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T1D1: *Type1 from Day1*

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**Maryland Teen Creates App for Children with Type 1 Diabetes**

*Fundraising underway for last step in obtaining FDA approval to relaunch free app to simplify life for others who are newly diagnosed*

**Gaithersburg, MD, March 2, 2024**— A Gaithersburg, MD teen has turned a life-changing Type 1 Diabetes diagnosis into an opportunity to help millions of other children manage the disease. Now, he is seeking additional funds to move the app he created to help manage the disease through FDA approval.

After being diagnosed with Type 1 Diabetes in 2020, 17-year old Drew Mendelow created and published an app designed to help children with Type 1 Diabetes . The app, called T1D1, which stands for Type 1 from Day 1, helps those with Type 1 Diabetes calculate, track and report data to manage their diabetes. Mendelow set out to build the app after learning no free app existed for newly-diagnosed children and their families who are often overwhelmed by the constant calculations and tracking involved with managing the disease.

The teen, who had previously taught himself how to code video games during the early months of the COVID-19 shutdown , was inspired to take on the challenge of creating an app, even before leaving the hospital.

“When I was first diagnosed, I spent an entire day in the hospital learning math formulas needed to help me track and calculate my insulin. I thought there must be an app for this, but I soon realized one did not exist. So I ended up creating one to make my life a little easier and thought it would help so many other kids too who are living with Type 1 Diabetes,” said Mendelow.

With the help of the care team at Children's National, Mendelow assembled a wish list of features and began developing the app. The team at Childrens, along with several dozen volunteers that Mendelow's father helped him recruit online, thoroughly beta-tested the app to ensure its safety.

The T1D1 app was published on the Apple Store and Google Play Store on Oct 31, 2020 and quickly received more than 45,000 downloads along with many five-star reviews. However, in 2021 Mendelow had to remove the app from the app stores due to lack of FDA clearance.

In 2023 Mendelow received funding and resources from the Diabetes Center Berne and Comerge, both based in Switzerland, to help redesign the app and complete all the necessary documentation to obtain FDA compliance.

Now, Mendelow has ONE last step before he can submit the app for FDA approval. He must complete a Human Factors Trial to validate the app's safety and effectiveness. Mendelow has put together a crowdfunding campaign to raise the funds needed to pay a team of researchers, developers, and Human Factor experts to complete this last step in the process. Every penny raised will go directly into the study that will be used to seek FDA clearance. A full, transparent budget is posted online. Once the app is published, it will remain free to all users.

To learn more or contribute funds visit [t1d1.betterworld.org/campaigns/donate](https://t1d1.betterworld.org/campaigns/donate).

**About Type 1 Diabetes:**

Type 1 diabetes happens when your immune system attacks and destroys the cells in your pancreas that make insulin. Insulin is a hormone that helps your body use glucose (sugar) from food for energy. It often starts in childhood or adolescence, but can occur at any age. Type 1 diabetes is an autoimmune condition where the body attacks its own insulin-producing cells, whereas type 2 diabetes is often related to lifestyle factors like obesity, lack of physical activity, and genetics. People with type 1 diabetes need to take insulin injections or use an insulin pump to survive and give themselves both long-acting insulin (about 1/day) and short-acting insulin (about 5-6 times per day). Calculating insulin can be tricky and there are different formulas based on time of day, level of activity, type of food being eaten, and current blood sugar levels. This process of calculating just the right amount every 3 hours can feel daunting and overwhelming, especially for teens who are newly diagnosed but expected to manage this disease on their own during most of the day. In its essence, the T1D1 app is a calculation tool that helps reduce the stress, time and doubt many have when calculating the right amount of insulin at any given time throughout the day.

It is important to note that people living with diabetes in underserved populations, including racial/ethnic minorities, individuals with limited economic resources, and those with lower educational attainment disproportionately feel the negative effects of diabetes. Diabetes technologies have the potential to greatly reduce disparities in outcomes by improving the quality of care, reducing diabetes distress, enhancing quality of life, and optimizing diabetes self-management to improve health outcomes. Unfortunately, industry norms, insurance policies, provider practices, and other patient-related factors often limit access to these technologies for underserved groups, who would benefit the most from their availability.

