

# Sarah's Tips for T1D

"Upon my diagnosis on May 25, 2013, I had a lot of trouble adjusting to life with type 1 diabetes (T1D). I didn't realize the importance of properly caring for my T1D, and my health suffered. But thanks to JDRF, I discovered a powerful collection of resources and community along with new research advances that make managing my T1D easier than ever before. I hope some of these tips can help you or your loved one adjust to life with T1D, too!" —Sarah, 22



## T1D Tips

- **The best advocate for your care is YOU.** Don't be afraid to do your own research and stand up to your doctors if you need to.
- Make logging your numbers simple with an app called **mySugr Diabetes** Logbook. It's bright, colorful, fun and will help you stay on track with managing type 1 diabetes!
- **A low-carbohydrate diet** makes T1D easier to manage. Apps like HealthyOut help you find healthy meals from local restaurants in your area. Helpful filters include Low Carb, Low Fat and Low Calorie.
- **Acetaminophen** (paracetamol), the active ingredient in Tylenol, can alter readings on some continuous glucose monitors.
- Keeping fit is important, and **MyFitnessPal** is one of the most highly recommended fitness apps available! Keep fit, healthy and active by logging your workouts and meals.
- If you use an iPhone, open the **Health app** and add your details. Your essential health information is available to view even when your phone is locked.

## T1D Resources

- **Typeonenation.org:** A site created for—and powered by—the type 1 community. Members of this diverse and lively community exchange information, answers and support.
- **JDRF Bag of Hope:** JDRF's gift to children who've received a diagnosis of T1D, the JDRF Bag of Hope is filled with educational materials, including Rufus, the Bear with Diabetes®, to show your child he or she is not alone while learning to take shots and test blood sugar.
- **JDRF-Funded Research:** Stay up-to-date on the latest research to cure, prevent and treat T1D at [jdrf.org/research](http://jdrf.org/research). Learn about scientific progress that delivers new treatments and therapies to make day-to-day life with T1D easier, safer and healthier.

## Follow These Blogs for More Tips, Stories and Support

- **Close Concerns** – Kelly Close has an extensive list of resources and support sites for those living with T1D. [www.closeconcerns.com](http://www.closeconcerns.com)
- **Diabetes Mine** – A goldmine of information and encouragement for those living with diabetes. [www.diabetesmine.com](http://www.diabetesmine.com)
- **Diabetes Stories** – Riva shares stories of those living with T1D and encourages people to flourish and change their attitudes toward living with T1D. [www.diabetesstories.com](http://www.diabetesstories.com)
- **Insulin Nation** – Extensive news and updates on diabetes research, insulin therapy and living well with T1D. [www.insulinnation.com](http://www.insulinnation.com)

## Where to Go for Help

- If you're going through burnout after living with T1D for a long time, it's important to have a friend that you can talk with about T1D. You can meet people through [typeonenation.org](http://typeonenation.org) or through local JDRF events.
- **If you're facing a T1D emergency,** call 911 immediately. Make sure you also keep your endocrinologist's phone number saved in your phone, in case you have urgent questions or need advice.