

Case Study 1 – Cale Hutchison (12), from Milnathort

Cale chose to sign up for the adAPT trial after seeing how type 1 diabetes has affected his father, Mike, who lives in Stornoway.

“I have always been aware that my dad had diabetes, He has an insulin pen and has to inject himself three times a day so a lot of the time if we’re going out he has to do that first as it helps manage his diabetes. He had a hypo one time a few years ago when I was staying with him and it was weird and scary because he wasn’t acting the way he normally would.

“I was at the hospital for a doctor’s appointment and my mum noticed the poster for the adAPT trial on the wall. We read it and obviously fitted the bill perfectly so I said I would take part. I want to help prevent other people getting diabetes but I also want to know if I am likely to get diabetes. It’s not something that worries me as such but it is something at the back of my mind and it would be good to know if I was no more likely than my friends to develop diabetes.

“I would say that other kids and teenagers who are able to take part should do because if you can help prevent this illness then that’s something you should do.”