

Breakthrough T1D MyRide Qualification Test

1. Type 1 Diabetes is caused by
 - A. Too much candy/sweets/sugar in diet
 - B. Not enough exercise
 - C. An auto-immune attack on Insulin creating cells
 - D. Lack of cinnamon in the diet

2. In the human body, Insulin is produced in which organ?
 - S. The Spleen
 - T. The Heart
 - U. The Pancreas
 - V. The Pituitary gland

3. If you have Type 1 Diabetes, your Insulin production can be best described as:
 - Q. Too Much
 - R. Too Little
 - S. Too Late
 - T. To Try Again.

4. An Auto Immune Disease happens when:
 - C. An allergic reaction to that 'new car' smell
 - D. You get hit by a Buick.
 - E. Your Immune System works against an organ or system of your body
 - F. You never learned to drive stick shift, and picked Auto.

5. You can be diagnosed with Type 1 Diabetes at any age and so we don't refer to it as "Juvenile Diabetes" anymore. Half of diagnoses occur after age 20.
 - T. True
 - F. False

6. Which of the following is NOT a warning symptom of onset of T1D?
 1. Loss of hair
 2. Extreme thirst
 3. Frequent urination
 4. Blurry vision
 5. Extreme tiredness/lethargy
 6. Unexplained sudden weight loss

7. Which of the following statements are true?
 - A. If you have T1D, you'll never be able to compete in sports at a world class level
 - B. A diagnosis of T1D is the result of poor lifestyle and diet choices
 - C. If you live with T1D, you are no longer able to eat things like cake or candy and should thank concerned friends who remind you when you're tempted.
 - D. None of these. A,B,and C are the kinds of misconceptions that prompted this Test!

Answers: _____