Type 1 discovery

CGM approved for expectant mothers

Maddie Julien
Digibete co-founder shares her story

The future of telemedicine

Footballer Jack Iredale on living well

TAKE ON THE 100 CHALLENGE with Mr Motivator

Join us in finding the cure for type 1 diabetes

LIVING WELL WITH TYPE 1 SPECIAL
Issue 87/ March – June 2021
Simplify the management of diabetes and understand your risk of complications.

Described as the ‘Sat Nav’ for diabetes, Intellin® empowers you to live well with diabetes, understand your risks of developing diabetes complications, and helps to effectively manage and reduce these risk areas.

Intellin® goes beyond just tracking the health data that matters most to you, it provides personalised predictions highlighting your highest diabetes risk areas, and offers tailored tips on how to prevent complications.

People using Intellin® had 3.47% decrease in systolic and 6.58% decrease in diastolic blood pressure over a 12 month period.*

To download scan the code below:

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*Results from the real world data obtained since the global launch of Intellin® indicates that it may promote a reduction in blood pressure (Users of Intellin showed a 3.47% reduction in systolic BP and 6.58% in diastolic in a 12 month period).
Managing your mental and physical wellbeing

Welcome to our ‘Living well with type 1 diabetes’ issue. Now more than ever it is so important to look after your mental and physical well being. Lots of you will be juggling home schooling, full time work and caring responsibilities. We know it is not easy. I hope that this issue will inspire you to take care and look after yourself.

You may have already heard about the 100 challenge, in which many of our staff and over 400 of our wonderful supporters have taken part. Thank you to everyone who has completed a challenge, we have raised an incredible £80,000. With it being the 100 challenge we decided to set our own challenge of reaching £100,000. We are so close, so please keep up the hard work! For anyone who has not completed a challenge, this event is the perfect excuse to get outside for a break, spend some time away from your desk and rediscover the motivation to get back into fitness. You can find out more here: jdrf.org.uk/100challenge.

We are now a year on from when coronavirus reached the UK. The type 1 community has been through a difficult journey. Despite all the challenges and worries the pandemic brings, it has also opened up some new opportunities for some of us for how we take part in our type 1 care. This includes virtual clinic appointments and telemedicine. You can read about JDRF’s stance on the NHS’s use of telemedicine for type 1 diabetes appointments in this issue. For COVID-19 information: jdrf.org.uk/coronavirus.

I would like to take this opportunity to say thank you to you; our loyal supporters, including our Patrons and Accelerator Programme philanthropists, for your especially generous investment in the work of JDRF. We would not be in the position to sustain our ground-breaking global research without you.

Karen Addington
Chief Executive

To find out about all the projects we fund, visit jdrf.org.uk/research
Coming together to celebrate 100 years of insulin

The type 1 community will be coming together throughout 2021 to celebrate 100 years since Frederick Banting and his team made the life-saving discovery of insulin.

JDRF kicked off the celebrations with a special virtual event in November, on the eve of World Diabetes Day — also Banting's birthday. During the event, hosted by Sky Sports presenter Adam Smith, JDRF staff and people affected by type 1 diabetes looked back on the incredible progress made in type 1 research over the last 100 years, and forward to the new advances on the horizon. It also gave us the chance to thank you, our wonderful supporters, for everything you help make happen.

Our 100 Challenge is also well underway, with supporters taking on sporty challenges to raise money to power the next research breakthrough. There's still time to join in at: jdrf.org.uk/100challenge

A CELEBRITY WORLD DIABETES DAY THANK YOU!

JDRF's celebrity supporters came out in force on World Diabetes Day this past November to say a special thank you to you, our amazing supporters. Pictured in order (right); Love Island's Marcel Somerville, singer Amelia Lily and actor Johnny Labey sent messages of thanks during our World Diabetes Day virtual event, along with cellist Sheku Kanneh-Mason and Mr Motivator!

Congratulations JDRF Ambassador Nina Wadia, OBE

JDRF Ambassador Nina Wadia was given an OBE in the New Year’s Honours List for her services to charity and entertainment.

