



A leader in personalized diabetes management

Stanford Health Care offers one of the few adult programs specifically designed for the management of type 1 diabetes and is known throughout the country for personalized diabetes care. Certified by the American Diabetes Association for providing quality education and support that help prevent diabetes-related problems, our diabetes specialists work together to customize a lifestyle plan just for you.

Our mission? To improve the lives of individuals with type 1 diabetes and their families through education, support, and state-of-the-art medical care.

Proactive management of your disease

The Stanford Diabetes Care program teaches you how to better manage this disease. With type 1 diabetes, the body doesn't produce insulin and without insulin, glucose (blood sugar) builds up in the blood. This can lead to dangerously high glucose levels that adversely affect your heart, kidneys, nerves, and vision. Our proactive approach helps prevent these diabetes-related complications and protects your health through education and support.

Access to the latest technology

We offer the most advanced glucose monitoring sensors and insulin systems including closed-loop insulin delivery systems (artificial pancreas), smart pumps, and implantable continuous glucose monitors.

Personalized young adult transition care

As a nationally recognized diabetes care program, we understand that the transition time from being a teenager to a young, independent adult is especially difficult with type 1 diabetes. It is often a time that requires more care and management to prevent complications or hospitalizations, ensure you are comfortable with your glucose monitoring, and guarantee that you have the knowledge to manage this condition throughout your life.

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Adult Endocrinology Clinic

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Endocrinology Clinic

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Website

stanfordhealthcare.org/typeone



	Project Name: Diabetes Type 1 Fact Sheet – Consumer		VERSION: 7
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Our Certified Diabetes Educators® (CDEs) ensure you feel confident using devices, offer workshops on various type 1 diabetes management topics, and personalize treatment based on your needs. By using advanced technology, we can individualize care and streamline your self-care management to optimize outcomes. As an example, we offer in-clinic device training by certified diabetes trainers.

A multidisciplinary care team

With type 1 diabetes, you are at risk for other health problems, so we work hard to prevent them and catch them early. Through a one-stop approach to type 1 diabetes care, we offer seamless, coordinated care that always supports your health goals, and may include specialists in these areas:

- Diabetes (endocrinologists and CDEs)
- Digestion (gastroenterologists)
- Exercise physiology and physical therapy
- Heart disease (cardiologists)
- Kidney disease (nephrologists)
- Mental health (social workers and psychologists)
- Nervous system (neurologists)
- Nutrition (registered dietitians)
- Vascular care
- Vision (ophthalmologists)
- Wound care


A center for diabetes innovations

In addition to the care we provide, the Stanford Diabetes Research Center supports basic and clinical research to discover, apply, and translate science about diabetes and its complications, to improve health and wellness. The center is working on research to improve and cure type 1 diabetes, focusing on pancreas and islet research, metabolism, diabetes immunology, transplantation, and more. As a patient, you will have access to opportunities to participate in research studies.



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