

# November 14th is World Diabetes Day!

Type 1 Diabetes in Children and Young People increases each year, and diagnosis can happen at any age.

The four common symptoms of T1 D at diagnosis are:

## TOILET

Are they going to the toilet or filling nappies more often? Have they started wetting the bed?

## THIRST

Are they drinking more than usual or constantly thirsty?

## TIRED

Are they falling asleep at unusual times or unusually tired?

## THINNESS

Are they losing weight for no reason?

If your child or young person has these symptoms, it is important to go to your GP service asap. Tell them you suspect Type 1 diabetes and ask for a same day finger prick blood glucose test.

Recognising symptoms and accessing help early could prevent a child from becoming seriously unwell at the point of diagnosis.

Want to find out more? Check out 'DigiBete' and 'Diabetes UK'. Links below:

[Type 1 Diabetes Awareness - DigiBete](#)  
[Diabetes UK - Know diabetes. Fight diabetes. | Diabetes UK](#)

# DO YOU KNOW THE SIGNS OF TYPE 1 DIABETES?



We call them the **4Ts**. If you or your child are weeing more often, constantly thirsty, more tired than usual, or losing weight for no reason, it could be a symptom of type 1 diabetes. If left undiagnosed, type 1 diabetes can be fatal. **If you're experiencing any of the 4Ts, ask your doctor for a test immediately.**



Scan the QR code or visit [diabetes.org.uk/the4Ts](https://diabetes.org.uk/the4Ts)