



**Breakthrough T1D™**

Formerly JDRF

# Could it be type 1 diabetes?

## Know the 4 Ts:



**Toilet** - going to the toilet a lot?



**Thirsty** - always asking for drinks?



**Thinner** - sudden weight loss?



**Tired** - more exhausted than usual?



These are the early warning signs of type 1 diabetes (T1D) - an autoimmune condition where the body can't produce insulin. Recognising these signs early could save a life. **Scan to learn more.**