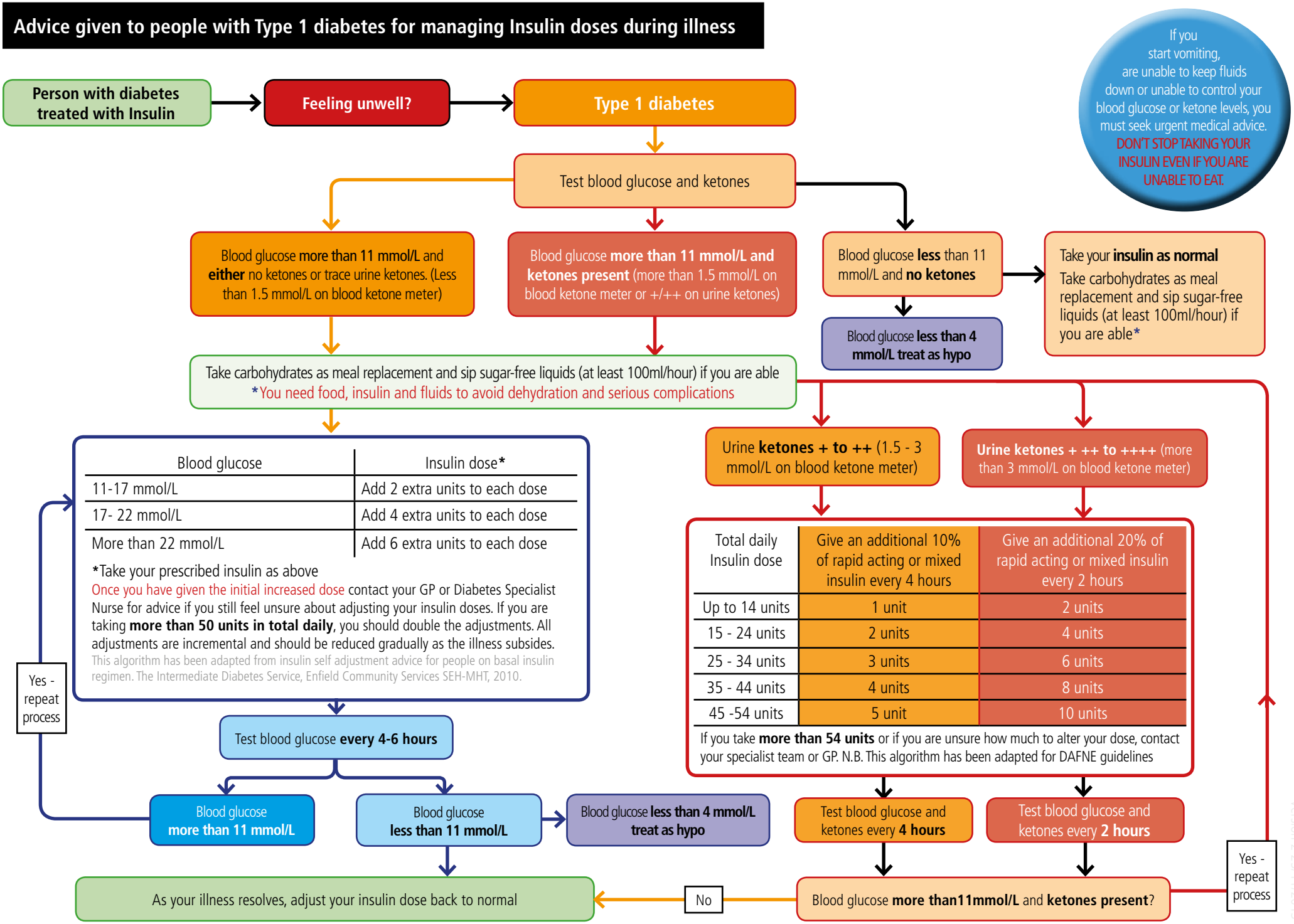Advice given to people with Type 1 diabetes for managing Insulin doses during illness