

Case Study 2 – Fiona Robertson (34), from Dundee.

Fiona was 3 when she was diagnosed with type 1 diabetes in 1984.

“I was playing the chief angel in a nativity. My gran was watching with my mum who, for some reason, mentioned that all I did was drink and pee. Gran instantly recognised them as symptoms of diabetes and from my stage debut I was taken straight to the GP and then into hospital.

“My mum never said I couldn’t do anything but there was always concern about whether I had enough food if I was going anywhere and whether the people I was with would know how to deal with the situation if I had a hypo.

“Things like food and medication times have to be negotiated when you have a diabetic child and there are implications for siblings too. Although there wasn’t really anything I wasn’t allowed to do or eat, everything had to be in moderation, which meant moderation for my sister as well. She also had to learn to recognise the symptoms of a hypo and go and get our mum. I suppose it was quite a burden for her when she was only 5 or 6 herself.

“I was given an insulin pump two years ago whereas previously I was injecting and it has made things so much better. I still have to be cautious about exercise in case I bring on a hypo and if I’m going for lunch with friends, for example, I’m restricted to when I can go so I don’t deviate from my routine but this has been with me nearly my whole life so I don’t know any different. It’s great that this trial is focusing on type 1 diabetes and hopefully it will help prevent cases in future.”