Nina, well-known for her roles in Eastenders, Still Open All Hours and Goodness Gracious Me, has supported JDRF since her son, Aidan, was diagnosed with type 1 in 2017 at the age of 10.

Professor Partha Kar also received an OBE, for services to people with diabetes. As NHS England’s type 1 clinical lead, he has spearheaded moves to increase access to wearable type 1 technologies.
**Beta cell replacements aim to end daily injections**

A treatment that could replace the lost beta cells in people with type 1 has moved another step closer to reality. Underpinned by JDRF-funded research, the treatment is an implantable device that contains insulin-producing cells grown from stem cells. The device would keep the cells safe from the immune attack that causes type 1 – enabling people to produce their own insulin again. Danish pharmaceutical company Novo Nordisk and US start-up Procyon Technologies have agreed to work together on developing the treatment and speeding up its path to clinical trials.

Replacing lost beta cells is key to JDRF’s strategy to find cures for type 1.

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**GETTING IT RIGHT FIRST TIME DIABETES REPORT**

An NHS England report published this winter calls for greater provision of type 1 technology and training for healthcare professionals to provide it.

The Getting It Right First Time diabetes report, led by professors Partha Kar and Gerry Rayman, has made recommendations for much needed improvements in key areas of diabetes care that could have a UK-wide impact.

JDRF were involved in the drafting of the report and mirrors some of the recommendations made in JDRF’s ‘Pathway to Choice’ report on type 1 diabetes technology access.

As well as improving access to wearable technology, it focuses on areas including data, inpatient care and diabetic foot care.

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**Our survey says**

**What helps you live well with type 1?**

- **12%** Eating healthily
- **13%** Exercising
- **65%** Diabetes technology
- **11%** Friends and family support

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**We asked you…**

**Your top tips on how to live well with type 1 diabetes?**

- Eat well and try to exercise
- Think positively, eat well and keep moving
- Be organised (e.g. keep hypos and insulin with you at all times). Be kind to yourself

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**Find out more**

You can keep up with our latest news at jdrf.org.uk/news or follow us.

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Three years ago, 14-year-old Ruby was diagnosed with type 1 diabetes. As we mark 100 years since the discovery of insulin, a breakthrough that has saved millions of lives, Ruby and her mum Liz tell us how progress in type 1 research and improved technology, has helped them adapt to life with diabetes, and fuel their hopes for the future.

**Every single day, 24/7**

Since Ruby’s diagnosis in 2017, which saw her admitted to hospital, learning how to manage her type 1 has been challenging. She says: “Looking after your diabetes is something you have to do every single day, 24/7. You cannot take a break from it, it is constantly on your mind. Also, you have to plan in advance and you cannot go anywhere without a bag!”

For mum Liz, Ruby's diagnosis was an adjustment for the whole family, particularly after Ruby was subsequently diagnosed with coeliac disease, another autoimmune condition associated with type 1 diabetes.

“It’s been a huge learning curve for us all and as parents. She manages herself so well but I do worry about her when she is out and about, worrying about her having too much fun to realise she’s going high or low.

**Turning the corner with diabetes tech**

A turning point for Ruby, and her mum, came through type 1 diabetes technology. Ruby uses an insulin pump - a device that delivers short acting insulin throughout the day - along with a continuous glucose monitor (CGM) which helps her to see if her blood glucose levels are too low or too high. According to Liz, ‘the two devices changed everything.’

For Liz, whose adoptive mother also lived with type 1, the progress made in the treatment of the condition was particularly striking.
Looking after your diabetes is something you have to do every single day, 24/7. You cannot take a break from it, it is constantly on your mind. Also, you have to plan in advance and you cannot go anywhere without a bag!

“I have seen over the past 40 plus years how progress has been made. I remember my mum using huge glass syringes, long needles, following a strict diet and having frequent hypo. Back then, pumps, CGMs, and carb counting were non-existent. Now, there is hope for the future.”

The technology Ruby uses has transformed the way she manages her diabetes. She says: “After nearly a year of injecting, I remember thinking that an insulin pump would be life-changing for me and it was. My CGM helped me control my blood glucose levels, I don’t have to finger-prick quite as much and I’m made aware of hypo just before they happen.

