

# A NEW TYPE 1 DIABETES DIAGNOSIS

[jdrf.org.uk](http://jdrf.org.uk)



**We're here for you.**

**JDRF** IMPROVING  
LIVES.  
CURING  
TYPE 1  
DIABETES.


# We're here to support everyone affected by type 1 diabetes

**When you, or someone close to you, has been diagnosed with type 1 diabetes, it can be a shock. It's normal to feel overwhelmed and a bit lost.**


We're here to help. We've been working for decades with people who live with type 1 diabetes and we're here for you now.

You'll have lots of questions and you'll also feel bombarded with information. You may also be wondering how you're going to remember everything your medical team is telling you. But trust us when we say that, like any major life change, in a few months' time we hope you'll feel a lot more confident and it will all be second nature.

Things won't always be completely straightforward, but your specialist diabetes team and JDRF will be with you every step of the way. You can feel sure that whatever you're going through, you're not the only one. Keep talking to your diabetes team, to JDRF, and you'll get the help, advice and reassurance you need.



Although we're all different and we tackle our diabetes management and challenges differently, there's almost always somebody else who has been through similar experiences to whatever we're facing. Just knowing that you are not alone can make a world of difference. Chatting with others who 'get it' can often change a crappy day into a better one.



**Christel, Age 42**

## What is type 1 diabetes?

Type 1 diabetes is where your body can no longer make a hormone called insulin. Without insulin, the level of glucose (a type of sugar) in your blood becomes too high. This means that you need to take regular doses of insulin to manage your blood glucose levels.

Type 1 diabetes can affect anyone, at any age, and it is not caused by a poor diet or an unhealthy lifestyle.

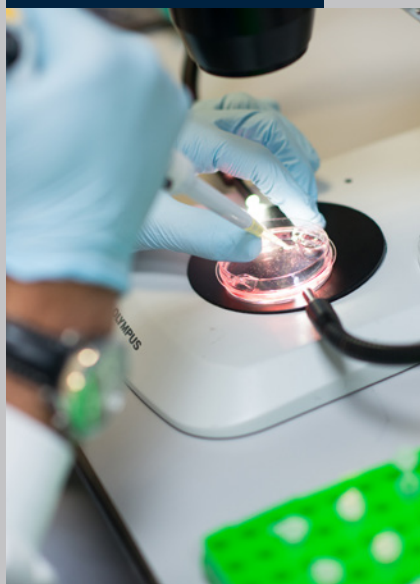
## What happens to your body when you have type 1 diabetes?

In type 1 diabetes, your immune system – which is meant to protect you from viruses and bacteria – attacks and destroys the beta cells in your pancreas that produce insulin. Insulin is what enables the glucose from your food to move from your blood into your cells, giving you energy. When you don't produce insulin, your glucose levels rise and your body can't function properly.

## What causes type 1 diabetes?

We don't yet know what causes type 1 diabetes, but we're dedicated to finding out.

Currently, scientists think that type 1 diabetes is caused by a combination of your genes and other, non-genetic factors. In fact, we know of more than 50 genes where a small difference in your DNA code can change your chances of developing type 1 diabetes. But even in identical twins, who share the same DNA, one twin may develop type 1 and the other may not! So scientists are looking for other factors that may trigger type 1 diabetes in people who already have a higher genetic risk, such as viruses and hormones.



## CAN TYPE 1 DIABETES BE REVERSED?

Currently there is no known cure for type 1 diabetes. But we have an army of researchers dedicated to understanding type 1 diabetes, how it starts, how to control it and, ultimately, how to cure it.

**Progress is being made every day, all around the world, on the journey to end type 1 diabetes.**

# What current treatments are there?

**Treating type 1 diabetes involves replacing the insulin that your pancreas doesn't make and monitoring your blood glucose levels.**

But everybody's different. Regular check-ups and appointments with your diabetes specialist team and your GP will allow them to build up a picture of you, your type 1 diabetes, how you like to manage it and which treatment will suit you best.

