



Brian Hoadley

Diagnosis to Marathon runner
How Tech Helped Me
My diabetes, My way

Diabetes Timeline

- Diagnosed Type 1 diabetes - 10th September 2014

The 4 T's Of Diabetes

Tired

- Falling asleep in the evenings
- No energy
- Struggled to wake in mornings

Thirst

- Was drinking over 8L of fluid a day
- Found Monster energy drinks thirst quenching
- Thirst was constant

Toilet

- Every half hour through the night
- At least hourly during the day

Thinner

- Lost over a stone in 3 weeks
- eating more than ever and still losing weight



In Hospital With D.K.A

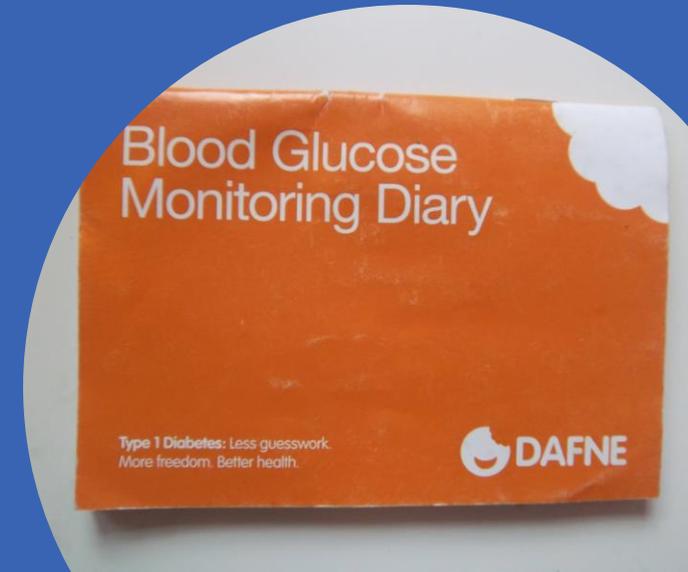
Numbers Upon Diagnosis

- Blood sugars 27.9 mmol/L
- Blood Ketones 7.9 mmol/L
- HbA1c - 17.9% or 172 in new money
equates to average blood sugars of 25.8 pre dx

