

# Type 1 diabetes (T1D) and sick days

No one likes to be sick. But for people with T1D, a cold or the flu can make managing blood sugar levels even more challenging. The stress on your body from the illness causes your blood sugar to rise, making it harder to keep it in range. In addition, you may not be able to eat or drink as usual, which can also affect blood sugar levels.

***Below are some tips that can help when you're sick:***

- Drink plenty of water.
- Have some foods on hand that contain carbs and are easy to digest, such as:
  - Flavored ice
  - Juice
  - Soup
  - Instant cooked cereals
  - Crackers
  - Unsweetened applesauce
- Test your blood sugar level or check your CGM more often.
- Have your study doctor's phone number readily available.



CGM = continuous glucose monitor

## ***Diabetic ketoacidosis (DKA)***

People with T1D are at risk for developing DKA, a serious, life-threatening complication. This can happen when you are sick and when blood sugar levels remain high for a long period.



- When your body doesn't have enough insulin to allow blood sugar into your cells, it breaks down fat for energy. This produces acids and ketones.
- When ketones build up too much, they can become toxic to your body.
- That is why it's important to check blood sugar levels more often when you're sick.

Talk to your study doctor for more information on managing your T1D during an illness.

**For more information on the FABULINUS Study, ask your study doctor.**

***We appreciate your continued commitment to the FABULINUS Study!***