

# Insulin Adjustments for Your Sports



**Scheduled talk  
with our diabetes  
doctors and  
informal discussion  
with other athletes**

How do I adjust my insulin for games/practices? How often should I check my blood sugar? What do I tell my coach and teammates? And more!



## Also on the Schedule

- Conditioning by Mara Wyttenbach, certified strength and conditioning specialist and owner of L.I.F. Training Athletic & Fitness Club
- Supplements and ergogenic aids by Andrew Peterson, MD, Primary care sports medicine physician
- Eating for performance
- Ask the panel of our own athletes with diabetes
- Continuous Glucose Monitors and Insulin pumps by Lara Curry of Medtronic



## RSVP by September 21

Return this form to:

Dr. Ellen Connor  
600 Highland Ave., H4/446  
Madison, WI 53792

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Date of Diagnosis \_\_\_\_\_

Sports \_\_\_\_\_

Mailing address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Parent(s) attending \_\_\_\_\_  
\_\_\_\_\_

Questions? 608-263-9059



## Diabetes in Sport

Considerations for  
competitive and  
recreational athletes  
with Type 1 Diabetes

When: September 26, 2009  
from 8am-12pm

Where: UW Sports Medicine  
Clinic, 621 Science Dr,  
Madison, WI 53711  
Room 1111A

Target Audience: Children  
ages 12-18y with Type 1  
diabetes mellitus and their  
families

Cost: Free

What to bring: Wear  
comfortable clothing. Lunch  
will be provided

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