



Goals of Diabetes

Future Health

Managing glucose levels is really important and keeping them in target range helps protect against future health problems.

I have urine and blood checks every year to help monitor the effects of having diabetes and I'm going to start having eye checks to check for any damage in my eyes.



Transition to Adult Services

From thirteen years old, you might be invited to clinic alone without your parents for a short time. This is to help you get ready for the transition to adult clinics in the future.

