KARA AND THE (NOT SO) DIRE BEASTIE

Angelina V. Bernier MD
Written By
Angelina Bernier, M.D.
Alan Caudel
James Acken, PhD

Creative Department
James Acken, PhD
Alan Caudel
David Szilagyi

Artists
Alan Caudel
James Acken, PhD
David Szilagyi
Santiago Suarez
Melissa Encinas
Laura Kellner
Frank Nguyen
Andie Gallo
Anna Elpedes
Anna-Ester Volozh
Tiffany Sigaran
Matt Oberdalhoff
Katie Kazumura

Drawn From Valor
Board of Directors
Todd Silverstein
Steve Force
Lisa Merlo Greene, PhD

Community Engagement Team
Susie Dicker
Stacy Dove
David Szilagyi

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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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OH, HI! MY NAME'S KARA! NICE TO MEET YOU!

IT'S ALMOST TIME FOR SCHOOL TO START. COME ON!

I WONDER WHAT WE'RE LEARNING ABOUT TODAY. I HOPE IT'S EXCITING!

TODAY CLASS, WE'RE GOING TO LEARN ALL ABOUT THE PANCREAS.

THE HUMAN BODY IS MADE UP OF MILLIONS OF LITTLE CELLS.

CELLS

THESE CELLS NEED ENERGY.

WHEN WE EAT FOOD, WE GIVE OUR CELLS THE FUEL THEY NEED.

THE FOOD GOES INTO OUR STOMACH WHERE IT BREAKS UP INTO SMALLER PIECES.

SOME OF THESE PIECES ARE CALLED GLUCOSE.
GLUCOSE IS THE FUEL OUR BODY-CELLS NEED FOR ENERGY.

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

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

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.

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!
WELL KARA, I JUST GOT YOUR RESULTS BACK

IT LOOKS LIKE YOU HAVE TYPE 1 DIABETES.

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.

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

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 STRANDEST DREAM.

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

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

NOW LET ME TELL YOU HOW TO TAKE CARE OF TYPE 1 DIABETES.
UMMM... HELLO, CAN YOU PLEASE HELP ME? MY NAME IS-

MISS KARA! I’D HEARD THAT YOU’D BE COMING! I AM THE REDBLOODED KNIGHT!

WELL, I DON’T KNOW WHAT CAUSED ALL OF THIS GLUE-CLOSE TO BUILD UP EVERYWHERE, BUT I CAN TAKE YOU TO SOMEONE WHO WILL KNOW! THE BOOKWORM! SHE KNOWS EVERYTHING!

THE BOOKWORM CAN HELP ME? THAT’S GREAT! LET’S GET GOING!

WAIT... I THINK I HEAR... THE HEMOGOBLINS!

THEY HELP ME KNOW HOW MUCH GLUCOLSE IS IN THE LAND SO I CAN GET RID OF IT.

AND WHO IS THAT!!

THAT’S THE BEASTIE! HE’S USUALLY VERY FRIENDLY, BUT EVER SINCE HE STOPPED EATING, HE’S BEEN REALLY ANGRY!
THE BOOKWORM IS A VERY WISE CREATURE WHO LIVES IN A HUGE LIBRARY...

WHICH SHOULD BE RIGHT AROUND HERE SOMEWHERE...

FOUND IT!!!

OH PROFESSOR B! THERE’S GLUECLOSE EVERYWHERE AND IT’S STUCK IN THE HEMOGOBLIN’S HAIR AND THE BEASTIE IS “HANGRY!”
WHOA! SLOW DOWN... GLUE-CLOSE? “HANGRY?”

EXCUSE ME, MY NAME IS KARA, AND I’M ON A QUEST FROM THE QUEEN TO FIND OUT WHAT’S GOING ON IN THE KINGDOM!

THE QUEEN! WELL, IF YOU’RE LOOKING FOR ANSWERS, YOU’VE COME TO THE RIGHT PLACE! HEMOGOBLEINS, COME HERE AND LET ME CHECK YOU!