Everyone with type 1 diabetes should be able to access specialist diabetes clinicians. If you are not in touch with a specialist diabetes team please ask your GP to refer you as soon as possible.



## The treatments you may be offered currently include:

### **A blood glucose meter**

meter, which is a small medical device that checks the amount of glucose in your blood.



**Flash glucose sensing**, which uses a sensor with a probe just under the skin. It gives you a graph of your glucose levels and tells you whether your levels are going up or down. It can warn you when your levels are going out of range using alarms.



### **A continuous glucose monitor**

(CGM) which gives information about your glucose levels every few minutes from a sensor worn on the body. It can warn you when your levels are going out of range using alarms.



**Insulin injections**, which combine an insulin pen and needles. There are many different types of insulin, and most people with type 1 diabetes in the UK combine the use of two insulins. It's important that you use the right insulin and the right delivery method to suit you. Always consult your **healthcare team** making changes to your treatment regime.

**An insulin pump**, which delivers short acting insulin every few minutes in tiny amounts, 24 hours a day. The insulin flows through a cannula which sits in the subcutaneous tissue.



We recommend taking a look at our **'Treatments & Technologies'** web page which offers a great overview on pumps, CGMs, flash glucose sensing, and information on NHS eligibility.



# How having type 1 diabetes might affect you?

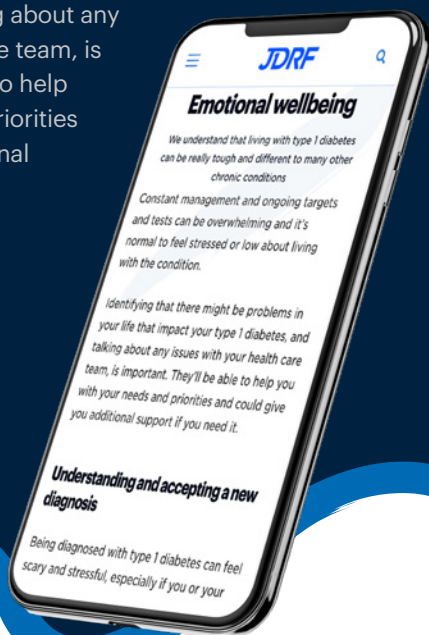
**Having type 1 diabetes will affect many aspects of your life, but a few changes won't stop you living a full and active life.**

## Emotional wellbeing

We understand that living with type 1 diabetes can be really tough. Constant management and ongoing targets and tests can be overwhelming and it's normal to feel stressed or low about living with the condition.

Identifying that there might be problems in your life that impact your type 1 diabetes, and talking about any issues with your health care team, is important. They'll be able to help you with your needs and priorities and could give you additional support if you need it.

If you'd like to learn more about 'diabetes burnout', diabulimia, and local/national support groups, please visit our web page '**Emotional Wellbeing**'.



## Driving

Let the DVLA know you've been diagnosed with type 1 diabetes, if you're a driver. Drivers with insulin treated diabetes are advised to take the following precautions:

- You should always carry your glucose meter and blood glucose strips with you, even if you use a real time glucose monitoring system (CGM) or flash glucose monitoring system.
- You should check your glucose less than 2 hours before the start of the first journey and every 2 hours after driving has started.
- A maximum of 2 hours should pass between the pre-driving glucose check and the first glucose check after driving has started.
- Always keep an emergency supply of fast-acting carbohydrates such as glucose tablets or sweets within easy reach in the vehicle.

For more information please visit the GOV.UK website  
**'Diabetes and driving'**



## Work

**Type 1 diabetes is no barrier to a successful and fulfilling career.**

Tell your employer about your type 1 diabetes if you want your work to make reasonable adjustments; like taking breaks to check your blood glucose or treat hypos, or to take time off for clinic appointments.

It's up to you whether or not you tell your work colleagues about your type 1 diabetes; if you do, you might have to explain what the condition is and how it affects you.

If you'd like more information on discussing and managing type 1 diabetes in the workplace, JDRF have created toolkits for employees and employers which can be found on our **Workplace Toolkits** web page.