Raising awareness and funds for the next type 1 breakthrough

Since her diagnosis, Ruby has worked hard to raise awareness about type 1 diabetes through social media and events at her school, and the family have raised over £2,000 for JDRF research.

Mum Liz says, “JDRF’s work is life-changing. As well as the research they do, we did not feel we had to go through this on our own. The information and help we have received from them over the past years has been invaluable.”

Ruby agrees, remembering the JDRF starter kit she received in hospital; “I woke up that first morning with a JDRF starter kit next to my bed containing useful equipment and information along with a Rufus Bear who I still have. He was used to practice injections on (poor Rufus!).”

Now, both Liz and Ruby are looking to the future and what new research might bring. Ruby is particularly excited about the development of the artificial pancreas, launched by JDRF research Professor Roman Hovorka in 2020. ‘It sounds a bit science-fiction!’ she says.

The support that Liz and Ruby have given to JDRF is vital in helping to bring ‘science-fiction’ closer to reality, and to fund research that’s working towards a cure. As Liz says: “We are too realistic to hope for miracles. We know that with funding, research can take place. With research there is hope.”

Fact

In 1979, JDRF researchers developed one of the earliest experimental insulin pumps – which was around the size of a brick!
Evolving Care for the Digital Age

By Maddie Julian, Co-founder of DigiBete. At 20 months our son was rushed into hospital in life-threatening diabetic ketoacidosis (DKA), one of the 25 percent of children diagnosed with type 1 diabetes in DKA.

I remember crying behind the curtain trying to absorb a textbook of information whilst the amazing doctors and nurses on the ward tried their best to get across all the complex diabetes education to my husband and me. Like many parents hearing the diagnosis of life-long type 1 diabetes, we were in a dark place. Mourning the part of life that our son had now been robbed of and feeling the deep dread.

In the weeks following our son’s diagnosis, the anxiety ran deep, especially when realising we would now have to manually teach anyone who usually looked after Otis. The hours and days afterwards seemed endless. Appointments with lovely diabetes nurses, dietitians and consultants all helped, but it was still very challenging.

It was at this lowest point that I began to imagine another reality, where information and peer-supported training for all those managing diabetes in the home, school or community could be scaled and accessed 24/7.

In that moment DigiBete, a patient-led, clinically-approved digital platform, was formed, with the help of the wonderful Leeds Children’s Hospital Diabetes Team, albeit initially self-funded.

Having been developed and enhanced over the last four years, DigiBete.org is now being funded by the NHS-E diabetes programme and supports 80,000 families across the country and is being embedded in 155 clinics in England and Wales. Healthcare professionals widely use our resources and we have trained more than 750 in the last seven months. The passion of these dedicated diabetes healthcare professionals, alongside the families who are equally passionate about helping others, has made this all possible.

This process has enabled me to see the real barriers to scaling diabetes education in the digital age. COVID-19, we believe, has accelerated acceptance of the use of platforms like DigiBete, enabling patients and families to access clinically approved education and support remotely.

In my opinion, the current digital revolution offers a great opportunity to build a standardised level of awareness, education, training and support for all those living with diabetes and to reach the widest population possible.

DigiBete supports 80,000 families across the country and is being embedded in 155 clinics in England and Wales.”
Product watch

The latest continuous glucose monitors giving greater insight into glycemic profiles, allowing people with diabetes to make adjustments to improve metabolic control

MiniMed 780G System
The new MiniMed TM 780G system from Medtronic incorporating both SmartGuard™ tech and smartphone connectivity via the MiniMed™ mobile app, automatically adjusts and corrects insulin levels, 24/7, every 5 minutes, as needed, to stabilise glucose levels.
medtronic-diabetes.co.uk

FreeStyle Libre 2
The Freestyle Libre 2 of Abbott’s sensor-based tech, has been added to the NHS tariff making it available on prescription to people using FreeStyle Libre as well as people who meet NHS criteria. Optional real-time alarms via Bluetooth.
freestylediabetes.co.uk

Intellin App
Intellin® is designed to help people living with type 1 to actively track and monitor their condition. It consists of a standalone app plus a secure dashboard for healthcare teams to enable remote management and support.
gendius.co.uk/intellin

My type 1 shopping list

‘Cooking from scratch has really empowered me in my carb-counting and healthy eating’

27 year old Miranda was diagnosed with type 1 at university, and has since run four half marathons and a marathon for JDRF as well as regularly taking part in CrossFit.