I KNOW THAT USUALLY YOU’VE JUST GOT A COUPLE OF PIECES OF GLUECLOSE STUCK IN YOUR HAIR, AND THAT’S NORMAL, BUT THIS IS WAY TOO MUCH!!! LET ME GUESS...

THE BEASTIE MUST NOT BE TOO HAPPY RIGHT NOW, HUH?

OH NO, HE’S MORE OF A “DIRE BEASTIE” AT THE MOMENT.

JUST AS I THOUGHT: THE BEASTIE IS ANGRY BECAUSE HE IS HUNGRY! I THINK I KNOW WHAT COULD HAVE CAUSED THIS.

MY KEYS! OH, HOW COULD I FORGET?!

HEY RED, ARE YOU MISSING SOMETHING? PERHAPS YOU’RE MISSING YOUR KEYS?

YEAH, I USED UP ALL THE ONES I HAD. I’VE BEEN LOOKING AROUND EVERYWHERE, BUT I CAN’T FIND ANY MORE!!!
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...

SEEK OUT SIR RYNGE. LEARN HIS LESSONS.

...“SIR RYNGE.”

BRING HARMONY BACK TO OUR KINGDOM!
PART 3

HEY, THE BOOKWORM SAID THAT THERE’S ANOTHER KNIGHT...

...THE STOUT-HEARTED WHITE KNIGHT! HE DEFENDS THIS LAND, YOU KNOW!

AH, YES...

NO MATTER HOW MANY AND VARIED WERE HIS FOES, HE ALWAYS LEARNED WHICH TOOL WOULD BEST DEFEAT THEM!

HOW DID HE KNOW WHICH ONE TO USE?

MEEP!

MEEP!

WHOA!

MEEP!

HARK, YE! I, THE REDBLOODED KNIGHT AND THE LADY KA...

AAH!

GREETINGS SIR RYNGE! I’M KARA, AND WE’RE LOOKING FOR A SPECIAL KEY.

I KNOW YOUR QUEST AND THE BEASTIE’S NEED.

FOLLOW NOW AS I SHALL LEAD.
THIS IS IT! THIS IS WHAT WE’VE BEEN LOOKING FOR!

WOW! BUT... WHICH ONE IS IT?

ALTHOUGH YOU MAY WELL THINK IT STRANGE, THE BEASTIE’S NEED WILL EVER CHANGE.

STUDY HOW TO USE THE TREASURE. FIRST, THE KEYHOLE YOU MUST MEASURE.

USE YOUR HEAD AND USE YOUR EYES, LOOK FOR THE KEY OF JUST THE RIGHT SIZE.

I MUST LEARN TO CHOOSE THE RIGHT KEY AT THE RIGHT TIME!

GOOD THING I’VE GOT A MEASURING METER!
I FOUND THE KEY THAT WILL FIT THE BEASTIE'S KEYHOLE PERFECTLY!

HERE YOU GO BEASTIE!

? ?

AHHHHHHH!

MMM! MUNCH!

GRAB AS MANY KEYS AS YOU CAN CARRY!

MUNCH!

OM NOM NOM!

I THINK THAT'S ALL I CAN CARRY! ARE WE READY TO GO NOW?

ABSOLUTELY!

LET'S HEAD BACK TO THE QUEEN AND TELL HER WE'VE SOLVED THE MYSTERY!
I CAN’T WAIT TO GET BACK AND SHOW THE QUEEN WHAT WE’VE LEARNED!

BUT, WHERE DID THIS STORM COME FROM?

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!

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!
WHAT?

IT’S HARD TO SAY. WITH ALL THOSE KNOCKS, HE GOT REALLY CONFUSED! HE ATTACKED EVEN WHEN THERE WAS NOTHING TO FIGHT!

WAIT...

...YOU’RE SAYING THAT THE WHITE KNIGHT ATTACKED PANCREAS, THE BLACKSMITH?

