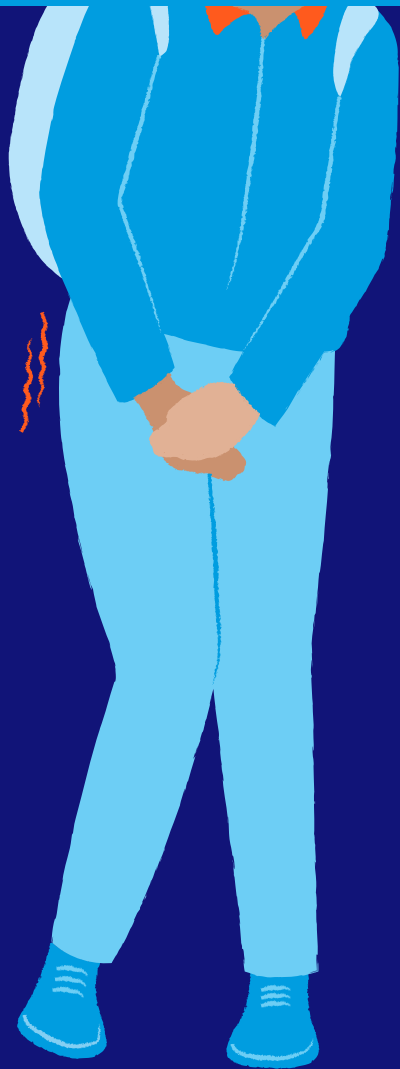


TOILET



THIRSTY



TIRED



THINNER



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.

Go to diabetes.org.uk/the4Ts