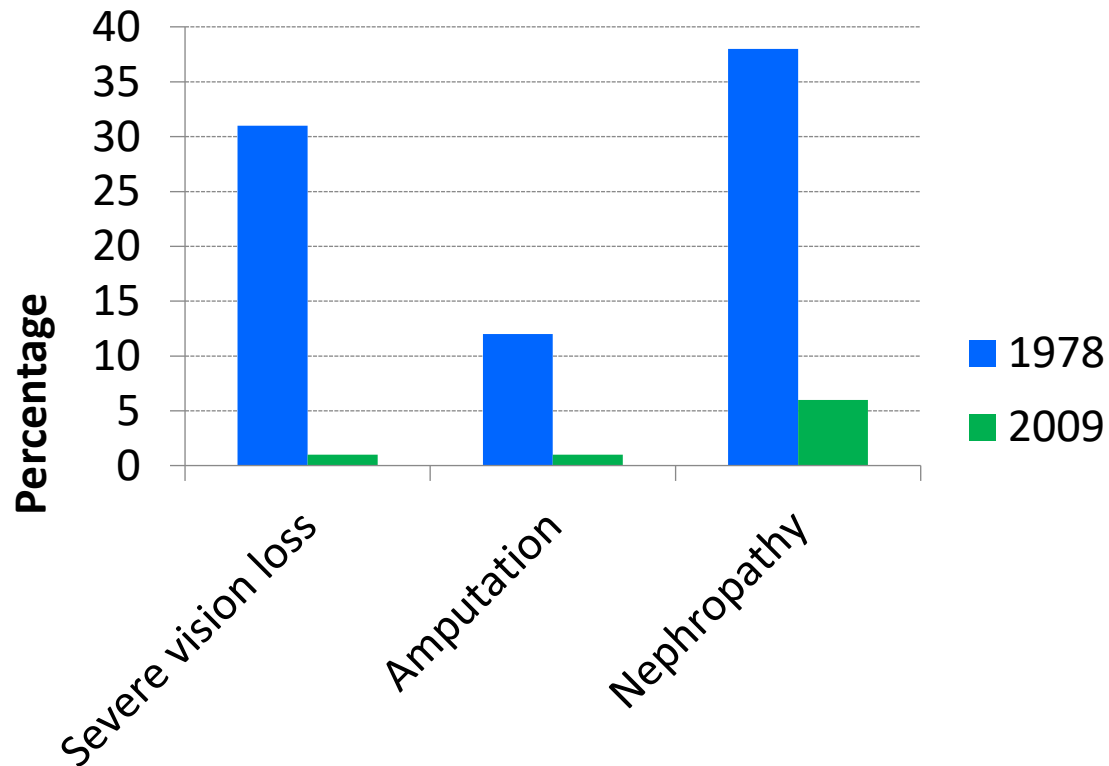


# Helpful Studies for Addressing Inaccurate Beliefs

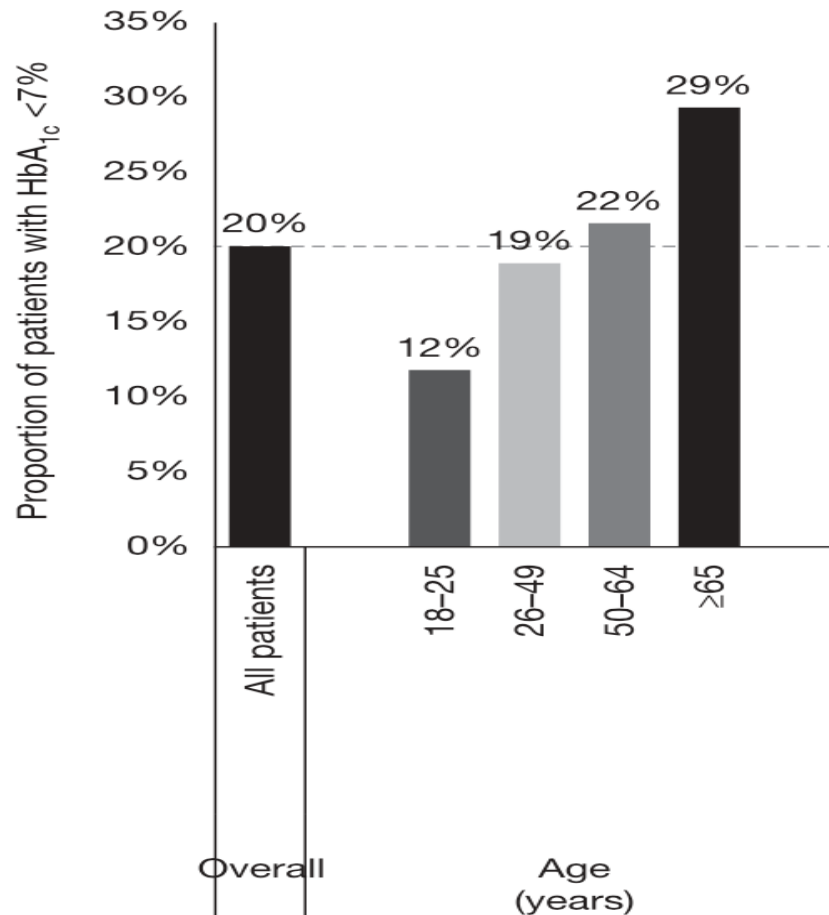
**The following 4 slides are examples of fact-based data that address common inaccurate beliefs about:**