Miranda is also coeliac and loves cooking and trying new gluten-free recipes from different cuisines. Miranda uses digital weighing scales, and the Carbs & Cals app to carb-count keeping notes of her favourite recipes in a little notebook in the kitchen.

Homemade granola
• Throw in gluten free oats, chopped nuts (pecans, almonds, walnuts etc), seeds (pumpkin and sunflower), some melted coconut oil, cinnamon and some honey and roast in the oven for 30 minutes at a low temperature stirring often. Making your own granola reduces its sugar content and is a perfect breakfast to add fruit to (like bananas and blueberries).

Healthy Chicken Wings
• Using ground almonds and herbs to coat the chicken wings (use beaten egg to make it stick) makes a gluten-free and fun dinner. Serve with lots of salad!

Puff pastry pizza
• When pushed for time, rolling out some shop bought gluten free puff pastry, making a quick tomato sauce and adding different cheeses and chorizo is a quick dinner.

Avocado Chocolate Mousse
• Mash avocado with cocoa powder and some maple syrup and refrigerate for 30 minutes for a low-carb, creamy dessert.

If you want to share your shopping list, email us at info@jdrf.org.uk
Thoughts of a type 1…

Mr Motivator, Fitness father

Fitness guru Mr Motivator is calling for you to join him for the 100 Challenge – a great way to get fit and raise money for JDRF. For people with type 1, adjusting food and insulin around exercise can be tricky, but regular exercise can also make the condition easier to manage. Here, Mr Motivator, whose daughter has type 1, shares his top tips on how to get started.

Focus on something simple initially, that offers a variety of movement, such as swimming or walking. It is important to choose your activity well – doing something that makes you feel good and brings you loads of fun is the main ingredient, which will ensure that you want to do it over and over again. Start slowly, with small steps and then increase your effort level as soon as you find that you need more of a challenge.

Be patient and take time to learn about the capabilities of your body. It is a good idea if you have not been active in a while that you talk to your doctor before starting any fitness programme. The internet is a treasure trove of useful information about exercise – and JDRF’s website can also help you before you get started and mrmotivatorsclub.com can keep you inspired. Keep a diary of your habits, what you eat and how you are feeling. This is a good way to help you know and understand more about yourself and your capabilities.

It has been well documented that exercise can be beneficial in helping to cope with your mental state of mind; we all want to improve the quality of our life, so make that move and watch the results roll in. There will be times when you just do not feel like doing anything. At moments like that, take a rest. Look after yourself, and remember you are the most important person in your world, so treat yourself accordingly and take care at all times.

One of the best ways to get started is to have a goal in mind, so why don’t you take on the 100 Challenge? All you need to do is pick a physical challenge involving the number 100. It can be as easy or as hard as you like — 100 minutes of walking, 100 hours of running, 100kms of cycling, or a daily challenge of 100 squats, push ups, burpees or press ups. Say yeah!

Sign up to the 100 Challenge and find out more about type and exercise at jdrf.org.uk/100challenge

““
It’s important to choose your activity well – doing something that makes you feel good!”

If you’ve got a story to tell, email us at info@jdrf.org.uk
Jack Iredale, born in Scotland, is a 24 year old professional footballer and plays as a defender for Cambridge United in League Two. He shares with us how he manages his health, wellbeing and type 1 diabetes.

Q: When were you diagnosed with type 1?
A: I was diagnosed with type 1 diabetes just before Christmas in 2009.

