

Communicating About T1D and Advocating for Yourself with a Non-Diabetes HCP

I live with Type 1 Diabetes (T1D), an autoimmune condition that requires constant glucose monitoring and insulin management. Like many others, I sometimes experience stress, anxiety, or depression due to its ongoing demands.

Scenario	How you might respond
You're asked about your A1C	<ul style="list-style-type: none">- “These are average values and may not reflect my day-to-day trends”- “This is something I discuss with my endocrinologist or diabetes care team”
You're asked what your current glucose is	<i>You can share it from your CGM but try not to get hung up because this number is not indicative of how you care for your diabetes</i>
The HCP continues asking about your diabetes	How to redirect: <ul style="list-style-type: none">- “I'm here today for a concern I don't believe is diabetes-related. That said, if it does connect to my diabetes, I may follow up with my diabetes care team”
Discussing multi-specialist care	For example: “I am scheduled for surgery. If you would like to speak to my endocrinologist for pre and post op care needs, here is their information...”