

#GrowingWithT1D

DID YOU KNOW

Anyone can come with you to your appointment.
There are groups for people with Type 1 Diabetes (T1D).

Drinking alcohol affects your blood sugar.

You see your doctor and diabetes educator at separate appts.

**For more information and to post about
moving from pediatric to adult care
#GrowingWithT1D**

Tool created by youth with T1D in a weekend Design Studio: Ruth 23, Mariam 18,
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mindyourmind



London Health Sciences Centre

T1 Empowerment