

What is type one diabetes?

For more information about type one diabetes: www.jdrf.org

Living with diabetes is challenging. A type one diabetic must manually do what one of his or her organs used to do. Imagine being in charge of the function of one of your organs, every day and every night, for as long as you lived! It can be overwhelming, stressful, unpredictable, and scary, but in the end a type one diabetic must manage his or her disease in order to live a healthy life.

What is diabetes like?

diabetic you know, ask them! eat sugar, as it can be more difficult to manage than other types of foods. If you have a question about the diet of a type one diabetics eat sugar on a regular basis, while others prefer not to be able to appropriately balance what they eat with insulin. Many Yes. A type one diabetic can eat sugar, so long as they are

Can a type one diabetic eat sugar?

planning, and being ready for any situation that might arise! normal and adventurous life. The key to doing so is preparation, However, a type one diabetic can, for the most part, live a very there are a few things that diabetics are not allowed to do. Yes. Because of the limitations diabetes places on a body, Is there anything a diabetic can't do?

What is diabetes?

Diabetes is a disease in which the body is unable to get the insulin it needs to function. Everybody needs insulin to convert carbohydrates (sugars and starches) into energy. Diabetes happens when a person stops making insulin, or when a person cannot effectively use the insulin they make.

What are the types of diabetes?

There are several types of diabetes, but there are two main types. Type one, and type two. Type two diabetes is by far the most common form of diabetes, and 99% of all news stories you'll see about diabetes are about type two. Type two usually develops in adults, and develops from a genetic predisposition, lifestyle factors, or a combination of both. Type two may be managed with pills or injected insulin.

Type one diabetes is far less common. Only about 1 in every 300 people has type one diabetes, where 10 in every hundred have type 2 diabetes. Type one can only be managed with injected insulin. Untreated type one diabetes is fatal.

What makes type one diabetes different?

Several things make type one diabetes different from the other types of diabetes. Here are a few.

First, it is most commonly diagnosed in childhood and young adulthood. In fact, you might know type one diabetes as "Juvenile Diabetes." Juvenile diabetes is a misnomer, though, because this type of diabetes does not go away as the child grows up.

Second, type one diabetes happens when a person's immune system kills the insulin producing cells of the pancreas. In type one diabetes, ALL the insulin producing cells are killed, so a person who has type one diabetes must inject insulin several times each day in order to survive.

Finally, type one diabetes is not preventable, and there is no way to know who will get it. There is no clear genetic link. Type one is an autoimmune disease, much like lupus, and has nothing to do with a person's lifestyle or choices.

How do you treat type one diabetes?

Treatment for a type one diabetic includes injecting insulin. Insulin is injected to balance every gram of carbohydrate eaten, and also to provide a low level of "background" insulin that is working day and night to keep his or her body healthy. Insulin lowers blood sugar, and food and stress raise blood sugars. A type one diabetic must use formulas, guesses, and logic to try and keep his or her blood sugar in a healthy range.

Some diabetics use insulin pumps, which is a device that looks like a pager. An insulin pump gives tiny, constant doses of insulin, but it is not a "cure". Insulin pumps must still be controlled by the person wearing them. They're just another way of injecting insulin that some diabetics find easier than shots.

When blood sugar is too high for a long time, there is an increased risk of complications from diabetes, including neuropathy, blindness, kidney disease, and heart disease. High blood sugar is not often an emergency, but it can be a serious problem over time.

When blood sugar is too low, it can be an emergency. Low blood sugar can lead to confusion, seizures, and, rarely, death. If you are with a type one diabetic who is having a seizure or is unconscious, call 911. If they are conscious but disoriented, try giving them some form of sugar and if they do not get better, call 911. Always ask the type one diabetics you know for more information about how to help them in the event of an emergency.