

# TYPE 1 DIABETES

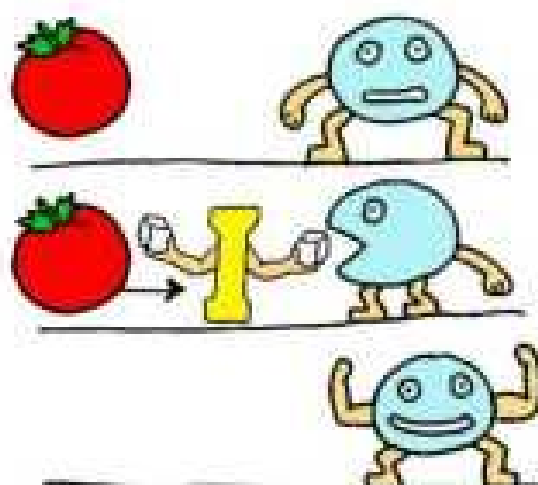
In type 1 diabetes, your body no longer makes insulin. Insulin helps sugar from the food you eat move from your blood into your body's cells. Your cells need this sugar to give you energy and keep you healthy.



If your cells can't get the sugar they need for energy, your blood sugar levels become high. Diabetes is the medical word for people with a "high blood sugar" problem.

People with type 1 diabetes must take insulin.

Most people with type 1 diabetes are children or young adults, but you can get it at any age.



Diabetes is a serious problem, but it can be controlled. People with type 1 diabetes can lead full and happy lives.



# DIABETES PILLS

## WHAT YOU NEED TO KNOW

Many people take diabetes pills to help lower their blood sugar. Diabetes pills only help people with Type 2 diabetes. People with type 1 diabetes must take insulin.

There are different types of diabetes pills or tablets. Many of them work in different ways. Some people take more than one diabetes pill.

Diabetes pills work best when you:

- Eat healthy foods in the right amounts
- Are physically active every day
- Avoid stress



Take your diabetes pills at the same time each day. Do not take more pills, or fewer pills, without talking to your doctor.

Some pills you keep taking if you are ill and some you do not. Call your doctor or health clinic if you are supposed to take diabetes pills when you are ill, but are too ill to take them.

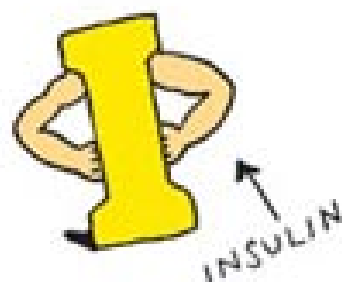
### **ASK QUESTIONS.**

Before you leave the doctor's office or clinic, be sure you know:

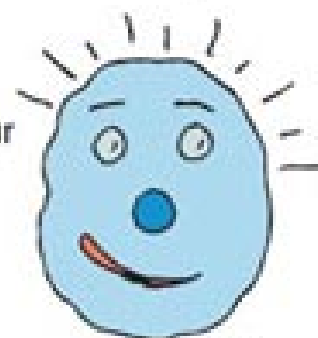
- How and when to take your diabetes pills
- If you should take your pills when you are ill
- What to do if you miss taking a diabetes pill

# WHAT IS DIABETES?

Diabetes means you have too much sugar in your blood. High blood sugar problems start when your body no longer makes enough of a chemical, or hormone, called insulin.



Your body changes much of the food you eat into a type of sugar called glucose. This sugar travels in your blood to all the cells in your body. Your body cells need the sugar to give you energy.



Insulin helps sugar move from your blood into your cells. Without insulin, your cells can't get the sugar they need to keep you healthy.



↑  
BODY CELL

By moving sugar from your blood to your body's cells, insulin helps keep your blood sugar level normal (not too high; not too low). When you don't have enough insulin to lower high blood sugar levels, you have diabetes.

No one knows what causes diabetes. You can't catch diabetes and you can't give it to someone else.

Diabetes can, and must, be treated. High blood sugar levels can cause serious health problems.

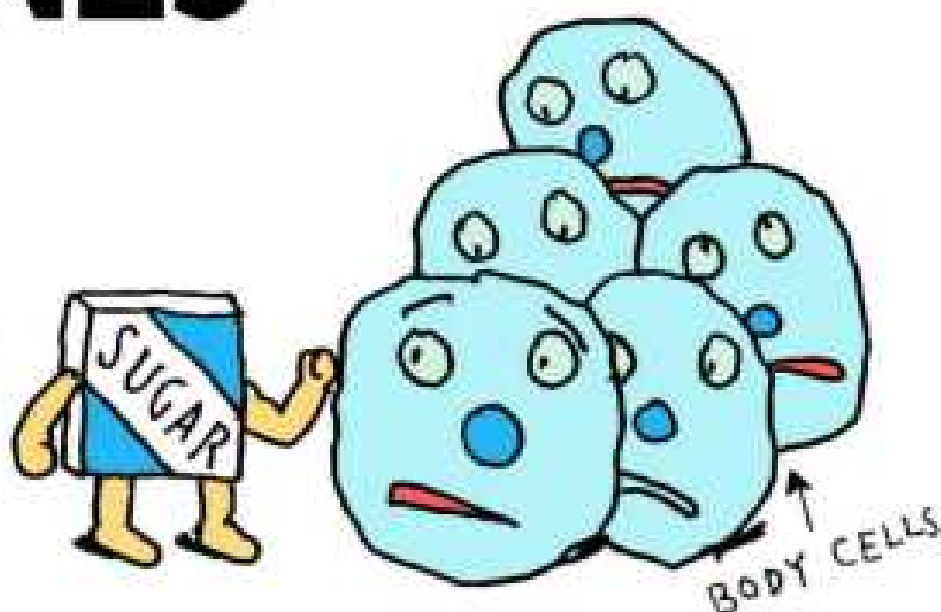
A simple test can tell you if you have diabetes. Talk to your doctor or health clinic for more information.



# KETONES

Ketones in the blood mean that your blood sugar level is too high. Your body has little or no insulin. Without enough insulin, your body cannot get the energy it needs from the sugar (glucose) in food.

This is a serious health problem. You need to lower your blood sugar right away.



## The warning signs

of a high blood sugar problem include one or more of the following:

- FEELING VERY TIRED
- HAVING TO URINATE OFTEN
- HAVING BLURRY VISION
- BEING VERY THIRSTY
- HAVING AN UPSET STOMACH
- HAVING TROUBLE BREATHING

## A urine or blood test

is used to check for ketones.

Check for ketones if you have any warning signs, and check every four hours if you:

- ARE VOMITING, HAVE DIARRHEA, OR ARE NOT EATING BECAUSE OF ILLNESS
- HAVE A BLOOD SUGAR OF 240 MG/DL OR HIGHER TWICE IN A ROW

The risk (chance) of having ketones is higher if you have type 1 diabetes. But, it can also happen if you have type 2 diabetes.

## What to do?

Call your doctor or the diabetes clinic right away if you have ketones and you cannot lower your blood sugar. Don't wait! You could pass out or have other serious health problems.

