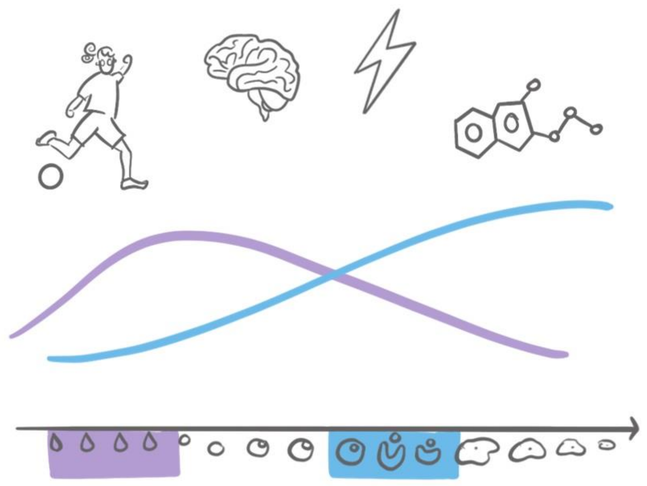
DCB Global Center for Technology Innovation in Diabetes

TIMES

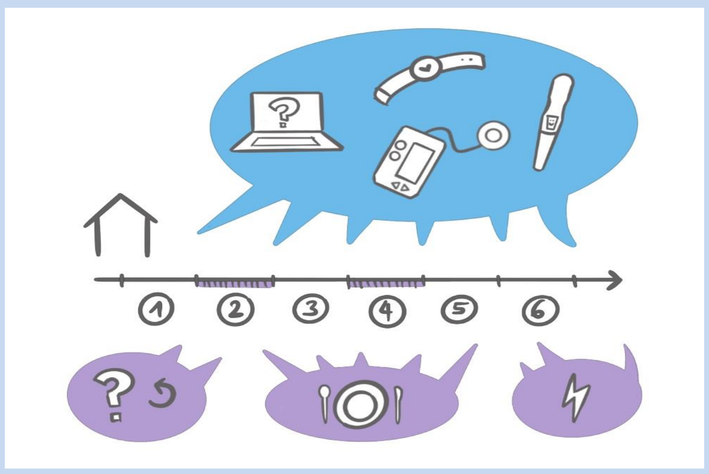
Take part in the TIMES study and help us find out how the menstrual cycle affects diabetes management.

Women with type 1 diabetes (T1D) face **daily challenges** in managing blood glucose levels, which can be further intensified during the menstrual cycle due to **hormonal fluctuations**. These fluctuations can cause unpredictable changes in glucose levels, which even modern technologies such as AID systems cannot always manage reliably. Manual adjustments are often required.

The **TIMES study aims** to close this gap by collecting data from women with T1D to better understand changes in glucose and insulin levels throughout the menstrual cycle. These insights may help **develop smarter systems** that automatically adapt to hormonal fluctuations.



Study overview



Who can take part?

Between 18–40 years old, with type 1 diabetes and an AID system, and a regular menstrual cycle

Study design

Decentralized study over 6 cycles, conducted at home

What does this mean for you?

Regular uploading of AID data, Garmin activity tracking, ovulation tests, short questionnaires on nutrition, insulin, and more

Advantages

Contribution to research that improves the lives of people with diabetes,and up to 300 CHF (50 CHF per cycle)

Interested in helping to improve our understanding of how the menstrual cycle affects diabetes management?

The study is funded by Breakthrough T1D, the Leona M. and Harry B. Helmsley Charitable Trust, and DCB.