

# KNOW THE '4 T'S' OF TYPE 1 DIABETES - IT COULD SAVE A CHILD'S LIFE

It's really important to be able to spot the most common symptoms of type 1 diabetes early.

Unfortunately, we know that too many people – mostly children and young people – are not diagnosed until they are in diabetic ketoacidosis (DKA), a life-threatening condition that requires urgent medical attention.

Early action is important and it's good to know the '4 T's' of type 1 diabetes:

**TOILET** – GOING TO THE TOILET A LOT.

**THIRSTY** – BEING REALLY THIRSTY AND UNABLE TO QUENCH THE THIRST.

**TIRED** – FEELING MORE TIRED THAN USUAL.

**THINNER** – LOSING WEIGHT OR LOOKING THINNER THAN USUAL.



If you notice these signs and symptoms, you should contact your doctor **straight away**.

## IF YOU WOULD LIKE SUPPORT...

Join our 'Friends of the North' Diabetes UK Facebook group where you can find peer support and the latest information from Diabetes UK, locally and nationally:

<https://www.facebook.com/groups/193410685443622>

Or use your mobile phone to scan the QR code:



Contact us:

**North of England team: 01925 653281**

**Diabetes UK Helpline: 0345 123 2399** (Mon-Fri, 9am-6pm)

## FOR MORE INFORMATION...

If you would like copies of the poster or the A5 leaflets, please contact [n.west@diabetes.org.uk](mailto:n.west@diabetes.org.uk).

For more information about Diabetes UK visit [www.diabetes.org.uk/The4Ts](http://www.diabetes.org.uk/The4Ts)

We have resources to help you support pupils who have type 1 diabetes Make the Grade school pack at [www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes/schools/diabetes-in-schools-resources](http://www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes/schools/diabetes-in-schools-resources)

This prestigious award is open to both primary and secondary schools. It is the only such honour that Diabetes UK offers and is a fantastic way to demonstrate the great care provided to children with diabetes in schools. Visit our website:

[www.diabetes.org.uk/get\\_involved/campaigning/type-1-diabetes-make-the-grade/good-diabetes-care-in-school-award](http://www.diabetes.org.uk/get_involved/campaigning/type-1-diabetes-make-the-grade/good-diabetes-care-in-school-award)

**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.