

Do you have Type 1 Diabetes?

DAFNE may be able to help you

“Everyone should be offered the opportunity to do this”

DAFNE stands for **D**ose **A**djustment **F**or **N**ormal **E**ating. It is a way of managing diabetes by working out how much insulin to take for the food you want to eat. This approach has been used in Europe since the 1980's and was brought to Britain in 2000. Here at Wythenshawe Hospital, we have been offering DAFNE courses since 2005

DAFNE has been proven to

- Reduce HbA1c without increasing the risk of hypoglycaemia
- Improve quality of life
- Improve satisfaction with treatment

DAFNE takes the guesswork out of deciding how much insulin to use. Many of our patients match food to fixed doses of insulin. The DAFNE system allows you to eat what you like when you want to. Including not having to eat if you don't want to.

DAFNE involves attending a 5 day course along with seven other people who also have Type 1 diabetes. Courses are held in the Diabetes Centre at Wythenshawe Hospital. During the week you will learn skills to help you manage exercise, illness and alcohol more safely. The week's course also covers topics such as carbohydrate counting, blood sugar testing, ketone monitoring, eating out, food labels, hypos and many other aspects of life with diabetes.

DAFNE courses are open to any patient with Type 1 diabetes under the care of a Wythenshawe Hospital Diabetologist

**For further information or to book please ring
Margaret Cowx on 291 5089**

The government recommends that everyone who has diabetes should have access to this type of structured education