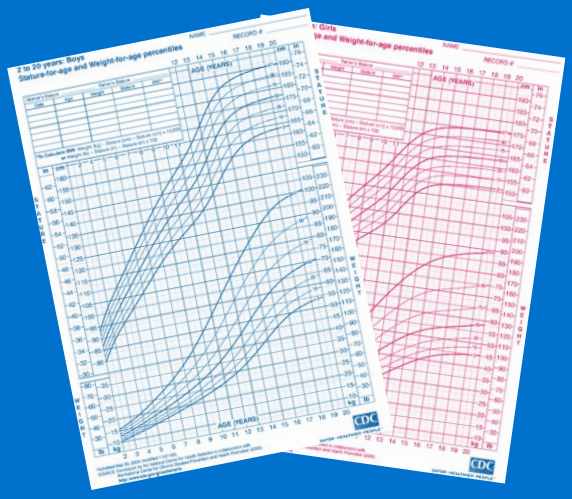
Height & Weight

What will happen at the clinic?

An important part of your annual checks is recording your height and weight. A healthcare assistant at the clinic will do this, and the results will be plotted on special growth charts. These charts help to see whether you're growing as expected.



When diabetes isn't well managed, high glucose levels can affect growth and prevent you from reaching your full potential.

As your body grows and changes, your insulin needs change too. Up-to-date height and weight measurements help us decide if any insulin adjustments are needed. For your privacy, these checks will take place in a separate room, away from the waiting area.

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