

# A Word About This Guide

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**T**ype 1 diabetes is a life-changing diagnosis. It affects multiple decisions about food, physical activity, and safety every day. It can be associated with frightening acute complications (hypoglycemia, diabetic ketoacidosis) and it imparts increased risk of potentially devastating chronic complications. What is known and what is being investigated in the field of diabetes continues to expand rapidly, and this knowledge has led to marked improvements in prognosis and longevity for people with type 1 diabetes. This is the 8<sup>th</sup> edition of the American Diabetes Association's *Medical Management of Type 1 Diabetes*. It has been completely updated and converted to a format where citations are placed in the text, triggering extensive reviews of the literature. Additionally, the Editor has attempted to revise the language significantly to be person-centered and non-judgmental (for example, referring to people or individuals with diabetes as opposed to “patients”). We hope that this updated edition provides evidence-based yet practical strategies for the management of all aspects of type 1 diabetes throughout the lifespan. For additional information, the reader is referred to the other wonderful resources of the American Diabetes Association, including its website, journals, other books for healthcare professionals, and the annual *Standards of Medical Care in Diabetes*.