

# THE 4 "T'S" OF TYPE 1 DIABETES

1. **Tired:** Low energy, fatigue, and weakness.
2. **Toilet:** Frequent urination or bedwetting.
3. **Thirsty:** Feeling thirsty even after drinking water, or getting up multiple times a night to drink water.
4. **Thinner:** Unintended weight loss.

If you see any of these symptoms in yourself or someone you care about, consult a doctor about the possibility of T1D.

And remember, type 1 diabetes doesn't discriminate. It can happen to anyone, at any age and it is not related to diet or lifestyle choices.