



BOOKWORM! I DIDN'T THINK YOU EVER LEFT YOUR LIBRARY!



OH, I'VE ALREADY MET THE QUEEN.  
IS SHE HERE NOW?



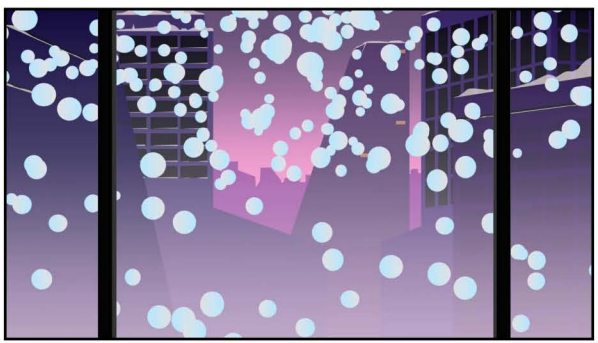
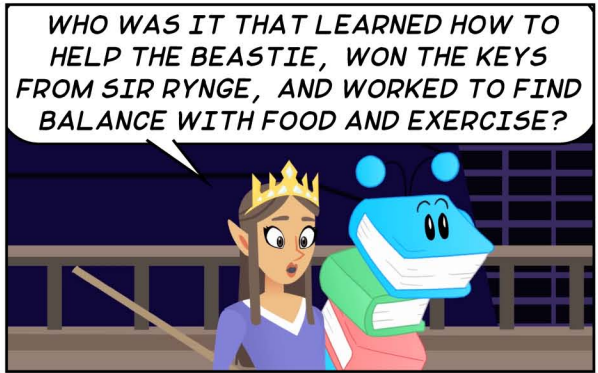
YOU'VE BEEN WORKING SO HARD THAT I THINK YOU'VE EARNED THE RIGHT TO HEAR THE TRUTH ABOUT WHO I AM.

YOU SEE, I'M NOT THE REAL QUEEN OF THIS LAND.



I AM A REGENT, SOMEONE WHO LOOKS AFTER THE LAND UNTIL THE TRUE QUEEN IS READY TO TAKE OVER.



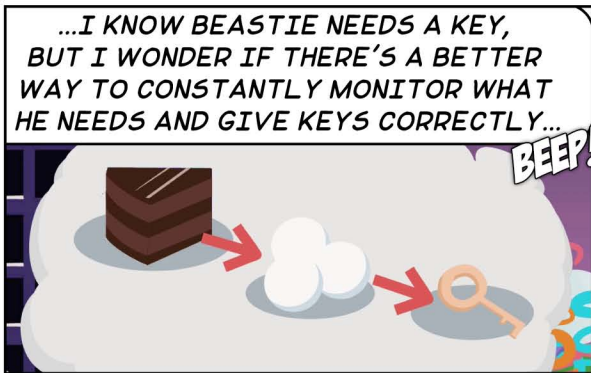


BEASTIE NEEDS A KEY, BUT I'M NOT ABLE TO MEASURE HIS KEYHOLE RIGHT NOW. I NEED TO ASK FOR HELP!



BOOKWORM! PLEASE HELP!

...I KNOW BEASTIE NEEDS A KEY, BUT I WONDER IF THERE'S A BETTER WAY TO CONSTANTLY MONITOR WHAT HE NEEDS AND GIVE KEYS CORRECTLY...



BEEP!

THAT BEEPING IS COMING FROM THIS MACHINE, AND IT'S TRYING TO HELP YOU! IT WORKS LIKE A PUMP...



BEEP!

THAT'S GREAT! HOW DO I USE IT?



HI KARA! HOW CAN I HELP YOU?

I ATE A HUGE PIECE OF CAKE AND NOW THERE'S GLUECLOSE EVERYWHERE!



BEEP!

...WHAT IS THAT BEEPING!?

BEEP! BEEP! BEEP! BEEP!



...TRYING TO MAKE SURE YOU GET THE RIGHT KEY AT THE RIGHT TIME!



FIRST, YOU'VE GOT TO CATCH THE BEASTIE!



WELL DONE KARA!

AHHH





DON'T THANK ME YET! WE NEED TO MAKE SURE THE PUMP IS SET UP RIGHT, OR WE COULD END UP WITH TOO MANY KEYS!

OK. I THINK IT'S SET FOR NOW. I'LL HAVE TO KEEP CHECKING IT TO MAKE SURE EVERYTHING STAYS BALANCED!

WHAT?

LADY KARA, FOR YOUR QUICK THINKING AND UNCEASING EFFORT, I TRANSFER MY CROWN OF AUTHORITY TO YOU.

THIS DOMAIN IS YOURS.

ALL HAIL QUEEN KARA!

YAY!

HOORAY!

WHEN WE FIRST STARTED, I HAD NO IDEA WHAT WAS GOING ON. I WAS NERVOUS AND SCARED, BUT WITH YOUR HELP, AND KNOWING WHAT IS HAPPENING...

...I BELIEVE THAT I AM UP TO THE CHALLENGE OF TAKING CARE OF MY "NOT SO DIRE BEASTIE".

I'LL ALWAYS NEED SOME HELP, BUT I'M NOT AFRAID TO ASK FOR IT.

...AND MOST IMPORTANTLY, I KNOW I'LL BE OKAY.

