

## What is Type 1 Diabetes?

Type 1 diabetes is an autoimmune condition in which the body's own immune system attacks the cells in the pancreas which produce insulin. It is not caused by eating too many sweets or a poor diet.

## How do you get type 1 diabetes?

We don't know why some people get type 1 diabetes. It's no one's fault and you can't catch it from anyone else. People are not born with it, and it can be diagnosed at any age.



## How do those with type 1 diabetes get insulin?

People living with type 1 diabetes need to get insulin from an insulin pump or injections, because their body can't produce insulin anymore. Insulin cannot be taken by mouth as a medicine.



## Why do people with diabetes have to measure their glucose levels?

Insulin controls blood glucose levels. If you don't have enough insulin, the blood glucose level will go too high. If too much insulin is given, the blood glucose level will drop and go too low. Many other things can also affect glucose levels such as the temperature, growing, different foods, exercise, illness, excitement and mood.



## Can you eat sweets when you have type 1 diabetes?

The short answer is YES! Just like anyone else, people with type 1 diabetes can eat anything in moderation. They just have to match the carbohydrates in the food they eat with the right amount of insulin. This is called carbohydrate counting.

Learn more at:  
[www.digibete.org](http://www.digibete.org)



Type 1 diabetes awareness page.

## Do you know the signs and symptoms of type 1 diabetes?

They are known as the 4T's

### Thirsty

Being constantly thirsty and not being able to quench it.

### Toilet

Going for a wee more regularly, especially overnight.

### Thinner

Losing weight without trying to, or looking thinner than usual.

### Tired

Feeling incredibly tired, lethargic and having no energy.

Remember these and you could help save a life!