



Hi, my name is _____ and I'm
_____ years old. I am a Breakthrough T1D
Youth Ambassador and have had type 1 diabetes since I
was _____ years old.

Diabetes means my body doesn't make insulin. Everyone
needs insulin to absorb nutrients and stay alive, so I take
insulin every day with _____ *(a pump, or pen and
shots – if it's a pump, show it)* And I have to know what
my blood glucose levels are by _____ *(doing
finger sticks or wearing a continuous glucose monitor –
show the GGM if possible)*

Breakthrough T1D makes managing it easier through
research, and they are working on a cure! Thank you for
your support. It means a lot to me!