YOUTHS!

TYPE 1 DIABETES

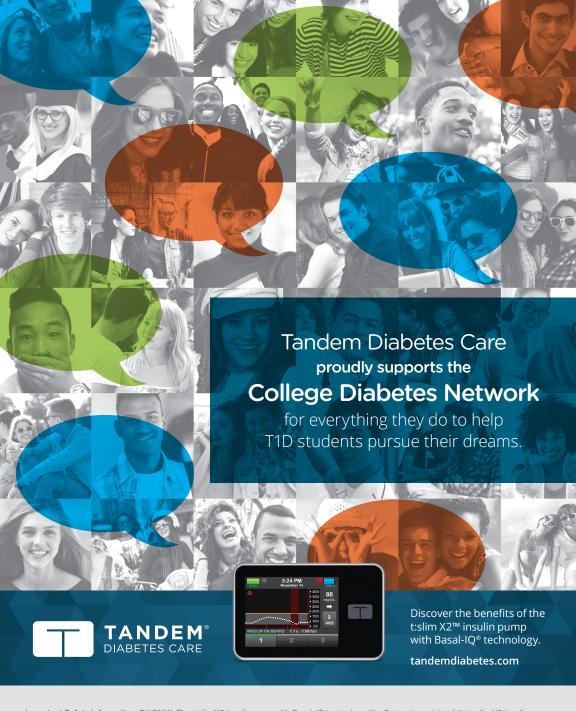


GUIDE FOR YOUNG ADULTS

on your own but not alone™



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Important Safety Information: RX ONLY. The t:slim X2 insulin pump with Basal-IQ technology (the System) consists of the t:slim X2 insulin pump, which contains Basal-IQ technology, and a compatible CGM. CGM sold separately. The t:slim X2 insulin pump is intended for the subcutaneous delivery of insulin, at set and variable rates, for the management of diabetes mellitus in persons requiring insulin. The t:slim X2 insulin pump can be used solely for continuous insulin delivery and as part of the System. When the System is used with a compatible iCGM, Basal-IQ technology can be used to suspend insulin delivery based on CGM sensor readings. Interpretation of the System results should be based on the trends and patterns seen with several sequential readings over time. CGM also aids in the detection of episodes of hyperglycemia and hypoglycemia, facilitating both acute and long-term therapy adjustments. Compatible iCGM systems are intended for single patient use and require a prescription. The System is indicated for use in individuals 6 years of age and greater. The System is intended for single patient use and requires a prescription. The System is indicated for use with NovoLog or Humalog U-100 insulin. The System is not approved for use in pregnant women, persons on dialysis, or critically ill patients. For detailed indications for use and safety information, call Tandem toll-free at (877) 801-6901 or visit tandemdiabetes.com/safetyinfo.

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A LETTER FROM ME TO YOU...

So you've just been diagnosed with type 1 diabetes (T1D) and you're a young adult? Well, let me start by saying that whatever you are feeling right now is valid—anger, confusion, anxiety, disappointment, or just totally fine. You also may be feeling many different emotions, and that is normal and okay. I felt a little bit of it all when I was in your shoes a few years ago, and I still experience those emotions sometimes. Take some time to process how you are feeling and what you are thinking—whether that means talking to a friend or family member, binge-watching that new Netflix series, going to the gym, or talking to a mental health counselor. The most important thing I can tell you is this: You are not alone.

Let me say that again: You are not alone. Many other people (myself included!) have experienced what you are currently going through at the same age and stage in life, with similar emotions, questions, and thoughts that might be running through your head. At the same time, you and your diagnosis story are unique and important. And if you'd like to share it, I would genuinely like to hear it.

