

# SAVE A LIFE

KNOW THE SIGNS

**T1D IS COMMONLY  
MISTAKEN FOR:**

*GROWTH SPURTS*

**COLD OR FLU**

URINARY TRACT INFECTIONS

## WARNING SIGNS

OF

# T1D

HEADACHES

WEIGHT LOSS

BLURRY VISION

EXTREME THIRST

FREQUENT URINATION

INCREASED APPETITE

FRUITY BREATH ODOR

FATIGUE AND WEAKNESS

RAPID DEEP BREATHING

*IF YOU RECOGNIZE THESE SYMPTOMS,*

## DON'T WAIT

**ASK YOUR PHYSICIAN ABOUT**

**TYPE 1 DIABETES**

# T O D A Y

November is National  
Diabetes Awareness Month.  
For more T1D resources and  
support, go to **[jdrf.org](http://jdrf.org)**.



# THIS NOVEMBER HELP JDRF SPREAD THE WORD

## November is National Diabetes Awareness Month

The JDRF community will be raising **awareness** for **type 1 diabetes (T1D)** throughout the month of **November** and we need your help!

- Print/copy our signs and symptoms flyer and hang it up in your school nurse's office, school restrooms, teachers' lounge and hallways..
- Share information about National Diabetes awareness month and the signs and symptoms of T1D in your school and district newsletter.
- Encourage your school and class to wear **BLUE** with us on **November 14<sup>th</sup>, World Diabetes Day!**
- Coordinate a school fundraiser to benefit JDRF. Support JDRF's Mission to better treat, prevent and **CURE** T1D and its complications.

## Signs and symptoms of T1D:

- Extreme thirst
- Frequent urination
- Sudden weight loss
- Change in appetite
- Vision changes
- Fruity breath odor
- Rapid, deep breathing
- Feeling tired  
drowsy, lethargic

T1D is often mistaken for:  
A cold or flu • growth spurts • dehydration • stomach bugs • UTI's •

**Ask your doctor for a simple blood or urine test if you are experiencing or suspect these symptoms.**

**You could save a child's life!**

## JDRF ROCKY MOUNTAIN CHAPTER

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