

Type 1 diabetes

Type 1 diabetes is when you make little or no insulin or amylin. This happens when the immune system attacks the beta cells of the pancreas (an organ located in the abdomen), leading to destruction of these cells. The beta cells make insulin and amylin.

This usually happens mostly to children and young adults, but can appear at any age. A person with type 1 diabetes must take insulin daily. Some may also take amylin.

Type 1 diabetes accounts for about 5 to 10% of diagnosed diabetes. Symptoms of type 1 diabetes usually

progress over a short period, although the destruction of beta cells can begin years earlier. Symptoms may include increased thirst and urination, constant hunger, weight loss, blurred vision, and extreme fatigue.

As blood glucose* levels build up in the blood, the kidneys try to get rid of it in the urine. This causes increased drinking of fluids and thirst and at the same time increased urination.

Increased hunger is also a symptom because the body's cells are unable to use the glucose and are not getting any fuel. This causes the feeling of fatigue. The body then breaks down fat to make more fuel and causes weight loss. On the other hand, the glucose keeps climbing up because the cells cannot use this fuel. If not diagnosed and treated with insulin, this may lead to a severe complication of type 1 diabetes called diabetic coma (DKA). DKA can be life threatening.

The treatment of type 1 diabetes is by using Insulin. Also, physical activity and diet play a major role in balancing the blood glucose levels. Insulin helps to decrease the glucose by pushing glucose into the cells of the body especially the muscle cells. Food increases the blood glucose when it is digested and the absorbed from the gut into the blood. Exercise helps decrease the glucose by burning it off.

See diagram

A fine balance of all three are needed for a person with Type 1 diabetes to manage their blood sugar effectively. This will help prevent he/ she from suffering the effects of hyperglycemia (high blood glucose) or hypoglycemia (low blood glucose). As mentioned above, some people with type 1 diabetes may also take amylin.

***Note** "blood glucose" is interchangeable with the popular-vocabulary of "blood sugar".

Developed by: Suzanne Pecoraro, RD, MPH, CDE.

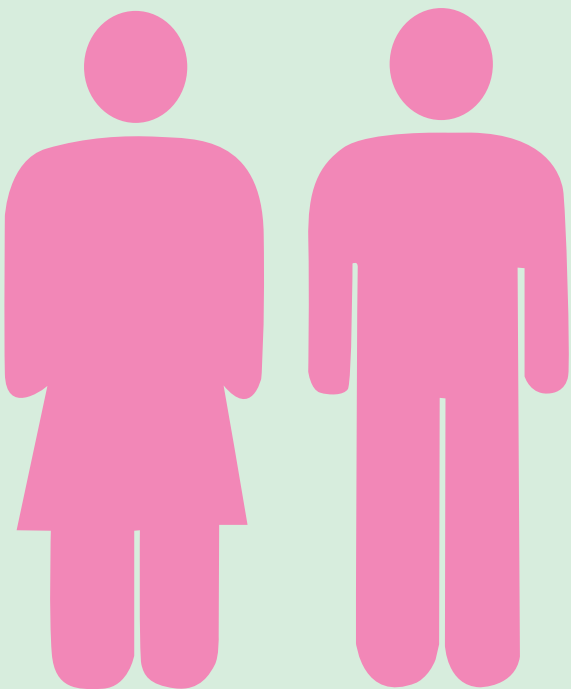
Used with permission.

Contact:

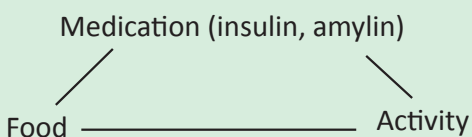
info@equatehealth for further information.

www.equatehealth.com

Type 1 Diabetes



- Before age 40
- Treatment:



- Body does not make insulin or amylin