

Does type 1 diabetes get in the way of the life you want?

I want to exercise and feel safe

Ask your diabetes team about DAFNE!

Shift work and diabetes don't mix!

On a DAFNE course, you will learn how to:

- adjust your insulin for exercise and illness
- match your insulin to the carbohydrate you want to eat
- bring your Glucose back into target when needed
- live life the way you want to live with diabetes

I want diabetes to fit into my life!

I want to stop having hypos!

I need my driving licence

I have exams and don't want high sugars!

I worry when I have my grandchildren

I want to enjoy my holiday of a lifetime!

I want to have a baby!