Diabetes Timeline

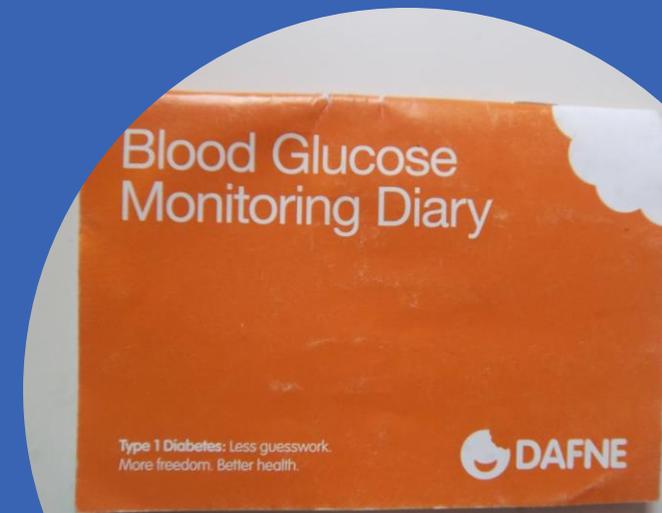


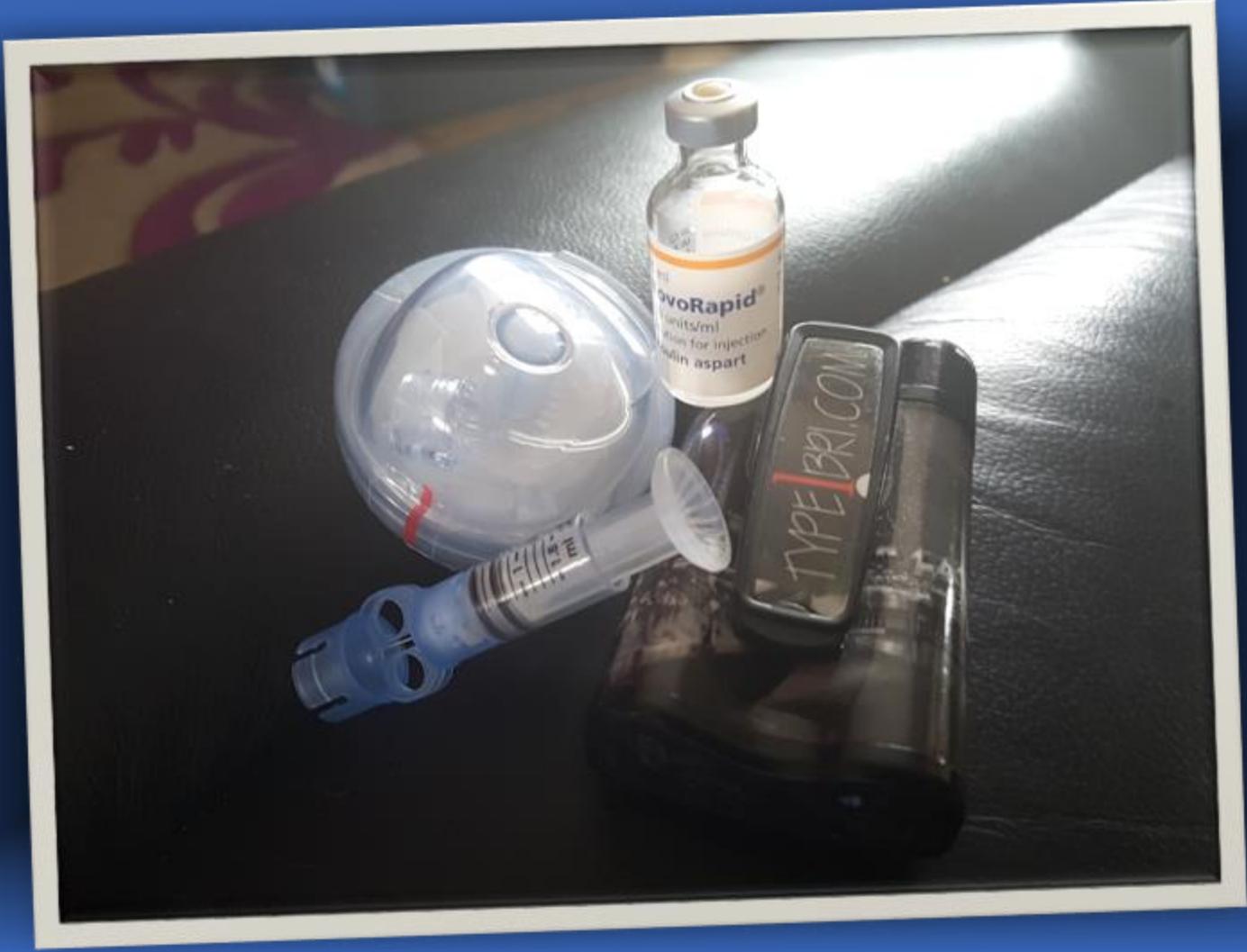
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Insulin Pump Medtronic 640G

- Varying basal rates for each hour of the day
- Temporary basal rates
- Bolus wizard
- Waterproof
- Small dose increments
- Enabled me to combat waking phenonium

