



4 T'S DIABETES UK RESOURCES

What are the 4Ts?

The early signs and symptoms are easy to mistake for a viral infection or other illness, which is why it's so important to be [aware of the 4Ts](#):

- ☒ **Toilet** - going to the toilet a lot, bed wetting by a previously dry child or heavier nappies in babies
- ☒ **Thirsty** - being really thirsty and not being able to quench the thirst
- ☒ **Tired** - feeling more tired than usual
- ☒ **Thinner** - losing weight or looking thinner than usual

The 4Ts are also the most [common symptoms](#) in adults, who should equally be aware of the signs of type 1 diabetes. Other symptoms can include infections such as thrush, or blurred vision.

These symptoms can come on very quickly – over a few days or weeks – and need urgent treatment. Without it, consistently high blood sugar levels can lead to DKA. This can often be treated with insulin and fluids if it is picked up quickly, but the life-threatening complication could be prevented entirely if the signs of type 1 diabetes are spotted early.

While the UK is under lockdown, we have been hearing from clinicians that disproportionate numbers of young people are arriving for urgent care already in DKA, highlighting the need to act fast if you suspect type 1 diabetes.

LINKS:

[Do you know the 4 Ts of Type 1 diabetes? | Diabetes UK](#)

[We're urging parents to be aware of diabetes symptoms during the coronavirus lockdown | Diabetes UK](#)

[Diagnosing Children Pathway.pdf \(diabetes-resources-production.s3-eu-west-1.amazonaws.com\)](#)

[Symptoms of diabetes | Type 1 and Type 2 | Diabetes UK](#)



[Signs of Type 1 diabetes | The 4Ts | Diabetes UK - YouTube](#)

[The 4 Ts of Type 1 diabetes - know the symptoms | #The4Ts | Diabetes UK - YouTube](#)

[Do you know the symptoms of Type 1 diabetes? | Knowing Diabetes | Diabetes UK - YouTube](#)

[A4 Poster 4Ts.pdf \(diabetes.org.uk\)](#)

[4 Ts campaign_update A3.pdf \(diabetes-resources-production.s3-eu-west-1.amazonaws.com\)](#)

[4 Ts campaign_update A5.pdf \(diabetes-resources-production.s3-eu-west-1.amazonaws.com\)](#)

[Diabetes symptoms | Signs of all types of diabetes | Diabetes UK - YouTube](#)

[Symptoms of diabetes | Type 1 and Type 2 | Diabetes UK](#)

[Diabetic ketoacidosis \(DKA\) | Ketosis symptoms and treatment | Diabetes UK](#)