NO, JUST HIS FORGE, WHICH ALLOWED HIM TO MAKE HIS KEYS WHICH I COULD PICK UP ANY TIME I NEEDED TO.

WITHOUT THE FORGE, HE COULDN’T MAKE THE KEYS ANYMORE. AND NOW, WHEN WE NEED THEM, WE HAVE TO GET THE KEYS FROM THE TOWER VIAL IN... SULIN!

HEY, THE BEASTIE’S NOT LOOKING SO GOOD.

WHAT SHOULD WE DO? GIVE ANOTHER KEY?

URRGH

OH, WHAT’S WRONG NOW?

“TAKE CARE WHAT ENTERS THE BEASTIE’S HEAD TO KEEP IT TRULY WELL AND FED.”

I HAVE TO MEASURE TO CHOOSE THE RIGHT KEY!

I DON’T THINK THERE ARE ANY KEYS THIS SMALL!

MEEP!
BEASTIE’S MOUTH IS ALREADY OPEN. MAYBE HE DOESN’T NEED A KEY RIGHT NOW!

GIVE HIM SOME GLUECLOSE! MAYBE THAT WILL MAKE HIM FEEL BETTER!

THERE’S NO MORE GLUECLOSE ANYWHERE? WHAT HAPPENED!? I THOUGHT I HAD IT ALL FIGURED OUT. WHY ISN’T THIS EASIER?

WHAT CAN WE DO NOW?

OH... LET ME SEE...

HMM? JELLY BEANS?

HARK! I THINK OUR FORTUNES HAVE TURNED!

OH, THANK GOODNESS! THAT WAS FAST!

AHHHH...

I’M GLAD BEASTIE ISN’T LOOKING SO LOW ANYMORE! THOSE JELLY BEANS WERE HANDY! YOU SHOULD ALWAYS KEEP SOME AROUND!

I THINK I’M STARTING TO GET THE HANG OF THIS! BUT... THERE’S SO MUCH TO REMEMBER. I DON’T KNOW IF I CAN DO IT.

FEAR NOT MISS KARA! LOOK HOW MUCH YOU’VE LEARNED SO FAR! JUST KEEP AT IT, AND I’M SURE YOU’LL DO GREAT!
PART 5
THINGS ARE LOOKING BETTER, AND WE MUST REMEMBER NOT TO GIVE BEASTIE TOO MANY BIG KEYS, OR HE’LL GO LOW!

I’M FEELING A BIT HUNGRY MYSELF.

MUNCH

HE MUST HAVE BEEN REALLY HUNGRY!
HE’S EATING SO MUCH!

WELL, THE BEASTIE GOT REALLY WOOZY WHEN HE DIDN’T HAVE ENOUGH GLUECLOSE, SO I WANT TO MAKE SURE THAT HE HAS MORE THAN ENOUGH!

LET’S TAKE A BREAK!

CRUNCH

MUNCH!
MUNCH!
MUNCH!
MMM!

MUNCH!
MUNCH!
MMM!

ZZZ
ZZZ

GRRRRR!
WELL, BIG KEYS AND NOT ENOUGH GLUECLOSE MADE BEASTIE WEAK AND WOOZY. NOW TOO MUCH GLUECLOSE AND SMALL KEYS MADE HIM RED AND GRUMPY.

I’M FEELING A LITTLE CONFUSED, BUT IF HE NEEDS A KEY, WE CAN TAKE CARE OF THAT! LET’S MEASURE TO KNOW THE RIGHT SIZE!

OKAY, HE NEEDS A MEDIUM SIZED KEY.

WE’VE GOT TO FIGURE OUT HOW TO STAY BALANCED! BUT... HOW?

WELL, IT LOOKS LIKE MEASURING IS REALLY IMPORTANT!

OH! LOOK AT THAT BEAUTIFUL BUTTERFLY!

OH, THAT’S LADY FLYROID! SHE’S VERY HELPFUL TO EVERYONE IN THE KINGDOM!
CHAAAAAAARGE!