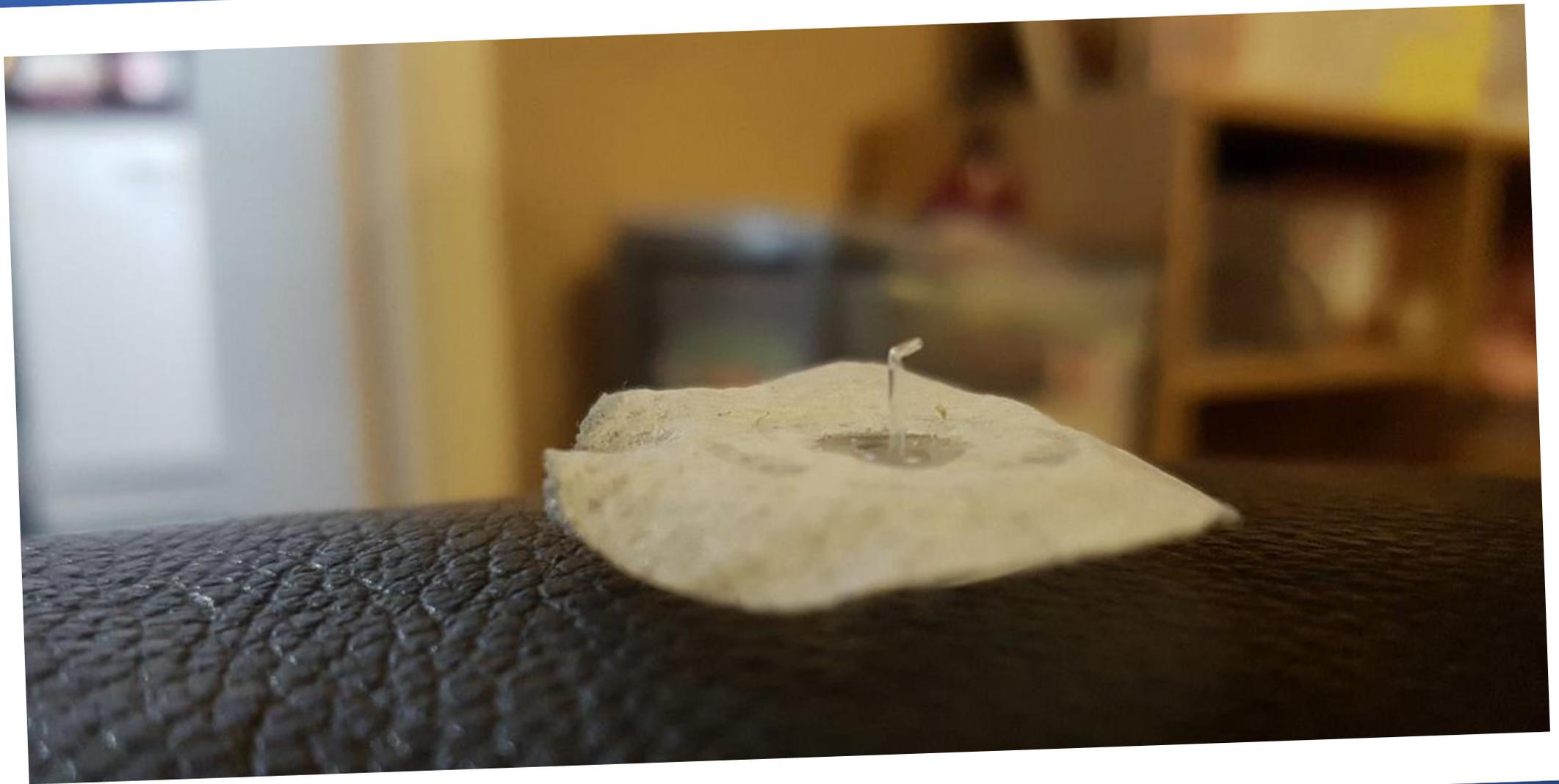


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- It's always there
- Set failures





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- It's always there
- Set failures
- It's quite cumbersome
- Alarms can become annoying

