

ASK THE RIGHT QUESTIONS!

People living with type 1 diabetes are twice as likely to be diagnosed with an eating disorder as the general population. Early Intervention improves prognosis for those with both T1D and an eating disorder (ED-DMT1). If you suspect one of your T1D patients may be struggling with an eating disorder, it's important to ask open-ended questions to get a dialogue started with them.

- How much of the day do you think about weight, body shape or size?
- Do you ever feel you have out-of-control eating?
- Do you ever feel guilty about what you've eaten?
- Is it hard to take your insulin sometimes? Why?
- Do you ever purposely skip insulin injections? How often?
- Do you ever skip testing your BG because you don't want to see the number?
- Are there certain foods or food groups that you avoid? What are they?
- What are your thoughts when you have eaten these "forbidden foods?"
- What do you do after you've eaten them?

FOR ADVICE AND SUPPORT EMAIL INFO@WEAREDIABETES.ORG

