

Dear **Teacher**,

Know the 4Ts of Type 1 diabetes It could save a child's life

As someone who works in a school, you could spot the early signs of Type 1 diabetes in children.

Nobody knows what causes Type 1 diabetes, but the signs and symptoms can **develop very quickly**. If not identified and treated quickly, children can become seriously unwell with diabetic ketoacidosis (DKA). This can be **life-threatening**.

Around 1,400 children and young people in Wales have Type 1 diabetes, but **1 in 4** are not diagnosed until they are in DKA. If more people know the symptoms, children can be diagnosed sooner and more safely.

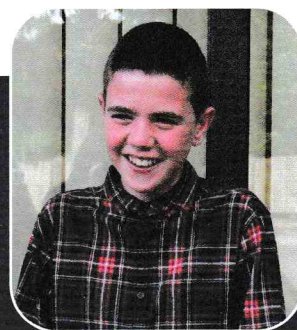
Type 1 diabetes has four common symptoms you can look out for. We call them the **4Ts**:

- **Toilet**
- **Thirsty**
- **Tired**
- **Thinner**

If a child is going to the **toilet** a lot, has increased **thirst** which they can't quench, is more **tired** than usual or is losing weight (getting **thinner**) it could be a sign they have undiagnosed Type 1 diabetes.

Don't delay: Type 1 diabetes can be fatal if left untreated. If a child shows any of these symptoms, tell their parents or carer and advise them to take the child to a doctor immediately for a finger-prick test.

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Peter's story:

Beth and Stuart Baldwin lost their son Peter, 13, in January 2015. Despite showing typical symptoms like being tired, getting thinner and needing the toilet, Peter was not diagnosed until he was seriously ill with DKA.

Peter had a chest infection at the time, making the symptoms harder to identify, but a simple finger-prick blood test could have shown he had Type 1 sooner.

Beth said, "Losing a child is something that no family should have to go through and now it's our mission to make sure that parents and medical professionals have the 4Ts of Type 1 diabetes at the front of their minds.

"This is Peter's legacy, and it's all about helping as many other families as we can. Being able to recognise the symptoms, get a quick diagnosis, and early treatment could save a child's life."

Know Type1

We are raising awareness of the 4Ts with our Know Type 1 campaign.

How you can help

- Display this **poster** in your staff room
- Use these **stickers** as part of an assembly, talk or lesson
- Give our **leaflets** to parents
- Include a message about the 4Ts in your **newsletter** or on your **website**

Order more bilingual posters, leaflets and stickers by contacting

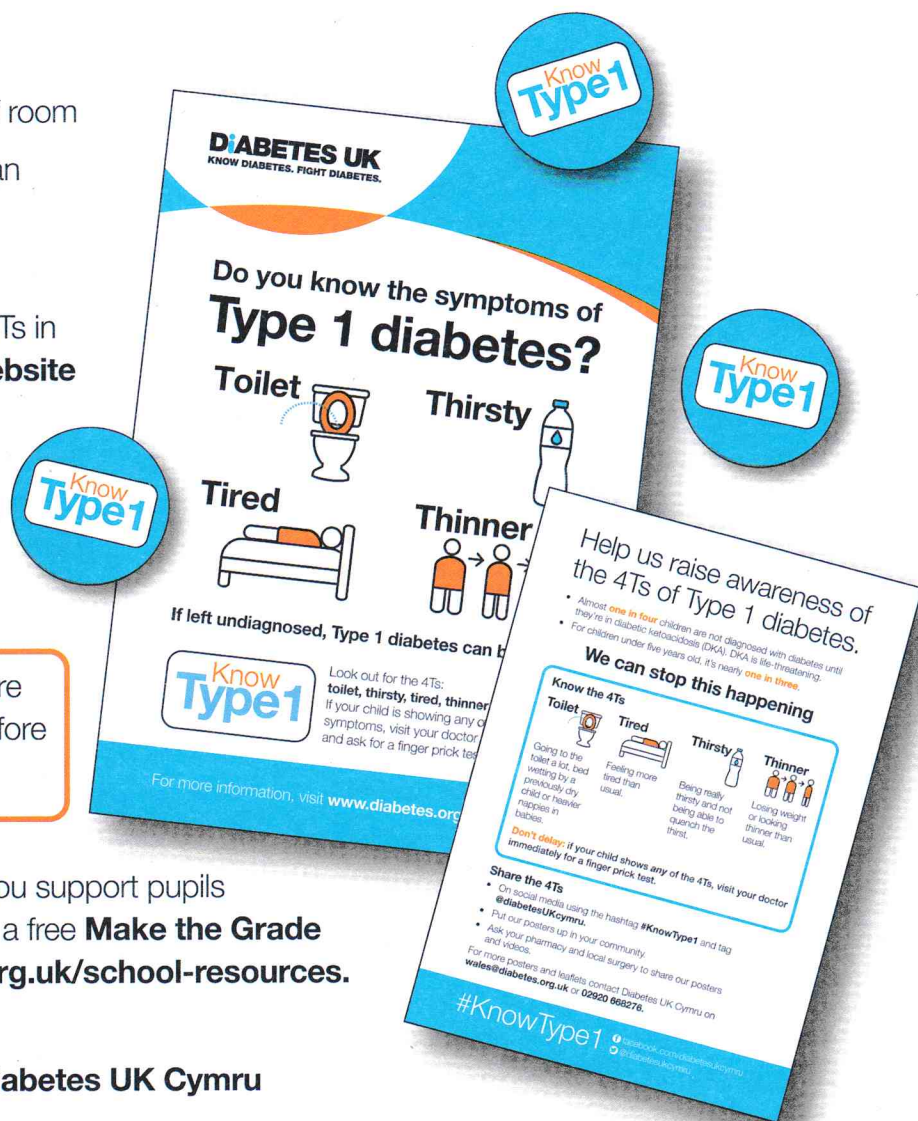
Wales@diabetes.org.uk or **02920 668276**.

With your help, we can make sure children are safely diagnosed before they are in DKA, and save lives.

We also have resources to help you support pupils who have Type 1 diabetes. Order a free **Make the Grade** school pack at www.diabetes.org.uk/school-resources.

For more information about Diabetes UK Cymru or Know Type 1, visit

https://www.diabetes.org.uk/in_your_area/wales/campaigning/know-type-1---wales or contact us on **wales@diabetes.org.uk** or **02920 668276**.



For more information, visit www.diabetes.org.uk/The4Ts