WAIT! SIR KNIGHT! STOP!

WHO ARE YOU, AND WHAT ARE YOU DOING?

WHAT? WHO GOES THERE?

I’M THE WHITE KNIGHT! I’M CHARGED WITH DEFENDING THIS KINGDOM! THIS BAT-MONSTER IS AN INVAADER AND I OUGHTA FIGHT IT!

IT’S NOT A BAT-MONSTER!

IT’S A BUTTERFLY!

PLEASE LEAVE IT ALONE!

FEAR NOT MAIDEN. I AM UNHARMED, BUT I THANK YOU FOR YOUR AID.

IT LOOKS LIKE HIS VISOR IS DAMAGED AND HE CAN’T SEE CLEARLY.

IS THE WHITE KNIGHT GOING TO ATTACK EVERYTHING?

NO, HE’S STILL GOING TO CONTINUE DEFENDING THE KINGDOM...

BUT SOMETIMES HE MAY GET A LITTLE CONFUSED. WE JUST HAVE TO KEEP AN EYE ON HIM.

LADY FLYROID, CAN YOU SHOW US THE WAY BACK TO THE BOOKWORM?

I CAN DO BETTER THAN THAT! I CAN TAKE YOU WHERE YOU NEED TO GO! COME ON EVERYONE!

THANK YOU!
LADY FYROID, HOW MUCH LONGER UNTIL WE REACH THE BOOKWORM?

WE SHOULD GO TAKE A LOOK!

LOOK, DOWN THERE!

UH-OH... WE'D BETTER HELP!

STEP ASIDE! NO NEED TO FEAR! I WILL DESTROY THE GIANT SNAKE MONSTER!

NO! NO! IT’S JUST A HOSE!

STOP! STOP!

BUT I OUGHTA DEFEAT THE FOUL MONSTER!

IT’S NOT A MONSTER! TRY LIFTING YOUR VISOR UP!

OH! IT’S NOT A MONSTER AFTER ALL!
IT’S HARD TO SEE THROUGH THIS VISOR SOMETIMES. WELL, I’LL BE OFF THEN.

PLEASE TRY TO BE MORE CAREFUL NEXT TIME!

THANK YOU SO MUCH! I’M THE GARDENER. I GROW ALL THE FOOD IN THE KINGDOM.

NICE TO MEET YOU. I’M KARA, AND THIS IS THE REDBLOODED KNIGHT!

OH, WE GO WAY BACK!

I OFTEN DELIVER FOOD FROM THE GARDENER TO EVERYONE ALL OVER THE KINGDOM

ROAR!

AAAAH!

OH, BEASTIE! ARE YOU ALWAYS GOING TO BE SUCH A CHALLENGE FOR ME TO CARE FOR?

NOT WHEN YOU LOOK AFTER HIM CAREFULLY AND CONSISTENTLY.

I’M AFRAID I STILL DON’T UNDERSTAND HOW TO DO THAT. I THOUGHT I LEARNED THE RIGHT WAY TO USE THE KEYS, BUT I DIDN’T REMEMBER ALL OF THE DETAILS, AND NOW I’VE MADE THINGS WORSE!
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 GLUE CLOSE THE MOST.

WELL, WHEN I ATE
THE APPLE, GLUE CLOSE
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 7

THIS LETTER FROM THE BOOKWORM
SAYS THAT I MUST HURRY TO MEET
SOMEONE AT THE FAIRE, BUT IT
DOESN’T SAY WHO!

I’LL TAKE YOU THERE!

THERE IT IS!

THANK YOU FOR THE
LIFT, LADY FLYROID!

YOU’RE LATE! YOU NEED TO
GET DRESSED! THERE ISN’T
MUCH TIME TO PRACTICE FOR
THE JOUSTING COMPETITION!

NOW, HOW ARE WE
SUPPOSED TO FIND
THIS MYSTERY PERSON?

I DON’T KNOW HOW TO
JOUST! WHAT’S GOING ON?

