

## **Simon O'Neill Biography**

Simon O'Neill qualified from St Thomas' Hospital, London as a registered nurse in 1989 and specialised in paediatrics at Guy's Hospital, London in 1991. Following several years working in both general and renal paediatrics, he moved to Diabetes UK in 1995 as a nurse care adviser.

Twenty five years later he is still there, although now as the Clinical Director, responsible for ensuring Diabetes UK produces accurate and up to date information and advice on all aspects of diabetes and diabetes care, based on the latest evidence. Working closely with healthcare professional colleagues, he also advises on the charity's policies and positions. He has had Type 1 diabetes for 28 years.

## **Summary of Presentation**

In this short talk, I hope to tell you a little of my journey with type 1 diabetes, having been diagnosed at the age of 28 when I was working as a nurse. It seems strange that 28 years ago I knew virtually nothing about diabetes, even missing my own symptoms for some time and now, for the last 25 years, diabetes is not just about my personal journey but has also become my work, supporting other people to live as well as they can with the condition. Being diagnosed with type 1 diabetes as an adult brings its own challenges and I plan to share some of those with you. I also hope this talk might inspire you in some small way and give you one insight into what it's like to live with diabetes.