
Guidance for Discussing Type 1 Diabetes (T1D) with Non-Diabetes Specialists

Understand that you may need to educate your health care professional (HCP) about T1D, especially if they are not a specialist in this field. Diabetes care evolves quickly, and they may not be up to date with the latest goals, guidelines, or terminology.

Although the reason for your visit may be related to a non-diabetes issue, your diabetes may influence your care and treatment plan.

Addressing Your Type 1 Diabetes Diagnosis

At the beginning of the appointment, it's helpful to start by addressing your T1D diagnosis and providing a brief update on your care:

- “I have type 1 diabetes and am under the care of a diabetes specialist.”

Providing an Update on Your Diabetes Management

Regularly updating your HCP about your T1D management helps them understand your overall health, especially if there have been recent changes or updates. Some examples are below:

- “I am working with my endocrinologist and team on caring for my T1D according to the latest research and guidelines.”
- “The latest update on my T1D is I recently switched to an insulin pump and sensor. This has been helpful to manage my diabetes.”
- “I have had T1D for _____ years. My A1C recently increased but my diabetes care team and I are working together to improve my glucose levels.”
- “I have T1D, and I’m wondering if this health concern is related to it. Could you help me with a referral to diabetes care, or share any recommendations?”