

Rhwydwaith Diabetes Cymru i Blant a Phobl Ifanc

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5 Tachwedd

Annwyl Rieni,

Mae'r GIG wedi gofyn i'r neges hon gael ei hanfon allan atoch gan ei bod yn Ddiwrnod Diabetes y Byd y penwythnos hwn.

Mae angen sylw meddygol brys ar ddiabetes Math 1 mewn plant, sydd heb gael diagnosis.

Os oes gan eich plentyn UNRHYW un o brif symptomau diabetes Math 1 gwnewch apwyntiad brys gyda'ch meddyg teulu neu cysylltwch â'r gwasanaeth Tu Allan i Oriau. Y 4 prif 4 symptom yw - syched, mynd i'r toiled yn aml, blinder, colli pwysau ('4 Ts' yn Saesneg – Thirst, Toilet, Tiredness, Thinner). Os ydych yn sylwi bod eich plentyn yn sychedig neu'n mynd i'r toiled yn fwy aml, yn teimlo'n flinedig drwy'r amser, neu wedi colli pwysau'n ddiweddar, ceisiwch gyngor meddygol ar unwaith.

Mae gan wasanaethau'r GIG ddigonedd o adnoddau i ofalu am blant yn ddiogel os ydynt yn sâl. Peidiwch ag oedi cyn ceisio cyngor meddygol oherwydd Covid-19.

Mae mwy o wybodaeth ar gael yma:

https://www.diabetes.org.uk/in_your_area/wales/campaigning/know-type-1---wales

Twitter post for schools (please also include link and 4 Ts graphic):

14 Tachwedd yw #DiwrnodDiabetesyByd. Mae diabetes Math 1 mewn plant yn achos brys. Os oes gan eich plentyn UNRHYW un o'r symptomau #4Ts gwnewch apwyntiad ar frys gyda'ch meddyg teulu. @CYPDN_Wales @DiabetesUKCymru

https://www.diabetes.org.uk/in_your_area/wales/campaigning/know-type-1---wales

Dr Davida Hawkes

Caerdydd, Rhwydwaith Diabetes Cymru i Blant a Phobl Ifanc

The Children and Young People's Wales Diabetes Network

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5 November 2020

Dear Parents,

The NHS has asked for this message to be sent out to you as it is World Diabetes Day this weekend.

Undiagnosed Type 1 diabetes in children requires urgent medical attention.

If your child has ANY of the main symptoms of Type 1 diabetes please make an urgent GP appointment or contact the Out of Hours service. The main symptoms are known as the 4 Ts – Thirst, Toilet, Tiredness, Thinner. If you notice your child is thirsty or using the toilet more frequently, is always feeling tired, or has lost weight recently, seek immediate medical advice.

NHS services are very well equipped to look after children safely if they are unwell. Please do not delay seeking medical advice because of Covid-19.

There is more information available here:

https://www.diabetes.org.uk/in_your_area/wales/campaigning/know-type-1---wales

Twitter post for schools (please also include link and 4 Ts graphic):

It's #WorldDiabetesDay on 14 November. Undiagnosed Type 1 diabetes in children is an emergency. If your child has ANY symptoms #4Ts make an urgent GP appointment.

@CYPDN_Wales @DiabetesUKCymru

https://www.diabetes.org.uk/in_your_area/wales/campaigning/know-type-1---wales

Dr Davida Hawkes

Chair, Children and Young People's Wales Diabetes Network