THE END



Heavy Trail

David Pass

Force

Heritage

Point

Any

Pass

Kidney Lake

Candel Castle

Greene Way

GLUCAGON

Kazumura Pass

Susie Lookout

Daley Cliff Path

Matthew Road

Echo Cave

Roseman Point

Sigeran Falls

Brian Plains

Acken Caraway

Keller Ridge

Aranto Road

Santiago Peak

Encinas Pass

Frank's Junction

Silverstein Farms

Volozu Road

SOMATO-STATION

AMYLIN

Dove Bridge

Bernier Tree

Mount Gallo

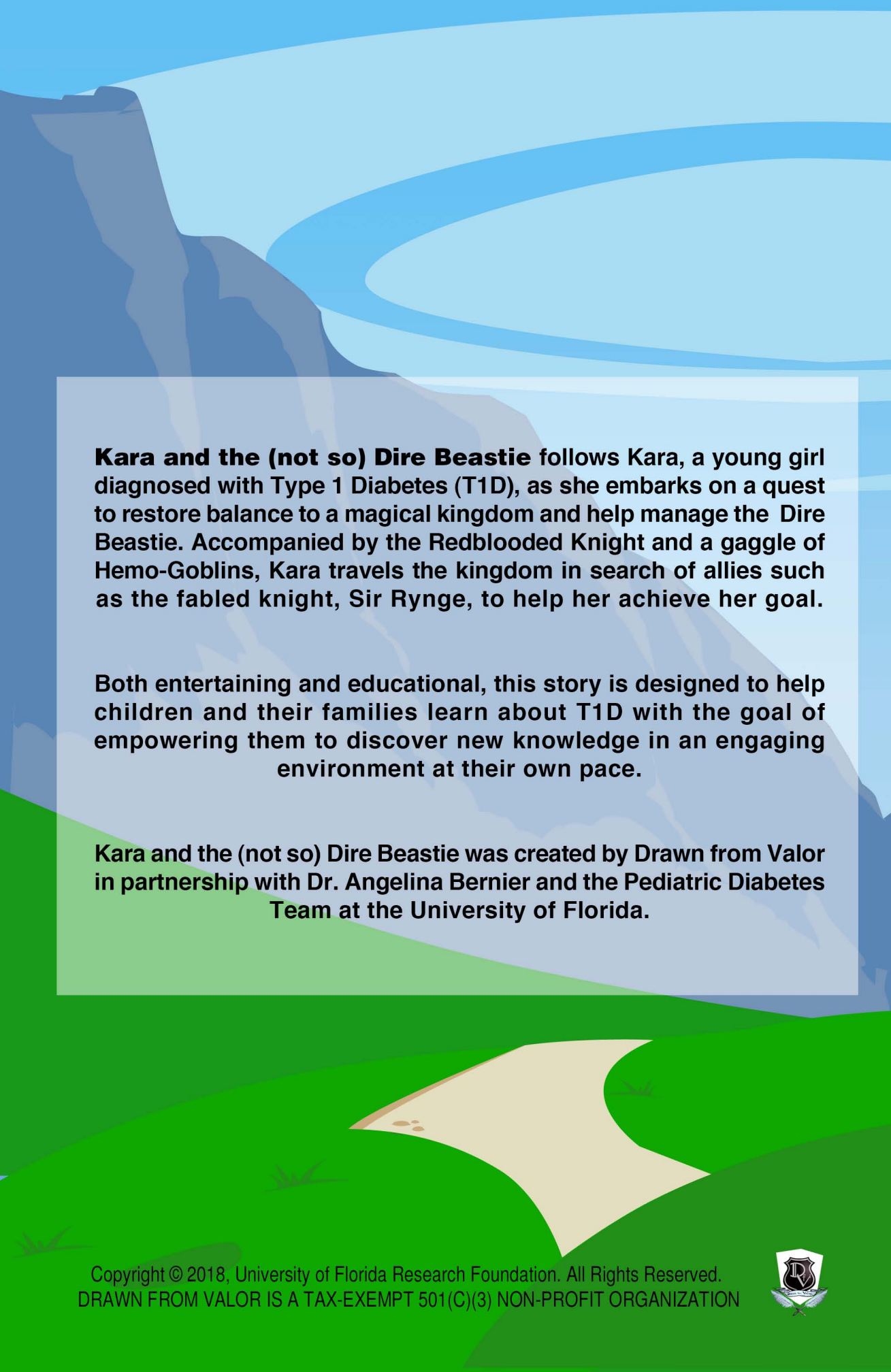
SULIN

Tower Vial

Elpedes Point







**Kara and the (not so) Dire Beastie** follows Kara, a young girl diagnosed with Type 1 Diabetes (T1D), as she embarks on a quest to restore balance to a magical kingdom and help manage the Dire Beastie. Accompanied by the Redblooded Knight and a gaggle of Hemo-Goblins, Kara travels the kingdom in search of allies such as the fabled knight, Sir Rynge, to help her achieve her goal.

Both entertaining and educational, this story is designed to help children and their families learn about T1D with the goal of empowering them to discover new knowledge in an engaging environment at their own pace.

**Kara and the (not so) Dire Beastie** was created by Drawn from Valor in partnership with Dr. Angelina Bernier and the Pediatric Diabetes Team at the University of Florida.

