

# Welcome to the FABULINUS Study!

Thank you for taking part in the FABULINUS Study and for helping us advance research for people living with type 1 diabetes (T1D). While you're in this study, we'll be sending you 6 informational letters to help support you on your journey.

- These letters will include tips on managing and living with T1D, such as diet, sick days, low blood sugar, exercise, and emotional and social aspects.

If at any time you'd like more information or if you have any questions, feel free to reach out to your study doctor. **You are not alone!**



## Progress in T1D Management

Although there is currently no cure for T1D, managing the disease has come a long way over the past 100 years.

- Before the discovery of insulin, T1D was managed mainly through diet and long periods of fasting (not eating), referred to as the "starvation diet."
- The discovery of insulin in 1921 was life-changing.
- Several types of insulin, insulin delivery systems, and blood glucose monitoring devices have since been invented.
- Clinical studies are now testing ways to prevent damage to beta cells in order to maintain the body's own insulin production.

## Interesting Fact

The first home test to measure glucose involved adding a chemical to boiling urine (pee) and watching for a colour change!

The FABULINUS Study team is committed to finding new ways to further advance T1D management. By being a part of this study, you're helping our team look for a potential new way to preserve the body's insulin production in people newly diagnosed with T1D all over the world!

From all of us, thank you!

Sincerely,  
**Your FABULINUS Study Team**

For more information on the FABULINUS Study, ask your study doctor.

