

What is Type 1 diabetes?

Type 1 diabetes occurs when the pancreas is unable to make enough insulin. Insulin is a hormone that acts as a key to let glucose from the food we eat, pass from the blood stream into the cells to provide energy. Type 1 diabetes is usually diagnosed during childhood or young adulthood but can occur at any age.

What are the symptoms?



Being tired



Losing weight



Dehydration



Tummy pain



Increased urination



Being thirsty

What causes type 1 diabetes?

Some people carry genes which might make them more likely to get type 1 diabetes. However, it only develops in these people when something triggers the immune system to destroy the insulin-producing cells in the pancreas. These triggers are thought to be factors in the environment, but are as yet not well understood.

Type 1 diabetes is not related to lifestyle or caused by eating too many sweets. It is not possible to catch diabetes from someone else.

Type 1 diabetes is managed by:



Insulin delivery
(via injections or
insulin pump)



Blood glucose
tests



Following a
healthy eating
plan



Being physically
active



Regular medical
check-ups with
diabetes team