Type 1 Diabetes

# General Information on Type 1 Diabetes

If you have type 1 diabetes, your pancreas doesn’t make insulin or makes very little insulin. Insulin helps blood sugar enter the cells in your body for use as energy. Without insulin, blood sugar can’t get into cells and builds up in the bloodstream. High blood sugar is damaging to the body and causes many of the symptoms and complications of diabetes.

## Causes of Type 1 Diabetes

Type 1 diabetes is thought to be caused by an autoimmune reaction (the body attacks itself by mistake). This reaction destroys the cells in the pancreas that make insulin, called beta cells. This process can go on for months or years before any symptoms appear.

Some people have certain genes (traits passed on from parent to child) that make them more likely to develop type 1 diabetes. However, many of them won’t go on to have type 1 diabetes even if they have the genes. A trigger in the environment, such as a virus, may also play a part in developing type 1 diabetes. Diet and lifestyle habits don’t cause type 1 diabetes

## Symptoms

* Urinate (pee) a lot, often at night
* Are very thirsty
* Lose weight without trying
* Are very hungry
* Have blurry vision
* Have numb or tingling hands or feet
* Feel very tired
* Have very dry skin
* Have sores that heal slowly
* Have more infections than usual

People who have [type 1 diabetes](https://www.cdc.gov/diabetes/basics/type1.html) may also have nausea, vomiting, or stomach pains. Type 1 diabetes symptoms can develop in just a few weeks or months and can be severe

## Mitigation/Coping Strategies

* Following your doctor’s recommendations for living a healthy lifestyle
* Managing your blood sugar
* Getting regular health checkups

# Educational Resources

[Education and Support - CDC](https://www.cdc.gov/diabetes/managing/education.html)

[Diabetes Self Management Care (DSMC) - Johns Hopkins](https://www.hopkinsmedicine.org/population-health/dpep/diabetes-self-management-training/index.html)

[Diabetes Diagnosis and Treatment - Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/type-1-diabetes/diagnosis-treatment/drc-20353017)