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.

What are the symptoms?
In diabetes, glucose stays in the blood, causing the blood glucose level to become abnormally high. Symptoms may include:
- Being very thirsty
- Being very tired
- Passing lots of urine
- Tummy pain
- Losing weight
- Feeling generally unwell
- Being dehydrated.

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:
- Lifelong insulin by injection several times a day or by an insulin pump
- Following a healthy eating plan including regular carbohydrate-containing foods
- Being physically active on a regular basis
- Testing blood glucose levels 4–6 times a day
- Having regular medical check-ups with the diabetes team that include a diabetes and other medical specialist, the local doctor, diabetes educator and dietitian. Other health practitioner members of the diabetes team may include the podiatrist, optometrist, social worker and psychologist.

Type 1 diabetes is usually diagnosed during childhood or young adulthood but can occur at any age. People with type 1 diabetes need insulin every day for survival, either by injection or insulin pump.
what is type 1 diabetes?


Would you like to join Australia’s leading diabetes organisation?

> Dietary services  > Free magazines  > Children’s services
> Educational literature  > Product discounts  > Support groups

For more information phone **1300 136 588** or visit your State/Territory Organisation’s website:

**NT** www.healthylivingnt.org.au  **QLD** www.diabetesqueensland.org.au

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