

# What is type 1 diabetes?

Type 1 diabetes occurs when the pancreas is unable to make insulin.

Insulin is a hormone that allows glucose from the food we eat to pass from the blood stream into the cells. Our cells need this glucose to provide our bodies with energy.

## What are the symptoms?



Being tired



Losing weight



Increased urination



Being thirsty



Dehydration



Tummy pain

## What causes type 1 diabetes?

Type 1 diabetes is **not** related to lifestyle or caused by eating too many sweets. It is not possible to catch diabetes from someone else.

Some people carry genes which might make them more likely to get type 1 diabetes.

However, it only develops in these people when something triggers the immune system to destroy the insulin-producing cells in the pancreas.

## Type 1 diabetes is managed by:



Insulin delivery  
(via injections or  
insulin pump)



Blood glucose  
tests



Following a  
healthy eating  
plan



Being physically  
active



Regular medical  
check-ups with  
diabetes team