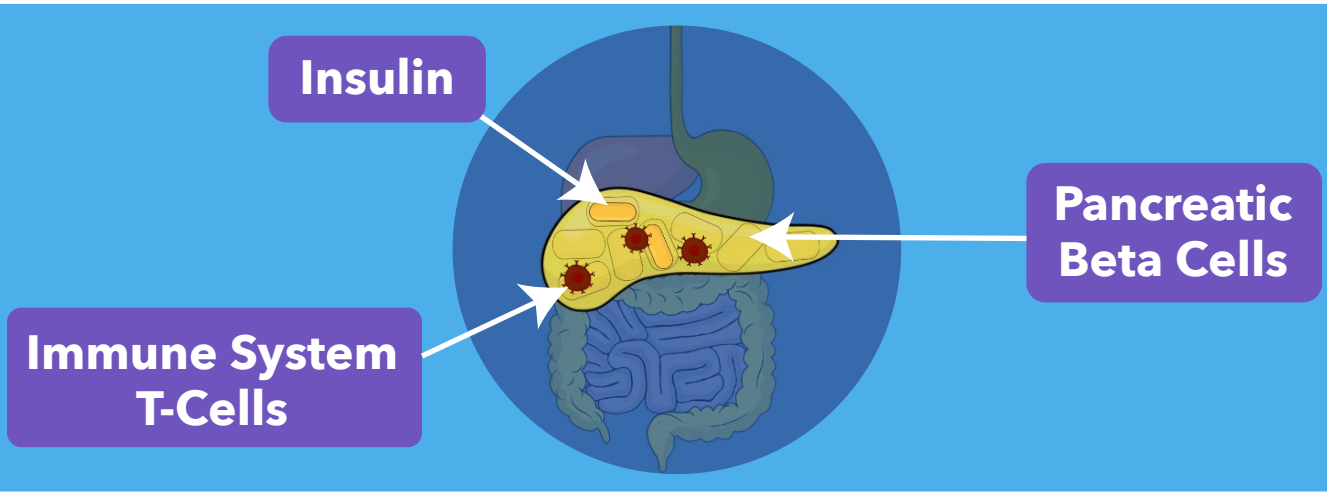
What is Type 1 Diabetes

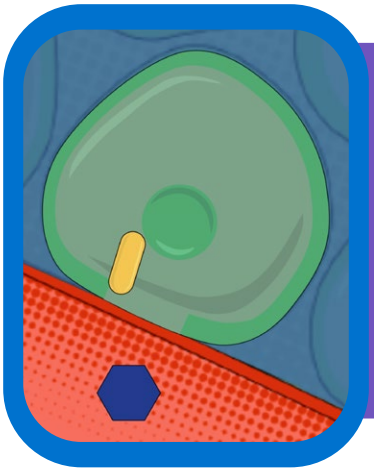
Type 1 diabetes is an auto-immune condition where your blood glucose levels are too high because your body stops making a hormone called insulin.

It's no-one's fault and does not relate to lifestyle or anything anyone has done. It can happen to anyone, at any age.



Type 1 diabetes happens because your body gets confused and begins attacking the cells in your pancreas that make the insulin, meaning you struggle or just can't produce insulin at all.





Insulin does a really important job.

It allows the glucose from your food and drink to enter your cells, fuelling your body and giving you energy.



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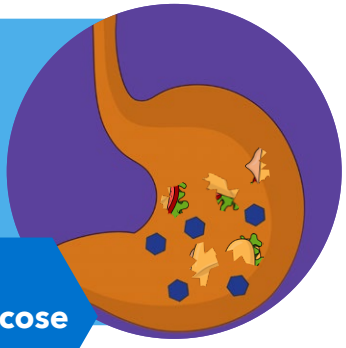
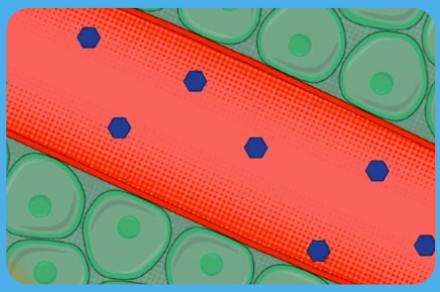
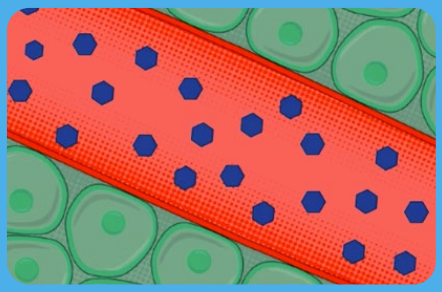
When you have type 1 diabetes, your body still breaks down the carbohydrate from food and drink and turns it into glucose





but, when the glucose enters your bloodstream, there's simply no insulin to allow it into your body's cells.



So more and more glucose then builds up in your bloodstream, leading to high blood glucose levels.



This can then make you feel very thirsty

and need the toilet more and more as your body tries to get rid of the extra glucose through your urine.



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The body then tries to get energy another way. It breaks down fat stores to get fuel.



This means people often lose weight before being diagnosed with type 1 diabetes.



Because the body cannot make insulin, you will now need to provide it via an injection pen or insulin pump to replace the constant supply of insulin needed for the body to function.





You will also need to check your glucose levels throughout the day to make sure they aren't too low or too high. This can be done with a blood glucose meter or glucose sensor.



You will need to look after your glucose levels to help avoid future complications, but with the right support and care you can live a happy and healthy life with type 1 diabetes.



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