Diabetes, Type I

Diabetes is a lasting (*chronic*) disease. It occurs when the beta cells in the pancreas that make insulin (a hormone) are destroyed and can no longer make insulin. Type 1 diabetes was also previously called *juvenile onset diabetes*. About 5-10% of all cases of diabetes are type 1 diabetes. It most often occurs before the age of 30, but can also occur in older persons.

CAUSES

Among other factors, there is a genetic trait needed to develop type 1 diabetes. This means that type 1 diabetes may get passed on by parents to their children.

SYMPTOMS

- Urinating more than usual or bed-wetting in children.
- Drinking more than usual.
- Irritability.
- Very hungry.
- Weight loss (may be rapid).
- Feeling sick to your stomach (*nausea*) and vomiting.
- Belly (*abdominal*) pain.
- More tired than usual (*fatigue*).
- Rapid breathing.
- Difficulty staying awake.
- Night sweats.

DIAGNOSIS

Your blood is tested.

TREATMENT

- Checking blood glucose (*sugar*) levels several times a day.
- Balancing insulin, diet and exercise to maintain normal blood glucose (*sugar*).
- Ongoing education and support.
- Regular checkups and immunizations.

HOME CARE INSTRUCTIONS

- Never run out of insulin. It is needed every day.
- **Do not** skip insulin doses.
- **Do not** skip meals. Eat healthy.
- Follow your treatment and monitoring plan.
- Wear a pendant or bracelet stating you have diabetes and take insulin.
- If your child has diabetes, tell their school of your child's diabetes treatment plan.
- If you start a new exercise or sport, watch for low blood glucose symptoms. Insulin dosing may need to be adjusted.
- Follow-up with your caregiver regularly.

SEEK MEDICAL CARE IF:

- You are having problems keeping your blood glucose (*sugar*) in target range.
- You have blood glucose readings that are often too high or too low.
- You feel you might be having problems with your medicines.
- You have symptoms of an illness that is not improving after 24 hours.
- You have a sore or wound that is not healing.
- You notice a change in vision or a new problem with your vision.
- You develop fever of more than 100.5° F (38.1° C).

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