

# TRUE OR FALSE QUIZ: THE TRUTH ABOUT T1D

How much do you know about type 1 diabetes (T1D)?

## 1. You can catch T1D.

**False!** T1D is not contagious. You can't catch it like a cold, the flu, or chicken pox. Doctors know some things about T1D, but they still don't know what causes the disease. One thing they are sure of: people living with T1D did not catch it from anyone else. Neither can you!

## 2. I can get T1D from eating too many lollies.

**False!** You may get problems with your teeth from eating too many lollies, and you may be unhealthy. People with T1D didn't do anything wrong, it just happened. So if you know someone with T1D, be a friend.

## 3. Insulin fixes T1D.

**False!** Everyone has a pancreas. Everyone needs insulin to live. Everyone with T1D has to make up for the fact that their pancreas no longer makes insulin. They take insulin through injections or an insulin pump. Insulin is not a cure for T1D, it's a treatment.

Scientists are trying to find ways to fix or replace the damaged pancreatic cells in people with T1D. They hope that the new cells will once again produce insulin. Now, that would be a cure!



## 4. People with T1D can eat cake and ice cream.

**True!** But like everybody else, they should not eat too much of these types of foods.

## 5. You can't tell if a person has T1D just by looking at them.

**True!** People with T1D are just like everyone else. They look and act perfectly "normal." It's only their pancreases that do not work right.

## 6. People with T1D can lead amazing lives.

**True!** Living with T1D may not be easy, but people with the disease can do whatever they set their minds to. There are actors, doctors, racing car drivers, footballers, writers, and even Olympic athletes who live with T1D.

