

Diabetes: Just the Basics

Type 1 Diabetes

Diabetes is a condition in which the level of sugar in your blood is too high. Your blood always has some sugar in it because your body needs sugar for energy. Too much sugar in the blood isn't good for your health.

Insulin helps your body lower your blood sugar. When you have type 1 diabetes your body does not make any insulin. The sugar builds up in the blood instead of going into the cells. The kidneys can't handle the extra sugar and it spills into the urine. If your blood sugar levels remain high, over time, it can cause serious problems of the heart, eyes, kidneys, and feet.

People with type 1 diabetes must take insulin several times per day to control the amount of sugar in their blood. Type 1 diabetes is usually found in children and young adults but can develop at any age. It used to be called juvenile diabetes. Five percent (5%) of all people with diabetes have type 1.

Cause of Type 1 diabetes

The body's defense (immune) system that destroys the cells in the pancreas that make insulin.

Symptoms of uncontrolled Type 1 diabetes

- Thirst
- Hunger
- Increased urination (*the amount of urine you pass and how often*)
- Feeling tired
- Sudden weight loss
- Blurry vision
- Nausea, stomach pain, and vomiting

Treatment of Type 1 diabetes

Controlling your blood sugar should help improve your overall health and well-being and prevent long-term complications.

- Take insulin by injection or pump (or sometimes by inhaler) as directed by your healthcare provider
- Eat healthy
- Check your blood sugar as directed by your healthcare provider
- Be physically active
- If you smoke, stop!

