



- ✓ Do you have **type 1 diabetes mellitus**?
- ✓ Are you aged **13-60 years**?
- ✓ Are you a **high-level athlete** competing at a state, national or international level (or equivalent)?

You may be eligible!

Managing Type 1 Diabetes with Exercise in High-Level Athletes

What is the study about?

For individuals with type 1 diabetes (T1D), managing blood glucose around exercise can be challenging. However, many athletes with T1D are highly proficient at managing their condition in the context of their sport.

In this study, researchers at Curtin University and Telethon Kids Institute aim to identify common strategies used by athletes with T1D to successfully manage their condition alongside exercise. We believe this information will help others with T1D become more physically active.

What does it involve?

To help out, you can complete a 45-minute survey that explores your strategies for managing blood glucose around sport and exercise.

This can be done in person, over the phone, or using video conferencing software (e.g., WebEx, Microsoft Teams), alternatively you may submit written responses to an online survey.

Who can I contact?

If you are interested, or have any questions about the study, please contact:

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