Q: What are the challenges you face with type 1?
A: I think they would be similar to most other type 1 diabetics, just trying to stay in my target range for as long as possible. But considering I am an athlete, my current diet has its fair share of carbs in it so it’s not always easy!

Q: What is your management routine for type 1, whilst you are training and playing football?
A: My management routine centres around training and playing, and requires regular and frequent monitoring of my sugar levels. I love the Freestyle Libre sensor, it’s super-fast and convenient for me. I’ve found that when my sugar levels are in the higher range I tend to fatigue much quicker so it’s a constant battle keeping them in my optimal range.

Q: What tips do you have for living well with type 1?
A: The fact that I am so active, because it’s my job, really helps me to live well with diabetes. Everyone, including myself, has down days when it comes to living with it but it’s really important to just keep pushing forward and don’t let it hold you back from anything.

Q: How do you manage your health, mental health and wellbeing during COVID-19?
A: I have been quite lucky because for the most part, football has continued at a consistent level for me. So, having a target and a motivation every day to be going into training and games, has really kept me mentally stimulated and actively fit. During COVID, I think it’s massively important to stay as physically active as possible and you should look to do something active every day because the relationship between a physically active lifestyle and your mental wellbeing undoubtedly go hand in hand.

Q: What tips would you give young people who are diagnosed with type 1?
A: Do not allow diabetes to make you doubt yourself. You can do anything you want; type 1 diabetes is not a hindrance or a barrier. It’s only one extra little thing to think about while you’re striving for your targets.

Q: Where do you see yourself in the future?
A: Depends on how long into the future. I would love to see a beach again! I see myself playing football for a number of years, travelling with my girlfriend, and also spending time with my family who I have lived away from for nearly four years.

Q: Who inspires you?
A: I have several sources of inspiration. A special source close to my heart is my father who has had his fair share of health battles. Currently living with prostate cancer, he is an inspiration to me because he is still continuing to live his life doing what he wants to do regardless of his cancer. When I relate that to living with type 1 diabetes I try to do exactly as he would, moan a little bit about it when I need to, but never stop moving forward.

Q: What are your hopes for the future of type 1 diabetes research?
A: A cure and preventative measures! In the short term however I would love to see new innovative technology that helps people to deal with their diabetes and the challenges faced with it, while also making the technology more available and affordable for everyone.
How your support is helping women with type 1 stay safe during pregnancy

As the NHS in England rolls out continuous glucose monitoring for pregnant women, our Research Communications Manager Conor McKeever looks at the benefits of this move, and the JDRF research that made it possible.

On 14 November, World Diabetes Day, the NHS in England began providing continuous glucose monitoring (CGM) to pregnant women with type 1 diabetes.

Among all the challenges that 2020 brought, this was some much-needed good news for people with type 1 hoping to have a child – and a significant milestone on the road to greater access to technology for everyone with type 1.

Not only should the move help around 2,000 women with type 1 manage their levels during pregnancy, but it should also mean that their babies are much less likely to need intensive care treatment after they are born.

That’s a huge win.

So how did research funded by you, our supporters, make a difference for thousands of women across the country?

First steps

Continuous glucose monitors (CGMs) are small wearable devices that regularly and automatically monitor glucose levels. The devices reduce the number of daily finger prick checks, and can sound

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Providing CGM on the NHS will help keep mothers and their babies healthy, and will set world standards for the provision of medical technology for pregnant women with type 1.

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2008

JDRF-funded research shows CGM is safe and effective

2012

JDRF funds the $4m international CONCEPTT trial

2017

CONCEPTT shows that CGM benefits mother and child

2018

With this evidence, NICE agrees to update its CGM guidance

2019

NHS England adds CGM in pregnancy to its long-term plan

2020

NHS begins providing CGM in England
alarms if blood glucose levels become too high or low. The technology has been around for more than two decades – in fact, the first CGM launched in the US in 1999, for occasional uses of up to 72 hours, alongside the usual finger prick checks.

But it took a JDRF-funded study in 2008 to show decisively that CGM was a safe and effective way for people with type 1 to manage their levels. The study showed that over six months, the technology improved HbA1c levels and cut severe hypos almost in half.