As you may have already realized, diabetes sucks the vast majority of the time. It is a complicated and crazy thing. It will, if it hasn't already, open a whole new chapter in your life. Living with diabetes, especially as a young adult, is tough. It takes some extra work, some extra math, and some extra care of your body and mind to manage it. But you can absolutely thrive with diabetes. This new chapter with diabetes can actually be positive in many ways. Diabetes is not a death sentence, nor is it a sentence to a bunch of crazy complications that you may hear about. Medical understanding and treatment for diabetes has significantly progressed in the past few decades. But diabetes can be a roller coaster. At times you're high and sometimes you're low—literally, your blood sugar will be high and low, sometimes within the same hour, and that can be incredibly frustrating. Some days you might be totally okay with your diabetes, and other days you might hate it.

Diabetes, like other things in life, can be scary and overwhelming at times, but with the help of family, friends, and plenty of insulin and low blood sugar snacks, you will have everything you need to live a full and healthy life. I truly hope that this guide will answer many of your questions, and help you learn how to manage diabetes well while pursuing your dreams for your life!

Take Good Care, Katelyn

THANK YOU

to the CDN Clinical Research Advisory Committee Members for their assistance in developing the content for these booklets.

What to Expect in This Guide

Recently, the number of young adults between the ages of 17 and 25 being diagnosed with type 1 diabetes (T1D) has significantly increased. Many times people think that diabetes only affects children or older adults. The truth is, while a lot of people are diagnosed with T1D as children, people can be diagnosed at any age.

Our primary purpose in creating this guide is to provide you with a starting point for feeling supported and empowered in this new chapter of your life with diabetes. All of the advice, stories, tips and tricks shared in this guide come from others who have been in your shoes—people diagnosed as young adults, trying to figure this thing out. While not comprehensive, we hope that the information in this guide will get you started in your own journey with diabetes.

ABOUT THE COLLEGE DIABETES NETWORK

What is CDN?

The College Diabetes Network is the only organization focused exclusively on helping teens and young adults with T1D transition to independence—facilitating peer camaraderie and programs and providing life-changing information—giving young adults the confidence to take ownership of their health to live a full life without compromise.

About CDN Chapters

Chapters are student-led groups that allow students living with diabetes to connect with one another, learn about the latest diabetes technology and gadgets, and exchange tips and tricks for managing diabetes on campus.

How to Get Involved in a CDN Chapter

- 1 Visit our website to see if a Chapter exists at your school: collegediabetesnetwork.org
- 2 No Chapter at your school? Email CDN Staff at to find out more about starting your own.

Why Get Involved in a Chapter?

- · Connect with other students who get it
- Have a friend to call
- Learn about local resources
- · Gain leadership experience
- · Participate in community service projects
- Be a part of a national community
- Inspire others

Sign up for CDN's free membership



collegediabetesnetwork.org/join

- You don't need to be a member of a CDN Chapter to take advantage of our free membership!
- Members receive benefits, promotions, and giveaways from our partnering organizations and corporate members, and exclusive access to internship and job openings.
- Get notifications about clinical trials and patient advisory committees looking for participants like you.
- Get alerts on new developments in the diabetes community that may affect you and updates from other CDN students across the country.

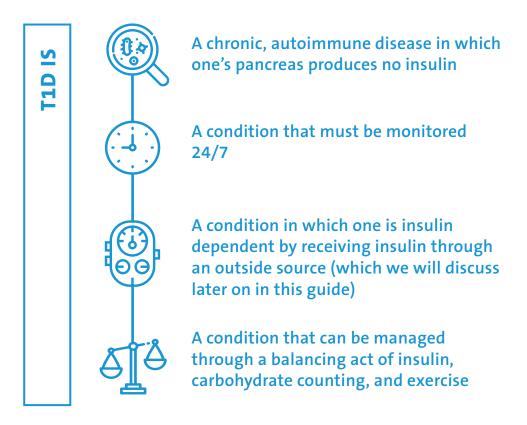






LETS GET DOWN TO BASICS

Type 1 diabetes can be a complicated and confusing disease, so let's make sure we cover the basics.



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https://collegediabetesne
twork.org/resource-form