

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!

I want
diabetes
to fit into
my life!

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 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!