- Frequency of complications among T1D
- A1C expectations
- A1C is only part of the risk of complications

# Frequency of Complications After Diabetes for 30+ Years: A big change

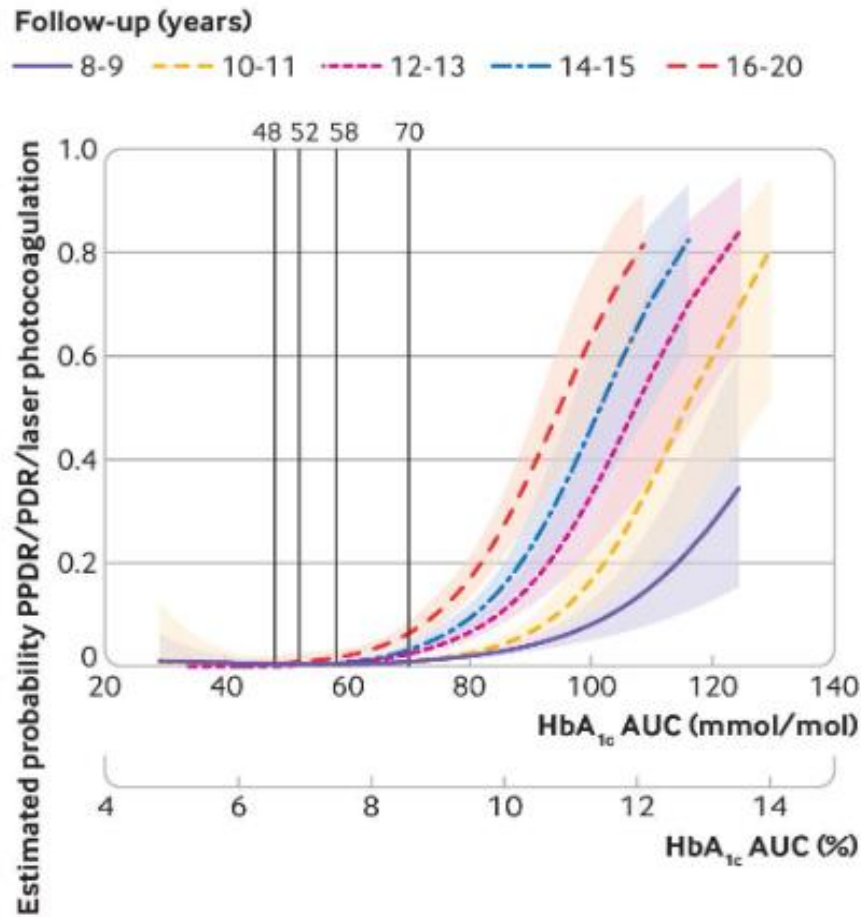


# A1C Expectations: Percentage of People with T1D Achieving ADA A1C Target



Pettus et al, 2019

# A1C and Risk of Retinopathy



Lind et al, 2019

# A1C is Only Part of the Risk Story

A1C only accounts for between 15-50% of the complications risk story.

Other factors associated with risk of complications independent of A1C are:

1. BG variability (above and below target range: 70 to 180)
2. Physiological factors: body composition, BP, LDL
3. Genetic factors

**Important message: You can only do the best you can with what is possible to change! (You can't pick your parents!)**