

# 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 manage your blood sugar. When you have type 1 diabetes your body does not make any insulin. The blood 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 you may develop serious complications 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. It used to be called juvenile diabetes. Five to ten percent (5-10%) of all people with diabetes have type 1.

### Cause of Type 1 diabetes

A problem with the body's defense (immune) system that has destroyed 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!

### Steps To Better Health

- Keep your blood sugar as close to the normal range as possible
- Take your insulin daily
- Visit your healthcare provider for routine diabetes care
- Learn all that you can about diabetes