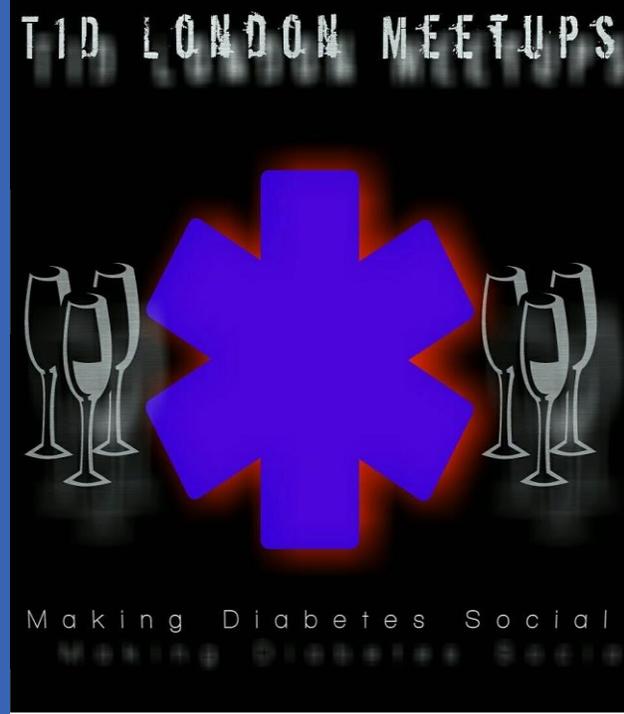


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- Started using CGM July 17
- Used Dexcom G5, G6, G7 and Dexcom One in past 6 years
- Now using Tandem Tslim X2 with control IQ