Vital evidence

As CGMs improved and became more widespread, it became clear that the technology could help people who faced particular challenges in managing their levels – including during pregnancy. But without research that included pregnant women using the devices, healthcare systems could not commit to offering them.

So, in 2012, University of Cambridge researcher Professor Helen Murphy and her colleagues began a five-year JDRF-funded trial called CONCEPTT. In locations across the world, they asked women with type 1 to use the devices while pregnant or trying to conceive. The results were categorical.

The women who used CGM throughout their pregnancy had lower HbA1c and spent nearly two more hours in their target range every day. Their babies were also more likely to be born at a healthy weight, and half as likely to be admitted to an intensive care unit.

With the benefits of CGM clear, JDRF and others took the results to the National Institute for Health and Care Excellence (NICE), which advises on the use of new medicines and technology on the NHS. Thanks to the strength of the research, NICE agreed to update its Diabetes in Pregnancy guideline – and the rest is history.

Still more to do

We now know that providing CGM on the NHS will help keep mothers and their babies healthy, and will set world standards for the provision of medical technology for pregnant women with type 1 diabetes. But of course, we won't stop there. At JDRF, we're determined to improve the lives of people who have type 1, until we find a cure.

So as more evidence becomes available, we will continue to push for better provision of type 1 technology for more people with the condition, right across the UK.

To find out more: jdrf.org.uk/cgms

Sophia Walker who lives with type 1, shares how CGM technology helped her become a mum.

CGM gave me my child. Okay, perhaps my husband helped a bit. Saying that I could have done it without him, but never without CGM.

I have an extremely entrenched fear of low blood sugar. So much so that, in the pre-CGM dark days, having a child wasn't something I could fathom. There was no way I could keep my blood glucose that low for the whole duration of a pregnancy. Case closed. Or so I thought.

But as I approached my mid-30s, an unfamiliar feeling began to creep in: a desire to have a baby. By this time I had been on CGM for a number of years.

After a few wobbles at the start, I soon learned to embrace and trust CGM wholeheartedly. My trust in the technology coupled with the amazing knowledge and support of my team at St Thomas's hospital gave me the confidence to undertake a pregnancy.

It was a difficult pregnancy but it would have been a hundred times harder – nay, unbearable – if I was constantly worried about passing out from low blood sugar, or high blood sugar for that matter (hello, insulin resistance in the later trimesters!).

Now I can't imagine life without my daughter. She brings so much joy to me, and to others. I thank the NHS and CGM for the gift of her. I suppose I should thank my husband too.
Experience Freedom with Pod Therapy
Simplify insulin delivery

The Omnipod DASH® Insulin Management System

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> Suitable for all ages, with adjustable settings to personalise insulin delivery based on your daily routine

Speak to your healthcare provider to assess if the Omnipod DASH® System is a good option for you.

Order your Pod Experience Kit† at www.omnipod.com/JDRF

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*The Pod has a waterproof IP28 rating for up to 7.6 metres for up to 60 minutes. The PDM is not waterproof.
**Up to 72 hours of continuous insulin delivery.
†The sample Pod is a needle-free, non-functioning Pod that can be worn for up to 3 days. Screen image is an example, for illustrative purposes only.
DO SOMETHING AMAZING WITH YOUR LOCKDOWN

Take on the 100 challenge to mark 100 years of insulin

Are you looking for that excuse to get back into fitness? This lockdown we’re calling on our supporters to take part in a physical challenge involving the number 100. Why 100? Because we’re in the centenary year that insulin was discovered. A drug that has saved millions of lives. But it’s not enough! We want to propel our research forward and find cures or treatments beyond insulin.

SIGN UP TO THE 100 CHALLENGE AND TURN YOUR EXERCISE INTO LIFE CHANGING RESEARCH TODAY!

Visit: jdrf.org.uk/100challenge

Raise a minimum of £25 and we will send you your very own limited edition 100 challenge medal.

Stuck for ideas?

