

Type 1 Diabetes Clinical Study

Comparing rapid-acting insulins around exercise

This study aims to help develop recommendations on how to adapt insulin therapy to maintain glucose control before, during, and after exercise.

We are looking for volunteers who...

- Are aged 18-65 years.
- Are diagnosed with type 1 diabetes (≥ 12 months).
- Are treated with multiple daily insulin injections (≥ 12 months).
- Are physically active.

Interested in taking part?

- There will be 6 visits to attend at the Joint Clinical Research Facility in Swansea University.
- Visits consist of a screening visit, 4 main trial visits, and a follow-up visit.
- Each main trial visit involves a 45-minute, moderate-intensity cycle exercise session.



What are the benefits of taking part?

- Testing novel technologies (e.g. flash glucose monitoring system)
- Get insights into your physiology, some clinical measures, and how you adapt to alterations in insulin therapy around exercise.
- Per main trial visit you will receive £100 and some expenses will be reimbursed.

Who can I contact for further information?

- **Prof. Richard Bracken**, Swansea University, Swansea.
Tel: 07884447382. Email: r.m.bracken@swansea.ac.uk
- **Jason Pitt**, Swansea University, Swansea.
Tel: 07531621978. Email: j.p.pitt@swansea.ac.uk

Poster V1.2

**DIABETES IS ALWAYS A CHALLENGE
BUT NEVER
A BARRIER**