## Drinking and smoking

**Type 1 diabetes shouldn't prevent you from doing the things you enjoy, but if you decide to drink, being aware of how alcohol will affect your type 1 diabetes is key to enjoying it safely.**

When you are heading off for a night out remember to take your type 1 supplies with you (e.g. blood glucose monitor, insulin, testing strips). As alcohol can cause hypos always carry some fast acting treatment.

If you're a smoker, you could significantly increase the risk of complications from type 1 diabetes. It's a great reason to stop! To help you quit smoking, talk to your doctor or healthcare team.

If you would like to know more information on drinking and smoking with type 1 diabetes please visit our online toolkit:

**<http://uni.jdrf.org.uk/>.**



## Travelling

Travelling can be stressful at the best of times, so travelling with type 1 diabetes can make things a little harder. But don't worry, all it takes is a little planning!

Do some research about your holiday destination to find out where the nearest hospital is with appropriate medical facilities and get the name and number of a doctor who speaks your language in the area.

Make sure your travel insurance covers emergency treatment of type 1 diabetes.

Ask your healthcare team for a letter confirming you have type 1 diabetes and specifying the supplies you need to carry on the plane.

Take lots of spare supplies and hypo treatments - don't rely on finding them locally.



JDRF supporter, Rachel Crawford, has worked tirelessly to introduce a new Medical Device Awareness Card for those with type 1 diabetes to use when travelling abroad. The card, now available to download, has been launched in partnership with the UK Civil Aviation Authority (CAA) and Airport Operators Association (AOA).



Medical Device Awareness Card:  
**Security Officer**



Medical Device Awareness Card: **Passenger**

- **Don't forget to bring your medical evidence** (e.g. letter from a medical practitioner) to confirm your medical device such as an insulin pump or Continuous Glucose Monitoring system (CGMs). Have this ready to show the Security Officer, along with this card.
- **Make the airport Security Officer aware of the device**, and exactly what it is and where it is located.
- If you are carrying a spare medical device, **remove it from your cabin bag** before the x-ray and let the Security Officer know.
- And do **contact the airport** if you have any concerns or queries before you travel: note that screening equipment and processes may differ from airport to airport.
- Please **check with your return airport** (if outside the UK) on their arrangements for screening medical devices.

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Please visit our **Travelling** web page for more information on how to download this card and prepare for your holiday.

