



November 5th

www.T1luminary.com

What is T-1

Type 1 Diabetes (T1D) is very different than the more commonly known Type 2 Diabetes. T1D is an autoimmune disease in which a person's pancreas stops producing insulin, a hormone that enables people to get energy from food and allows the body to perform life functions. T1D occurs suddenly in both children and adults and has nothing to do with diet or lifestyle. There is nothing you can do to prevent it and there is currently no cure. People with T1D must monitor their blood-sugar level 10-12 times per day, inject insulin multiple times a day or receive insulin continuously through a pump. They must carefully balance their insulin doses with eating and daily activities throughout the day and night to stay alive. However, insulin is not a cure for diabetes. Even with intensive disease management, a significant portion of their day is still spent with high or low blood-sugar levels, placing people with T1D at risk for devastating complications such as heart attack, stroke, blindness, kidney disease, amputation and coma.

Please share this T-1 luminary with everyone you know and encourage your friends to do the same. Visit www.T1luminary.com to print more T-1 luminaries and see how others are lighting the way to a cure.

Starting on November 5th, for the T-1 Luminary Enlightenment event and diabetes awareness month, place the luminaries in high-visibility locations around your town so that people will want to take a closer look and can read the information above.

Throughout the year, please take pictures of your T-1 luminaries:

- with you holding them
- wherever you have displayed them
- in front of famous landmarks as you travel the world
- with celebrities or people of notoriety

Please email your pictures to: harrisonzuckerberg@gmail.com

Make sure to visit www.T1luminary.com for more information and to see how others have used the T-1 luminaries to create awareness.

THANK YOU for helping us light the way to a cure!
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