

Type 1 Diabetes and You

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Diabetes is a disease that can be managed very well. Today, people with diabetes live long and healthy lives. Your health care team will help you plan your diabetes treatment. A good place to start is to understand what diabetes is.

WHAT IS TYPE 1 DIABETES?

When you have Type 1 diabetes, your body does not make any insulin, or not enough of it. Your body needs insulin to make energy from sugar in the food you eat. Without insulin, glucose (sugar) stays in your blood.

When there is extra glucose in the blood (high blood sugar), you may have unpleasant symptoms. You may urinate more often and feel thirsty all the time. You may feel very hungry. You may feel like you have no energy. If blood sugar stays high, over time it can also lead to heart, kidney, nerve, and eye damage. The risk of heart attack and stroke rises. Vision can become blurry. Feet and legs may feel numb. But treating your diabetes with the help of your health care team can do a lot to prevent these problems.

TAKING INSULIN IS ESSENTIAL FOR TYPE 1 DIABETES

Insulin is essential to life. You'll need to take it every day. It's injected by a needle or given with an insulin pump that puts a steady supply of insulin into your body. Insulin cannot be taken in a pill.

Your health care team will help you plan your treatment for Type 1 diabetes. Along with a meal plan and exercise, insulin will help keep your blood sugar in the best range for you. It is important to check your blood

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sugar level at home. That will help you and your health care team know if you need to adjust your diet, exercise, or insulin.

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