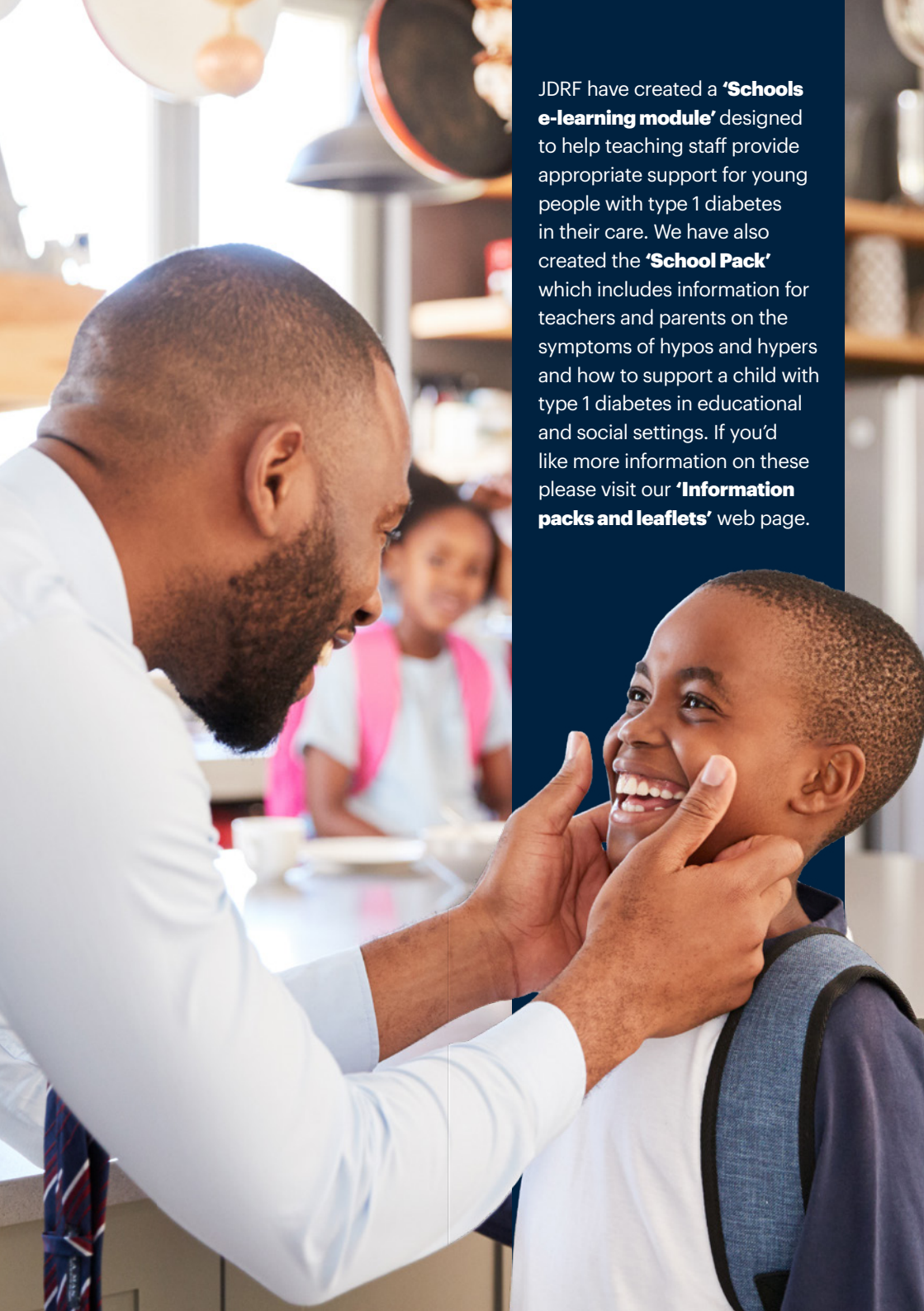
# My child has been diagnosed with type 1 diabetes

**No child likes to feel different, and carers naturally worry that the type 1 diabetes diagnosis will make their child feel isolated.**

However, there are positive aspects for a child with a type 1 diabetes diagnosis. Children are naturally curious and with a positive attitude their schoolmates can learn a lot about type 1 diabetes. Young children are adaptable and generally pick up the routines of type 1 diabetes a lot faster than their parents!

We understand the emotional impact when teaching a child about their new type 1 diabetes diagnosis. A child can understandably feel fear and also find it difficult to understand that this is a new way of life. However it teaches maturity, responsibility and self-reliance - take a look at [\*\*jdrf.org.uk/blog\*\*](https://jdrf.org.uk/blog) and you'll find no shortage of inspiring young people with type 1 diabetes that will help reassure your child that they'll still have a full and active life.

School is a big factor. As soon as the diagnosis is confirmed, make an appointment to see your child's teacher to discuss a care plan. The aim is that everyone around your child should know what your child is expected to self-manage, when they'll need help, and the signs they need to be aware of that show your child's blood sugar is low. Keep the school and your child's diabetes team informed; communication is key. The more that the adults around your child who understand type 1 diabetes and are competent at dealing with it, the calmer your child will feel.



JDRF have created a **'Schools e-learning module'** designed to help teaching staff provide appropriate support for young people with type 1 diabetes in their care. We have also created the **'School Pack'** which includes information for teachers and parents on the symptoms of hypos and hypers and how to support a child with type 1 diabetes in educational and social settings. If you'd like more information on these please visit our **'Information packs and leaflets'** web page.

