

[Diabetes](#) means your blood glucose, or [blood sugar](#), levels are too high. With type 1 diabetes, your pancreas does not make insulin. Insulin is a hormone that helps glucose get into your cells to give them energy. Without insulin, too much glucose stays in your blood. Over time, high blood glucose can lead to [serious problems](#) with your [heart](#), [eyes](#), [kidneys](#), [nerves](#), and gums and teeth.

Type 1 diabetes happens most often in [children](#) and young adults but can appear at any age. Symptoms may include:

- Being very thirsty
- Urinating often
- Feeling very hungry or tired
- Losing weight without trying
- Having sores that heal slowly
- Having dry, itchy skin
- Losing the feeling in your feet or having tingling in your feet
- Having blurry eyesight

A blood test can show if you have diabetes. If you do, you will need to take [insulin](#) for the rest of your life. A blood test called the [A1C](#) can check to see how well you are managing your diabetes.