I DON’T KNOW, BUT IF YOU
HAVE TO JOUST, I CAN GIVE
YOU SOME POINTERS!

YOU’RE GOING TO GO
DOWN THAT TRACK, AND TRY TO HIT
YOUR OPPONENT WITH THIS LANCE...

BUT FOR NOW, JUST TRY HITTING
THAT TARGET!
TRY TO HIT THE TARGET. OKAY!

I’LL GO CHECK TO SEE HOW MUCH TIME WE HAVE. WHILE I’M GONE, DO A FEW PRACTICE RUNS DOWN THE TRACK.

A FEW “RUNS” DOWN THE TRACK...

THE COMPETITION IS GOING TO START IN ABOUT ONE MINUTE. DO YOU WANT SOME WATER?

I’M THirsty, BUT THERE’S NO TIME FOR A DRINK. I HAVE TO GET THIS RIGHT.

KARA, YOU NEED TO WORK TOGETHER WITH THE BEASTIE.

WHew!

YOU BOTH LOOK TIRED AND HUNGRY.

AHH!

BEASTIE? OH! HE’S LOW!

MUNCH!
THAT’S MUCH BETTER! I’LL TRY TO REMEMBER THAT WITH EXERCISE BEASTIE NEEDS GLUECLOSE.

WE DID IT!!

WHAM!

THE REAL CHALLENGE NOW WILL BE STAYING BALANCED.

IT’S TIME!

HMM...

HOORAY!

YAY!

HOW ARE YOU FEELING?

I’M EXCITED! ALSO REALLY NERVOUS.

MY ADRENALINE IS PUMPING. AND WE STILL HAVEN’T FOUND THE MYSTERY PERSON THAT WE’RE SUPPOSED TO MEET!

BEGIN!
DID YOU NOT HAVE A CHANCE TO SEE THE BEASTIE SURELY NEEDS A KEY?

I GUESS WE WERE SO FOCUSED ON THE COMPETITION, WE FORGOT TO KEEP AN EYE ON HOW THE BEASTIE WAS DOING!

YEAH...

...ALL OF THAT RUNNING DURING PRACTICE MADE BEASTIE NEED MORE GLUE CLOSE: BUT BEFORE THE COMPETITION, I WAS REALLY EXCITED, SO HE NEEDED A BIGGER KEY THAN I WOULD HAVE THOUGHT.

...I GUESS EXERCISE AFFECTS US DIFFERENTLY WHEN WE'RE NERVOUS AND OUR ADRENALINE IS PUMPING.

MUNCH MUNCH

THIS MAP TO TECH CITY IS MY GIFT...

IT LOOKS LIKE YOU COULD USE A LIFT!

LADY FLYROID! PLEASE TAKE US TO TECH CITY!
PART 8

WOW! THERE IT IS! TECH CITY!

THIS MUST BE THE PLACE!

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

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

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

HELLO KARA! I’M SO HAPPY TO SEE YOU!

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.

WHAT? YOU’RE NOT?

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

DON’T YOU KNOW?

WHO WAS IT THAT LEARNED HOW TO HELP THE BEASTIE, WON THE KEYS FROM SIR RYNGE, AND WORKED TO FIND BALANCE WITH FOOD AND EXERCISE?

HANG ON! YOU MEAN I’M SUPPOSED TO BE THE QUEEN?

NO! I CAN’T DO IT!

HUH?

HMM...

YUM!!! MUNCH! MUNCH!

MMM!

AAH!
BEASTIE NEEDS A KEY, BUT I’M NOTABLE 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...

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

THAT’S GREAT! HOW DO I USE IT?

FIRST, YOU’VE GOT TO CATCH THE BEASTIE!

WELL DONE KARA!

HI KARA! HOW CAN I HELP YOU?

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

...WHAT IS THAT BEEPING!? BEEP! BEEP! BEEP! BEEP!
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!

MUNCH

BEEP!

WHAT?

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

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!

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
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.