

INFODIAB

HEALTH CONSULTATION FOR PEOPLE WITH TYPE 1 DIABETES

OUR MOTTO

*ADAPT TYPE 1 DIABETES AFTER YOUR LIFESTYLE
& NOT THE OTHER WAY AROUND*

INFODIABS HEALTH CONSULTATION IS BASED ON OUR
LIFESTYLE MODEL WE CALL THE COGWHEEL PRINCIPLE

COGWHEEL PRINCIPLE



DIABETIC CHALLENGES

HORMONE DISTURBANCE
WEAKENED EFFECT OF INSULIN
FLUCTUATING EFFECT OF INSULIN
CONSEQUENCES OF HYPERGLYCEMIA
CONSEQUENCES OF HYPOGLYCEMIA
FEAR OF HYPOGLYCEMIA
THERAPEUTIC CO-DEPENDENCE
MOVEMENT FEAR
IDENTITY CRISIS
DEPRESSION
ANXIETY

WHAT WE DO

INDIVIDUAL BLOOD SUGAR REGULATION STRATEGIES

INDIVIDUAL- & LOWCARBOHYDRATE DIETS

STRENGTH- & CARDIOVASCULAR PERSONAL TRAINING

PSYCHOSOCIAL SUPPORT & UNDERSTANDING

INFODIAB'S EXPERIENCE

2016 - 2017

RESEARCHING PHYSICAL EXERCISE AND A1C IN
SWEDISH TYPE 1 DIABETICS AT MALMÖ UNIVERSITY

HEALTH CONSULTATION CLINIC IN
MEDEON SCIENCE PARK

2017 - 2018

LECTURING AT STADIONMÄSSAN
& STUDIEFÖRBUNDET VUXENSKOLAN

2018

MEMBERS OF DIABETES SAMVERKAN

ONLINE EDUCATIONAL PLATFORM

GET IN CONTACT

DANIEL@INFODIAB.COM

WWW.INFODIAB.COM

@INFODIAB SOCIAL MEDIA

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