

TIFF
Type 1
Female
Friend

TIM
Type 1
Male

What is type 1 diabetes?

Type 1 diabetes occurs when the pancreas is unable to make insulin. Insulin is a hormone that allows glucose from the food we eat to pass from the blood stream into the cells. Our cells need this glucose to provide our bodies with energy.

WHAT ARE THE SYMPTOMS?



Being tired



Losing weight



Increased urination



Thirsty or dehydrated



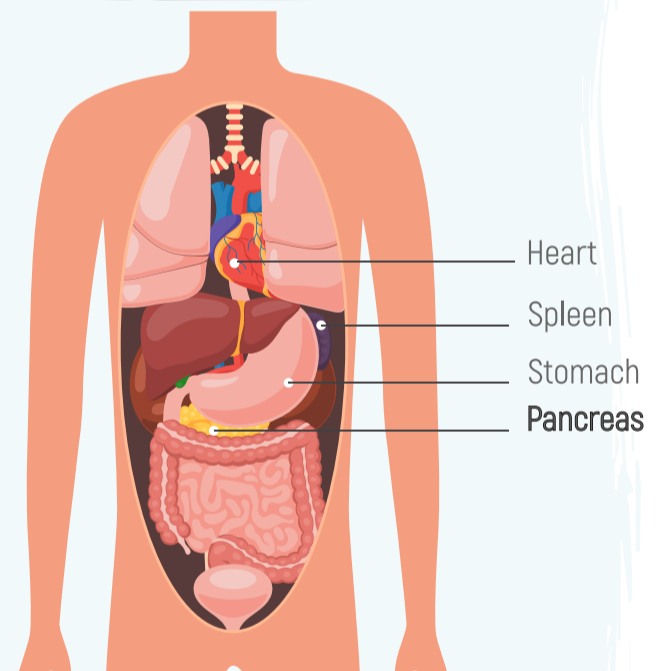
Tummy ache

WHAT CAUSES TYPE 1 DIABETES?

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.

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.



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