Be a Hero!

Know the signs of type 1 diabetes.



Thirsty

Being constantly thirsty and not being able to quench it.

Thinner

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



4Ts

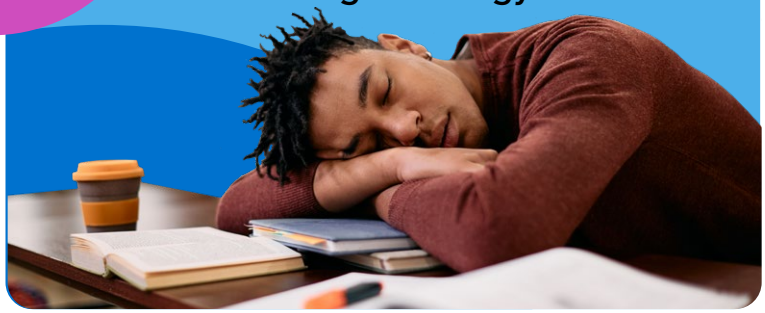
Toilet

Going for a wee more regularly, especially overnight.



Tired

Feeling incredibly tired, lethargic and having no energy.



Other symptoms associated with high glucose levels to look out for:

Blurred Vision



Fruity Smelling Breath

Thrush

Cuts and grazes that are not healing.





Type 1 diabetes is an auto-immune condition in which the body's own immune system attacks the cells in the pancreas which produce insulin. We do not know what causes type 1 diabetes, although it is not linked to lifestyle factors. There is currently no cure and it cannot be prevented.

Know the signs and symptoms of type 1 diabetes and you could help save a life!

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Resource last reviewed October 2026