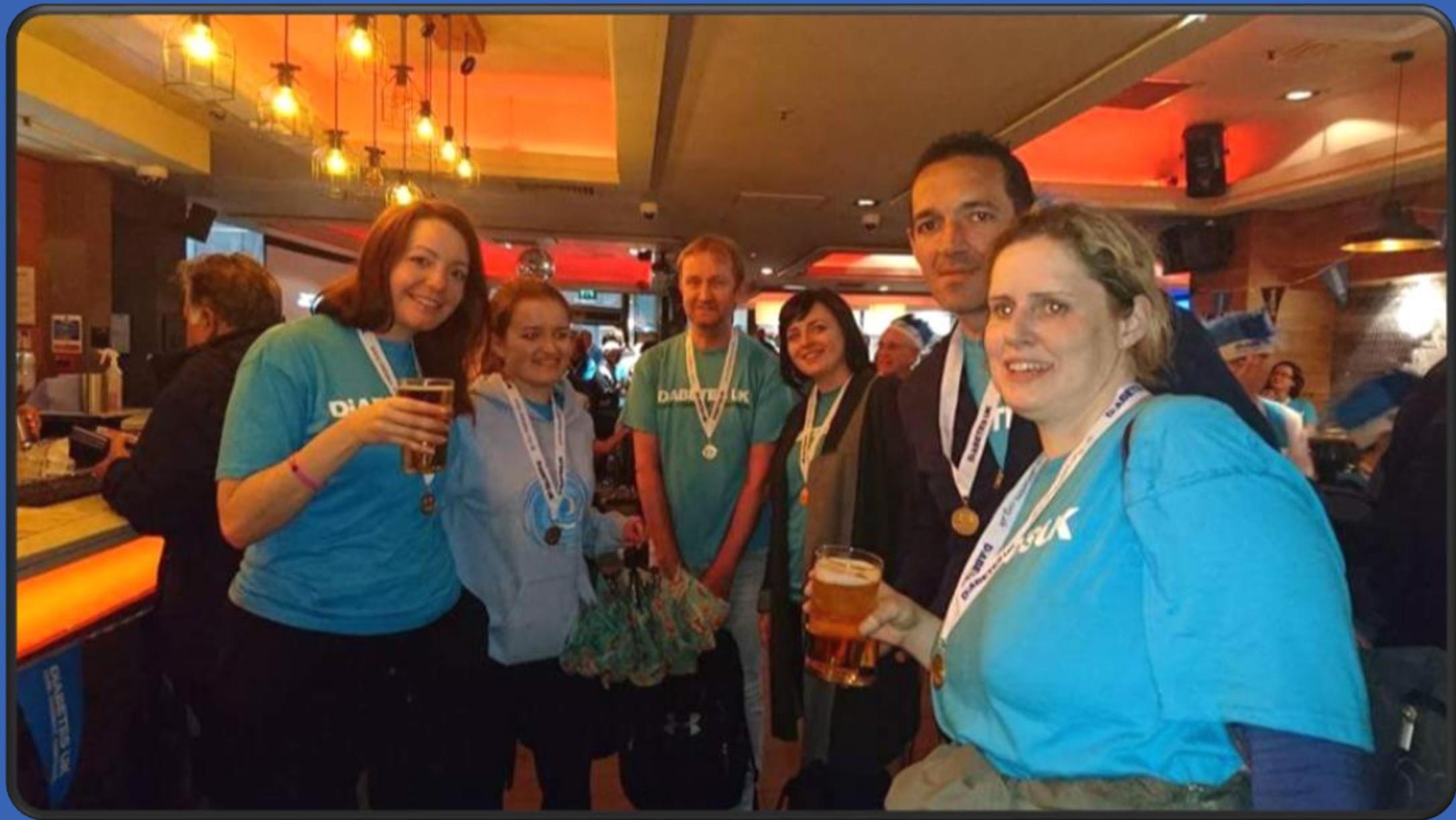






Diabetes and social media

- Joined forums from my hospital bed
- Arranged a meetup with other type 1s in London April 2015
- Became a blogger in May 2015
- Launched T1D London Meetups Facebook group - Over 500 members - June 2015
- T1D London Meetups website goes live along with a Twitter account @t1london - November 2015



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The Big Half -
How D Played Ball



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Diabetes,
Determination &
Disappointments



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Try The Dexcom G5 CGM
Raising Funds For The RNIB
Just £10 To Enter
Closes 14th April 2018



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640G -
Why I Chose
The Pump
Was Right
For Me



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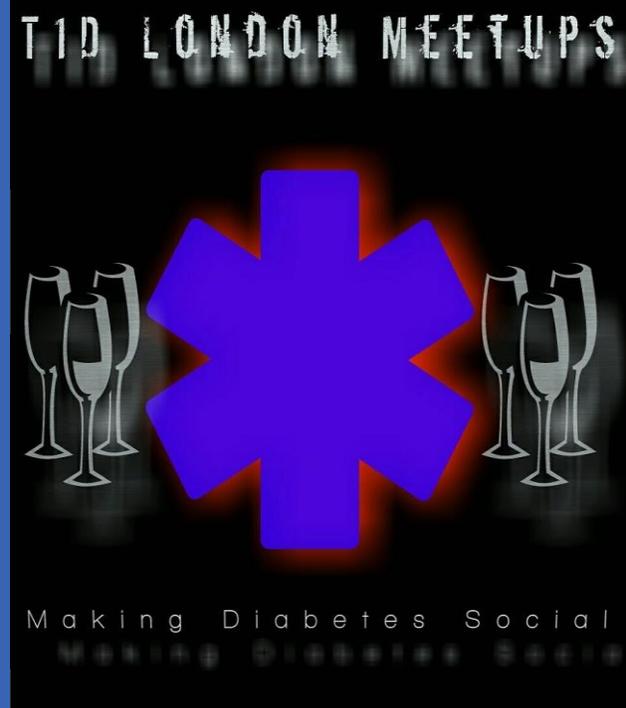