**Statistics/Info**:

* As of January 2022, about 1.6 million Americans have type 1 diabetes (American Diabetes Association)
* 40,000 people are diagnosed with type 1 diabetes in the US annually
* There is a massive shortage of experts both in the U.S. and globally. In the U.S., there is only one endocrinologist for every 6,000 people diagnosed with diabetes (dreaMed.ai)
* T1D makes 300 decisions every single day to manage their T1D (JDRF)
* People with T1D lose four or more hours of sleep a week
* 154,000 people under the age of 20 in the US have type 1 diabetes
* Children with type 1 diabetes required an estimated 39 minutes to ensure appropriate diabetes management at school and 53 minutes for safe participation in sports and extracurricular activities; hence, a total of 92 minutes/day (National Library of Medicine https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6092887/]
* The annual medical costs for a person with type 1 diabetes are estimated to be $9,601 on average, including both direct and indirect costs.
* People in rural and underprivileged areas don't receive the same access to care or may not even have access to WiFi to share their data with their doctors
* Insulin pumps alone cost $4000-$8000 (and that doesn't include all the other supplies you need to run the pump).
* When first diagnosed, if you're lucky enough to have insurance, it can still take a long time for some insurance companies to approve diabetes technology so you're left calculating insulin on your own
* Diabetes management relies on understanding and calculating math formulas 5 times a day. If you're not confident in math (which it turns out, many are not), you face the risk of giving yourself the wrong amount of insulin...every 3 hours, every day.

**About T1D1:** Based in Gaithersburg Maryland, outside of Washington, D.C., T1D1 was founded in 2020 by Drew Mendelow. Built using donations, the app is completely ad-free, and comes at no cost to users. T1D1 is a free app available to iPhone and Android users that is used to track and report vital data for people with Type 1 Diabetes. When T1D1 was first published, it received recognition from NPR, Fox 5 News, and various Diabetes organizations. Details can be found at [www.t1d1.org](http://www.t1d1.org) and follow T1D1 App on [Instagram](https://www.instagram.com/t1d1app/), [LinkedIn,](https://www.linkedin.com/company/t1d1app/) and [X/Twitter](https://twitter.com/T1D1App/followers).

Mendelow has received hundreds of emails after the app was removed expressing their appreciation for the app and anxiously waiting for it to return. Quotes from the emails are listed below:

* “I will tell you, as a diabetes educator, Drew’s app is **BY FAR the easiest to use and is the ONLY app I’ve found that has all the functionality we’re looking for** in helping our patients and families new to T1D/insulin.”
* “I am a Certified Diabetes Educator in a pediatric hospital and outpatient clinic. The app that Drew originally created has **far exceeded any other available app**….”
* “I am a CDCES in a pediatric endocrinology office and this application has been **SO VERY helpful in getting our patients off sliding scale dosing** and onto intensive with carb ratios! However, I just heard from a patient that the app is no longer available in the App Store as it has not been approved by the FDA?? **Please tell me there is work being done for this so our patients can continue using this wonderful resource.”**
* “Hi guys! Your app is fantastic and it’s the **only one I’ve ever taught my pediatric patients**. We love it! It’s not currently listed on the Apple store, so I’m hoping it’s a temporary situation. **Please let me know if there’s anything we can do to get it on our kids Apple phones.”**
* **“You have no idea how much positive feedback we get from patients about this app** and how much they love it. We love it too! Calculations are the hard part about dosing insulin, and this just makes it so much easier for them. I have adult patients who say to me **they’ve wanted something like this for years and are so excited it exists.”**
* Quote from Dr. Brynn Marks (Pediatric Endocrinologist, formerly at Children’s National Hospital): "I am so impressed by the diligence, thoroughness and passion that Drew has put into this app. It's proving to be a critical tool for patients," said Dr. Brynn Marks. “For such a simple, straightforward tool, I think it could have major positive implications in the long-term for kids from all walks of life who are facing Type 1 Diabetes."

Details on the app, testimonials and download links can be found at [www.t1d1.org](http://www.t1d1.org).

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