

## Things Type 1's Have Heard (and Hate) That You Shouldn't Say:

- “You aren't supposed to eat that.”
- “If you follow your diet and take your medicine, you should be cured.”
- “If you didn't eat so much sugar as a kid, you wouldn't have diabetes.”
- “Are you really going to inject right here?”
- “There's a cure for that.”
- “Is your sugar off? You're grumpy.”
- “Is that the good diabetes or the bad diabetes?”
- “Its curable – just lose weight.”
- “My grandma had diabetes and she died.”
- (When low) “Shouldn't you take insulin for that?”
- “You've had this for XX number of years. Surely you have mastered it.”
- Don't thank them for taking their insulin. They're keeping themselves healthy and don't need thanks.
- “Are you controlled?”
- “Can I catch diabetes from you?”
- “You must be really bad” if you have a pump and a CGM.
- Don't compare your type 2 to my type 1. They're very different.
- “Some distant friend of my aunt had diabetes and she had to have her leg amputated.”
- “My cat has diabetes.”
- “You shouldn't have kids, because they'll be diabetic too.”
- “Aren't you too young for diabetes?”
- “Have you tried (insert 'cure' here) for that?” (Cinnamon, Okra water, etc.)
- “Can you go to the bathroom to take your insulin, please?”
- “You're too skinny/too young to have diabetes.”
- “At least you don't have cancer.”
- “I couldn't do it. Its too many needles.”
- “Should you be eating that?”