

LIVING WITH TYPE 1 DIABETES



INDIAN
INSTITUTE OF
PUBLIC HEALTH
HYDERABAD

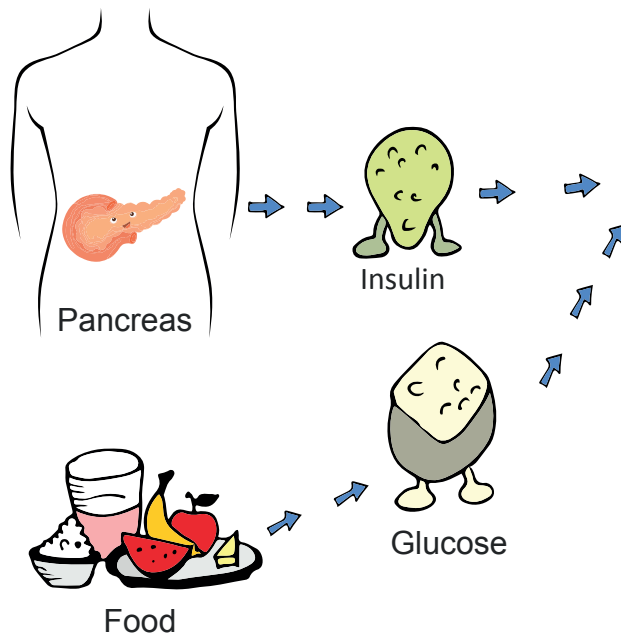
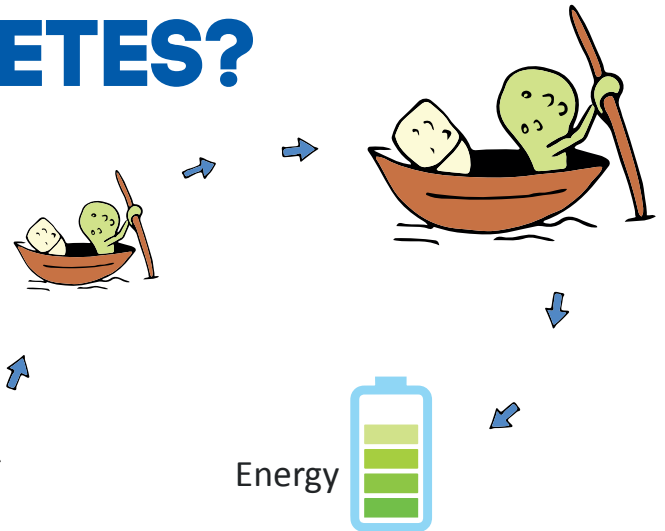
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MEDICINE



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WHAT IS DIABETES?

Diabetes is a condition where blood glucose (sugar) levels rise higher than normal. Did you know we have approximately 37.2 trillion cells in our body. Each cell need glucose to produce energy. This energy helps us grow, play, dance, go to school, work and even sleep. When we eat, our bodies turn food into sugar, or glucose. This travels to the cells in our blood stream. Insulin acts like a key to open our cells and allow glucose to enter and provide energy. There are two types of diabetes: Type 1 and Type 2.



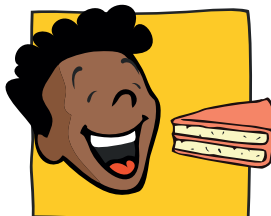
WHAT IS TYPE 1 DIABETES?

Type 1 diabetes is a condition where the body loses its ability to make insulin. It occurs mostly in children between ages 5 to 18. However, it can occur at all ages. Currently, Type 1 diabetes is neither preventable nor curable, but can be managed.

SIGNS AND SYMPTOMS OF TYPE 1 DIABETES



Always thirsty



Always hungry



Frequent urination



Sudden weight loss



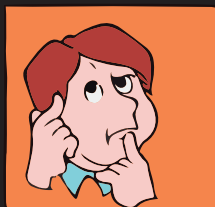
Always tired



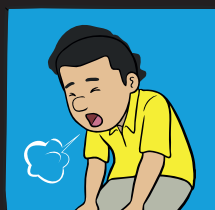
Frequent infections and wounds that won't heal

EMERGENCY SITUATIONS DUE TO TYPE 1 DIABETES

If a person with Type 1 diabetes experiences any of the following, take him to a hospital immediately.



Shaking and confusion



Rapid breathing



Fruity smell in the breath



Always tired

HOW IS TYPE 1 DIABETES DIAGNOSED?

A blood glucose test is necessary to diagnose Type 1 diabetes. Talk to your doctor for details about blood glucose tests.

BLOOD GLUCOSE CHART

| mg/dL | HbA1c (Percent) | Fasting Plasma Glucose | Oral Glucose Tolerance Test |
|----------|-----------------|------------------------|-----------------------------|
| Normal | About 6 | 99 or below | 139 or below |
| Diabetic | 6.5 or above | 126 or above | 200 or above |

WHAT SHOULD YOU DO?

Diabetes can affect how you feel each day. If your blood glucose is too high or too low, you may not feel well. People with Type 1 diabetes must take insulin 2-3 times a day to keep their blood glucose under control. You should also check your blood glucose regularly. Talk to your doctor about how to check your blood glucose level.

