

Coping tips for Type 1 diabetes



- **Do not change, discontinue or stop any medication, treatment or therapy** without first speaking to your healthcare professional.
- It is important that you do not miss your appointments, blood and urine checks or diabetes-related complications screening.
- It is important where possible to involve your family, friends, colleagues and others in your care, especially when you are facing different stages in your life such as a new job, planning to start a family etc.
- You may wish to consider help with the emotional, psychological and social aspects of having diabetes.
- Expect that it may be necessary for changes to be made along the way.