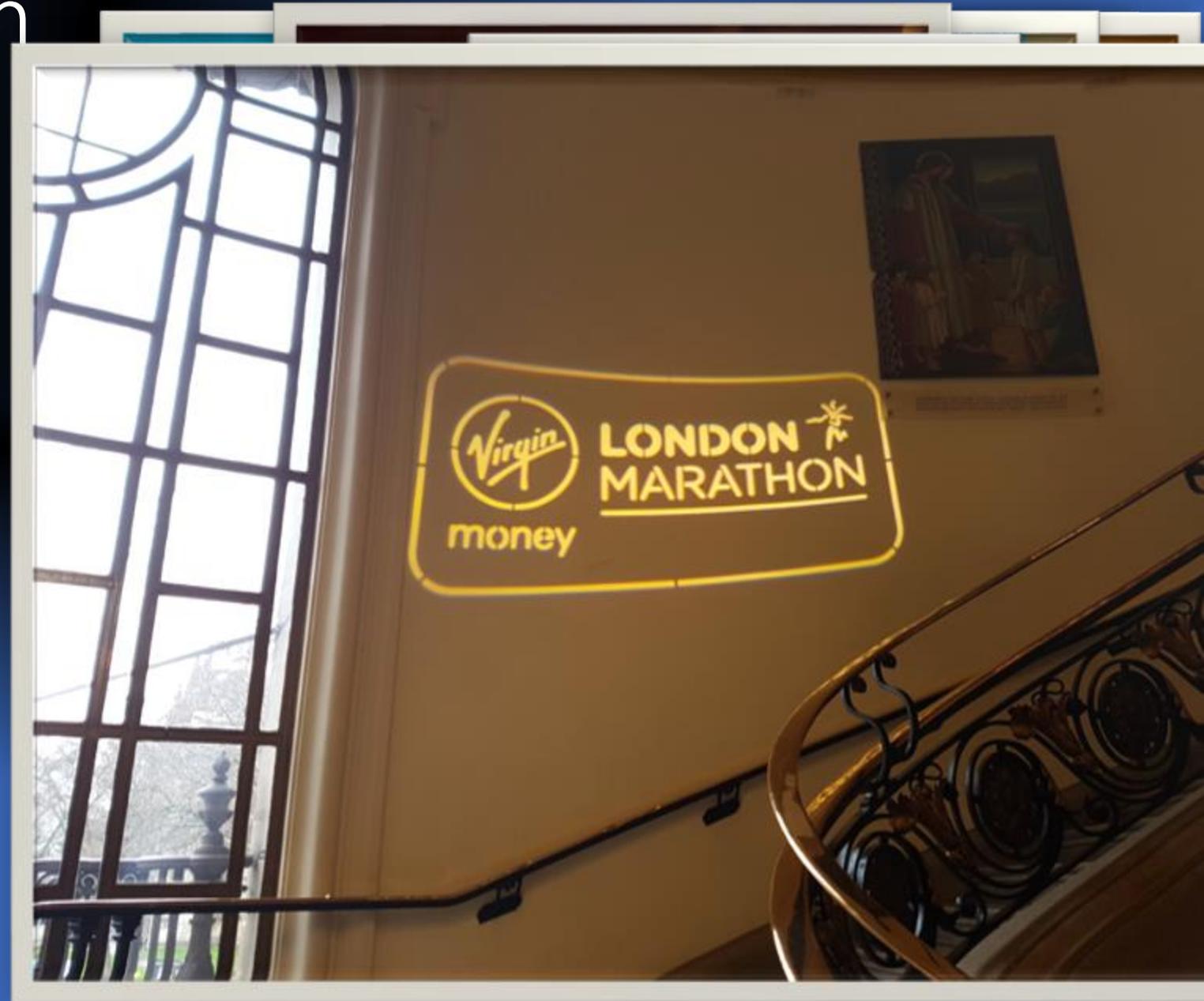
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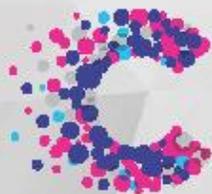
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- Twitter great for support - #gbdoc #doc #t1drunswithme
- Tweetchats on Wednesday night 9pm #gbdoc

You are not alone

Zero to marathon in 359 days

- Jan 2017 joined a local gym
- March 2017 started to jog
- April 2017 1st ever parkrun
- September 2017 Windsor vitality move 10k - Cancelled
- October 2017 - Royal parks half marathon
- Jan 2018 - London winter run
- March 2018 - London Big half
- April 2018 - London Marathon
????





CANCER
RESEARCH
UK



Congratulations
Brian Hoadley
on completing the
London Winter Run 2018
in a time of
45:02





Congratulations



Brian Hoadley

On completing the



on Sunday 4 March 2018 in the time of



1:46:04





BRIAN HOADLEY
TYPE1BRI
T1D LONDON
MEETUPS
T1D SINCE 14TH
SEPTEMBER 2014



TYPE1BRI.COM

T1D LONDON MEETUPS



@type1bri



@T1London



T1D London
Meetups
Group

M a k i n g D i a b e t e s S o c i a l



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Thanks for listening