

Type 1 diabetes

Also called: juvenile diabetes

A chronic condition in which the pancreas produces little or no insulin.

Common

More than 200,000 US cases per year

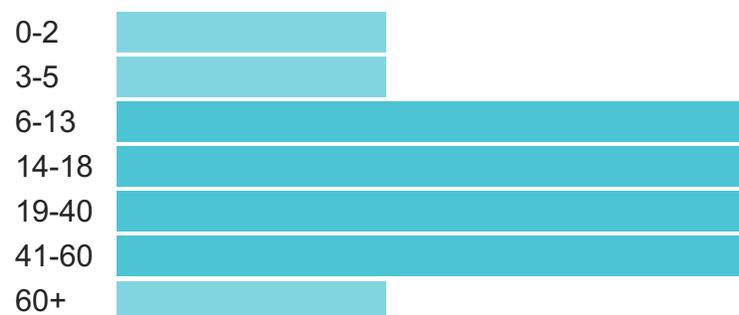
-  Can't be cured, but treatment may help
-  Requires a medical diagnosis
-  Lab tests or imaging always required
-  Chronic: can last for years or be lifelong

It typically appears in adolescence.

Symptoms include increased thirst, frequent urination, hunger, fatigue, and blurred vision.

Treatment aims at maintaining normal blood sugar levels through regular monitoring, insulin therapy, diet, and exercise.

Ages affected



Symptoms

Requires a medical diagnosis

Symptoms include increased thirst, frequent urination, hunger, fatigue, and blurred vision.

People may experience:

Whole body: excessive thirst, fatigue, hunger, or sweating

Gastrointestinal: nausea or vomiting

Urinary: bedwetting or excessive urination

Also common: blurred vision, fast heart rate, headache, sleepiness, or weight loss

Treatments**Treatment consists of insulin**

Treatment aims at maintaining normal blood sugar levels through regular monitoring, insulin therapy, diet, and exercise.

Ask a doctor

Source: American Diabetes Association

How can I prevent complications from Type 1 diabetes? Controlling blood glucose, blood pressure, and cholesterol levels may prevent heart disease by 42%.

Why is it important to have “good” blood glucose numbers? Intensive blood glucose control decreases eye disease by 76%, kidney disease by 50%, and nerve disease by 60%.

Can I eat carbs? Yes. Whole grains, vegetables, fruits, legumes, and dairy products are healthier choices than highly processed carbs.

Do I need to exercise? Routine exercise (2½ hours a week of moderate exercise or 75 minutes a week of vigorous exercise) is recommended.

How often do I need to take insulin? Frequent insulin injections (more than 3 times a day or insulin pumps) may improve blood glucose control and prevent complications.

Medications

Insulin: Helps control the amount of sugar (glucose) in the bloodstream.

- Insulin glulisine (Apidra)
- Insulin detemir (Levemir)
- Insulin aspart (NovoLog)
- Insulin lispro (Humalog)
- Insulin (Humalog, Afrezza, Humulin, and Exubera)
- Insulin glargine (Lantus)

Dietary supplement: Works alone or in conjunction with other treatments to promote health.

- Glucose tablets

Hormone therapy: Affects body processes by regulating the activity of the organs.

- Glucagon (GlucaGen)

Self-care

Nutrition counseling: Diet advice provided by a nutrition expert to prevent or treat disease.

Carbohydrate counting: Keeping track of the amount of carbohydrates consumed, which are found in foods like soda, bread, and pasta.

Diabetic diet: Diet that helps diabetics control their blood sugar (glucose) by reducing sugar and carbohydrates. For example, drinking less soda and eating less bread.

Physical exercise: Aerobic activity for 20-30 minutes 5 days a week improves cardiovascular health. If injured, pursuing an activity that avoids the injured muscle group or joint can help maintain physical function while recovering.

Specialists

Endocrinologist: Treats metabolic and hormone disorders.

Nutritionist: Specializes in food and diet.

Pediatrician: Provides medical care for infants, children, and teenagers.

Primary care provider (PCP): Prevents, diagnoses, and treats diseases.

Emergency medicine doctor: Treats patients in the emergency department.

Critical: consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure to contact a healthcare provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or a emergency number immediately.

Sources: Mayo Clinic and others. [Learn more](#)