We’ve seen challenges ranging from 100 mile cycles, 100km runs over a month, 100 star jumps for 100 days, walking round the park 100 laps, skipping 100 jumps, hula hooping 100 seconds.
7 steps to success for injecting insulin with pen needles

1. **Use a 4mm pen needle**
The 4mm pen needle was rated significantly less painful by about two-thirds of patients surveyed.1,2

2. **Inject into appropriate areas**
Injection sites include the abdomen, thigh, buttck, and upper arm.1 Always inject into healthy skin.3

3. **Rotate injection sites widely**
Proper rotation keeps injection sites healthy.1

4. **Inject at 90 degrees**
With a 4mm pen needle, inject at 90 degrees without using a pinch-up technique.5,7

5. **Apply light pressure**
Excessive injection force increases tissue compression and the risk of IM injections.4

6. **Hold for 10 seconds**
After injecting, keep the needle in the skin for 10 seconds to make sure the full dose is delivered.3

7. **Replace needle**
Pen needles should only be used once. Always use a new needle for every injection.3

Check out [BD and Me™](#) for all the information you need on the best way to inject your insulin.


1030 Eskdale Road, Winnersh Triangle, Wokingham, RG41 5TS

[bd.com/en-uk](http://bd.com/en-uk)

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The COVID-19 pandemic forced much of our care to be handled remotely via telemedicine. JDRF is calling for people living with type 1 diabetes to be provided blended healthcare choices – involving a choice of telephone, virtual and face to face appointments.

The charity’s call follows emerging evidence that the increase in telemedicine such as virtual clinics and telephone appointments has had a positive reception from the type 1 diabetes community. A global survey of more than 7,000 type 1 diabetes patients from 89 different countries showed that three quarters of participants would continue to use telemedicine services after the pandemic. People with type 1 diabetes have reported that telephone and virtual appointments give them more time with their clinicians, feeling more comfortable in their homes, overcoming mobility issues and being able to involve family members in their appointments.

Longer appointments mirror what JDRF called for in its ‘Pathway to Choice’ report, as a means to improve access to wearable type 1 diabetes technologies. That report was followed by JDRF’s new policy position paper on telemedicine. At launch, Rachael Chrisp, Policy and Public Affairs Manager at JDRF, said: “The increased use of telemedicine and virtual clinics this year has led to many benefits, though inevitably some challenges as well. We would like to see a blended approach adopted towards virtual appointments, giving people with type 1 diabetes the option to meet with their clinician how best suits them.”

The paper has made recommendations to help bring to reality the blended approach that we want to see. These include people with type 1 being given support on how to use technology to manage their data and healthcare appointments.

In February 2021 JDRF recruited participants for an insight project to map the impact of the coronavirus pandemic on the UK type 1 diabetes community – including their experiences of telemedicine. JDRF is exploring appointment choices people would like going forward and their experiences of virtual appointments – positive and negative – so far. The evidence gathered will help drive JDRF’s further recommendations to the NHS, as part of the charity’s work to accelerate access to type 1 diabetes technologies and medicines.

The charity is asking panelists about the choices they want to have on virtual appointments with the NHS, and their experiences of them – positive and negative – so far. The evidence gathered will help drive JDRF’s further recommendations to the NHS, as part of the charity’s work to accelerate access to type 1 diabetes technologies and medicines.

We would like to see a blended approach adopted towards virtual appointments, giving people with type 1 diabetes the option to meet with their clinician how best suits them”

Rachael Chrisp, Policy and Public Affairs Manager at JDRF

To find out more about our campaign work, visit jdrf.org.uk/campaigns
Feeling Lucky?

Play our Lottery for just £1 a week and win up to £25,000!

Best of all, you’ll fund world-class research to help us find new treatments and cures for type 1 diabetes.

Your support could help us find the next big breakthrough.

“I bought four tickets last October and I won £1,000! I gladly donated half to JDRF and the rest towards a family holiday!”
Leslie, JDRF Supporter

Play now at jdrf.org.uk/lottery

Win £25,000
GET INVOLVED

Make your miles matter this Summer

One Walk is back this May... with a twist

COVID-19 won’t stop us uniting as a community and taking part in One Walk across the UK (virtually)!

