

JDRF
typeone
nationsummit
IMPROVING LIVES. CURING TYPE 1 DIABETES. **T1D**

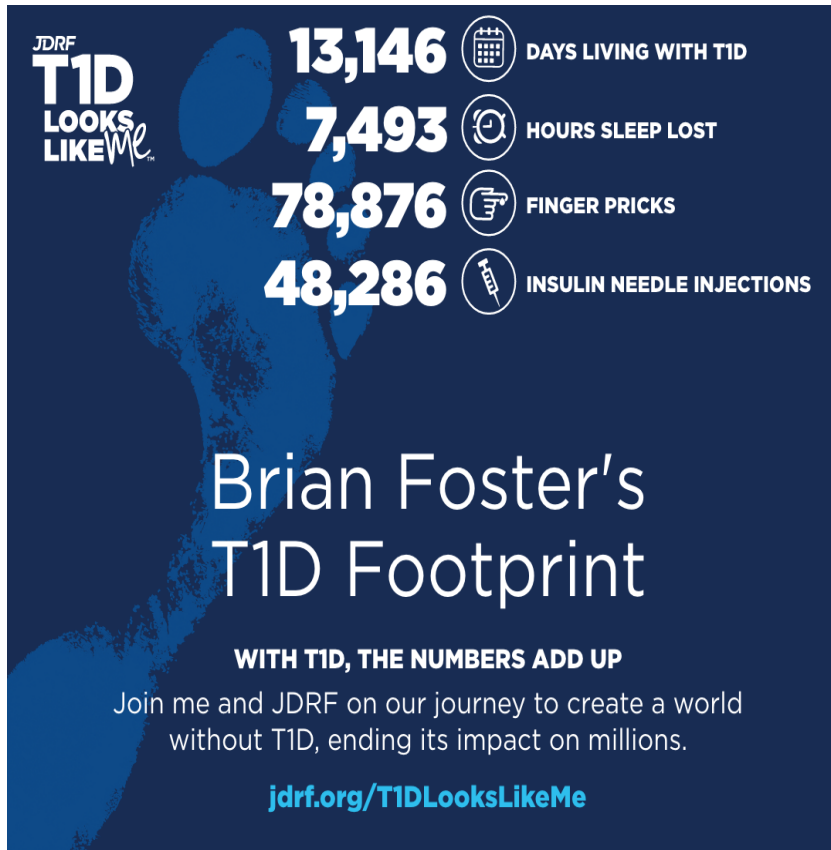


INSPIRATION FROM A NOVO NORDISK TRI-ATHLETE


Presented by: Brian Foster, MSE, RSEP


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About Me




JDRF
T1D
LOOKS LIKE *Me*

13,146  DAYS LIVING WITH T1D

7,493  HOURS SLEEP LOST

78,876  FINGER PRICKS

48,286  INSULIN NEEDLE INJECTIONS

Brian Foster's T1D Footprint

WITH T1D, THE NUMBERS ADD UP

Join me and JDRF on our journey to create a world without T1D, ending its impact on millions.

jdrf.org/T1DLooksLikeMe

- **About my diabetes: Type 1, diagnosed at age 7 in 1980**
- **About my exercise accomplishments: High school / college athlete – 1st to run in PSAC / NCAA, 40+ Marathons, 6 Ironman Competitions, Ran Across America (2011)**
- **About my being a member of Team Novo Nordisk: Joined in 2010, member of the triathlon and running teams, serves on the Advisory Council for the Elite Teams**
- **About the rest of my life: Married, three kids, back in school 😊**

About Team Novo Nordisk

- Team Novo Nordisk is a global all-diabetes sports team of cyclists, triathletes and runners, spearheaded by the world's first all-diabetes professional cycling team.
- Comprised of nearly 100 athletes from over 20 countries, Team Novo Nordisk competes in more than 500 international events each year.
- The Team Novo Nordisk mission is to inspire, educate and empower people affected by diabetes.

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Proof on how long I've been running...



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QUESTIONS?