
Communicating About T1D and Advocating for Yourself with a Non-Diabetes HCP

I live with Type 1 Diabetes (T1D), an autoimmune condition that requires constant glucose monitoring and insulin management. Like many others, I sometimes experience stress, anxiety, or depression due to its ongoing demands.

Scenario	How you might respond
You're asked about your A1C	- "These are average values and may not reflect my day-to-day trends" - "This is something I discuss with my endocrinologist or diabetes care team"
You're asked what your current glucose is	You can share it from your CGM but try not to get hung up because this number is not indicative of how you care for your diabetes
The HCP continues asking about your diabetes	How to redirect: - "I'm here today for a concern I don't believe is diabetes-related. That said, if it does connect to my diabetes, I may follow up with my diabetes care team"
Discussing multi-specialist care	For example: "I am scheduled for surgery. If you would like to speak to my endocrinologist for pre and post op care needs, here is their information..."