# We're here for you

**Whether you've just been diagnosed or have been living with type 1 diabetes for some time, JDRF has created a wide range of events and information resources to support you in managing your condition and to help you connect with the type 1 community**

From newly diagnosed kits to type 1 technology information, all our resources can be accessed for free on our **Information & Support** web pages.

If you have any questions about our resources, please reach out to the Outreach team at [outreach@jdrf.org.uk](mailto:outreach@jdrf.org.uk).



Why not attend one of our Discovery events? These are free events which provide a great opportunity to meet others with type 1 diabetes, learn about the latest research, and hear inspirational talks from a range of speakers. Wherever you are in your type 1 diabetes journey, from newly diagnosed, going away to university or thinking of starting a family, our Discovery Events are here to support you.

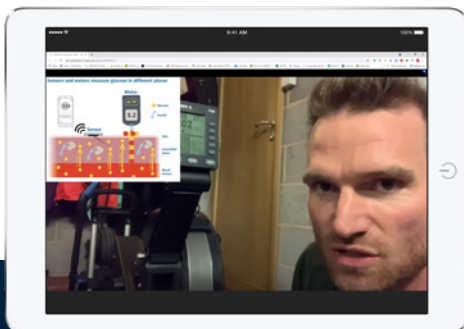
I came to the Discovery Day not knowing what to expect, we are from a small village and don't know any other families with a child with type 1. Travelling here made us realise we have a brilliant support system with JDRF and the lovely people here today, many of whom live very near to us.

**Liz, Cardiff Discovery Day**



If you're unable to attend in person, why not attend a virtual event, where we bring world class speakers to a computer near you. We cover themes such as type 1 technology, young people, food and nutrition, sport and exercise and living well with type 1 diabetes.

**You can even watch recordings of all our previous events on JDRF UK's youtube channel today.**



I found it incredibly interesting and inspiring. It has gone a long way to boost my confidence around exercise and managing my blood glucose levels... I really appreciate the support JDRF gives and the research your organisation is doing

**Vivienne, Virtual Discovery Day**

Browse our list of **events** at **<https://jdrf.org.uk/discover>** to book a free place. Or email **[discoveryevents@jdrf.org.uk](mailto:discoveryevents@jdrf.org.uk)** to find out about events currently being planned.

# How you can help

## DONATE



Give a one-off gift, a regular donation, in memory of a loved one or leave a gift in your will.

## PLAY THE JD RF LOTTERY!



For just £1 per entry, you could win the weekly top prize of £25,000!

## GET YOUR LOCAL COMMUNITY INVOLVED



Fundraise at work, school, your place of worship or sports club and raise awareness at the same time.

## TAKE PART IN AN EVENT



Take on a marathon, sponsored walk, or climb a mountain!

## DO YOU HAVE A FUNDRAISING IDEA?



Find your own perfect way to raise money, from hosting a Type 1 Tea Party to a sponsored skydive.

## VOLUNTEER



Speak about type 1 in your local community, cheer at an event or share a skill – whatever you're interested in, we have a role for you.

Tell us about how you want to get involved! We can offer you loads of support and fundraising materials. Simply visit [jdrf.org.uk/get-involved](https://jdrf.org.uk/get-involved)



Every pound we spend on research comes from generous donations from people like you. However you choose to support us, you'll be helping to create a world without type 1 diabetes.



## We are JDRF: the UK's type 1 charity

Until the day we find a cure, we are committed to making life better for anyone affected by type 1.

### To work towards a day when there is no more type 1 we:

- Fund **world-class research** approved and administered by our international research programme to cure, treat and prevent type 1 diabetes.
- Make sure **research moves forward** and **treatments are delivered** as fast as possible.
- **Give support** and **a voice** to people with type 1 and their families.
- Lead a global movement to create a world without type 1 diabetes.

Juvenile Diabetes Research Foundation Ltd (JDRF) is a charity registered in England and Wales (No. 295716) and in Scotland (No. SC040123). Registered address: 17/18 Angel Gate, City Road, London EC1V 2PT. Registered as a company limited by guarantee, in England and Wales (No 2071638).

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