Whoever you are, wherever you are, you can take part in your very own virtual One Walk. Your walk could be long or short, fast or slow, one walk or 100 walks over the months of May – June. Each step you take will power researchers time in the lab.

For full details to register for One Walk 2021 visit: jdrf.org.uk/onewalk2021

Virtual Discovery Event – sports & exercise

Type 1 diabetes shouldn’t have to hold you back from exercise and sports. If you’re interested to hear more about exercising safely come along to our free zoom discussion.

Saturday 24th April
10.00-11.30am

Register for your free place here: jdrf.org.uk/discover

Find out more about how to get involved at jdrf.org.uk/get-involved
FLORENCE – Thank you Florence who was diagnosed with type 1 at 7 years old. Florence and her classmates at Royal School Wolverhampton raised money and awareness with a non stop one hour bounce /skip.

TEAM JAPE – Thank you to Joel, Arthur, Polly and Eddie for virtually cycling the 1,800 miles from John O’Groats to Lands End and back again. The team have raised over £4,000 split between JDRF and Cancer Research UK. Keep up the good work!

ESHME – Thank you to 6 year old Esme who scooted 50 miles by doing 100 laps of her block at home raising £2,329.50 so far for the 100 Challenge!

MILLY BARON – Thank you to Milly Baron who made 373 decorations over Christmas! One of her good friends has also decorated and sold 100 raising £1000!

SHANNON STRACHAN – Thank you to Shannon Strachan from Scotland who took on the Three Peak Challenge which she completed in 27 hours 20 minutes and raised £13,163 for JDRF!

ART1ST – A huge thank you to the Art1st committee and all the contributors for their virtual showcase which raised awareness and funds for JDRF before Christmas.

HOLLY ILES – A huge thank you to Horsham Fitness Club, for raising an incredible £1,925 for JDRF in support of Holly, diagnosed with type 1 in March 2019, by running, swimming and cycling.

WE ARE SO GRATEFUL FOR EVERYTHING YOU DO FOR US
Get growing for the Sunflower Challenge!

The Sunflower Challenge is back and you can now register to join.

There’ll be prizes to be won for the funniest or weirdest sunflower.

Full details and how to sign up: jdrf.org.uk/sunflowers2021

Host a Virtual Tea Party

Are you the (virtual) hostess with the mostess?

Why not get together with friends and family this Spring. It’s the perfect chance to have a cake and natter whilst raising money and supporting JDRF.

To find out more visit: jdrf.org.uk/tea

For more information please visit jdrf.org.uk
What’s on
We still have some amazing virtual events, alongside potential in person events for 2021. All events are due to take place at the point of publishing. There may be changes depending on COVID-19 position at the time. For full details and to view the latest list, visit jdrf.org.uk/events

Virtual events

100 Challenge
Type 1 Tea party
Scottish Virtual Kiltwalk 2021
Discovery Event - Sport and Exercise with Type 1
Virtual One Walk

Virtual Discovery Event – Pregnancy and Type 1
Virtual Cycle for a Cure
Virtual London Marathon

Until 2 April
March – April
23 – 25 April
24 April
2 May – 20 June

4 July
September
3 October

Keep on running

The Big Half
Hackney Half Marathon

London Landmarks Half Marathon
Great North Run

25 April
16 May
23 May
12 September

One heck of a trek

Climb One for Type 1 – Ben Nevis
Climb One for Type 1 – Scafell Park
Climb One for Type 1 – Snowden

12 June
12 June
12 June

Community events

Sunflower Challenge

March – June

To sign up to any of our events, go to jdrf.org.uk/events
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You can manage your diabetes painlessly³

Optional Glucose Alarms
Know the minute your glucose is too low or too high

Excellent accuracy
Excellent accuracy overall and even in the low glucose range, when it matters the most⁴,⁵

Find out more at www.FreeStyleLibre.co.uk

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Images are for illustrative purposes only. Not actual patient or data.
1. Scanning the sensor does not require lancets.
2. Finger pricks are required if your glucose readings and alarms do not match symptoms or expectations.

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