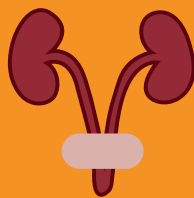


COMPLICATIONS RESULTING FROM TYPE 1 DIABETES

Type 1 diabetes can affect major organs in your body, including the heart, kidneys, nerves, blood vessels, as well as the eyes.



Retinopathy



Nephropathy

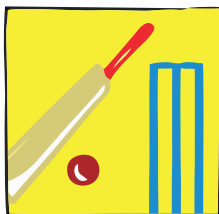


Neuropathy

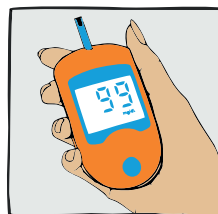
HOW TO AVOID COMPLICATIONS?



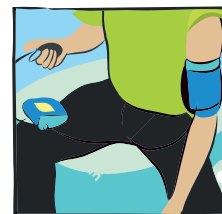
Eat healthy food



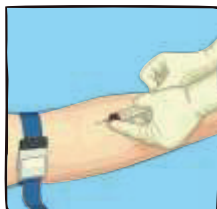
Be physically active



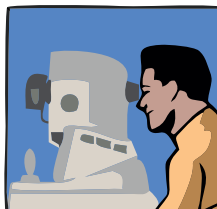
Control your blood glucose



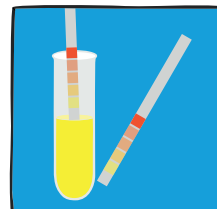
Maintain healthy blood pressure



Check your blood Lipids (fat) every 6 months



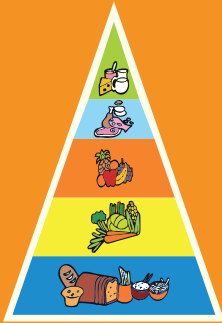
Get your eyes checked every year



Get your urine tested for albumin every year

MANAGING TYPE 1 DIABETES

Follow a healthy eating plan



Take insulin as prescribed by your doctor



Inform your family/friends/teachers about your diabetes, for help when your glucose levels drop



Anyone with Type 1 diabetes would need snacks at regular intervals to treat low blood glucose

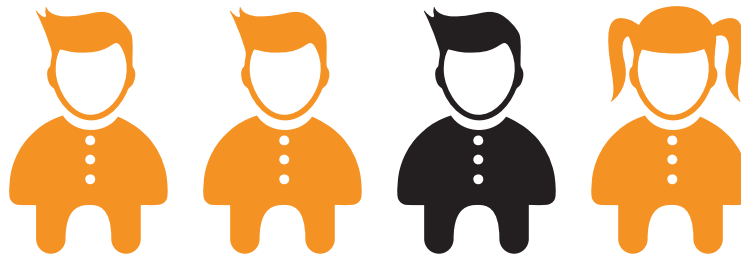


Carry your Type 1 diabetes card with you for healthcare professionals to know what treatment to give you during an emergency



WHAT IS DIABETIC RETINOPATHY?

If you have Type 1 diabetes, then you are at risk of diabetic retinopathy, which damages the retina. The retina is the inner coating at the back of the eye. Damage to the retina can lead to blindness.



Regular eye check-ups will save your vision.

YOUNG PEOPLE WITH TYPE 1 DIABETES CAN GET DIABETIC RETINOPATHY IF:

Their diabetes is not properly managed

They have a family history of diabetes

Their blood pressure levels are high

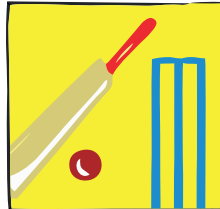
They have had diabetes for 5 years or more

PROTECT YOUR VISION FROM DIABETES

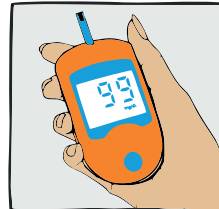
Manage your diabetes properly:



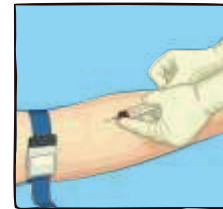
Eat healthy food



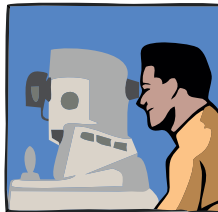
Be physically active



Control your blood glucose



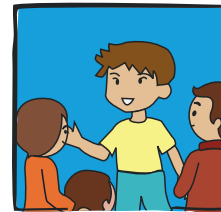
Check your blood lipids (fats) every 6 months



Get your eyes checked every year



Talk to your doctor about your condition



Inform family/friends/teachers about your diabetes

Remember: Type 1 diabetes is tough, but you are tougher!
With proper management and care, every person with Type 1 diabetes can lead a longer, happier and healthier life.

TYPE 1 DIABETES PLEDGE

I have Type 1 diabetes. I promise to:

- ☐ Beat diabetes
- ☐ Eat healthy food
- ☐ Be physically active
- ☐ Check blood glucose (sugar) every day
- ☐ Check blood lipids (fats) every sixth months
- ☐ Get my eyes checked every year
- ☐ Talk to my doctor about managing my diabetes

I have Type 1 diabetes.

Type 1 diabetes does not have me.



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