

Understanding Type 1 Diabetes



Type 1 diabetes is a lifelong condition where the body stops producing insulin. Insulin is a hormone that controls blood sugar levels. Without insulin, sugar accumulates in the blood, which can be harmful.

- ◆ It's an autoimmune disease
- ◆ Can affect any age, often beginning in childhood or adolescence
- ◆ Not caused by lifestyle or diet



Blood Sugar Levels



Status	Range (mmol/l)
Normal	3.3-7.8
Hyperglycaemia	Above 7.8
Hypoglycaemia	Below 3.3



Common symptoms

- Frequent urination
 - Increased thirst
 - Unexplained weight loss
 - Feeling tired or weak
- 👉 If you notice these symptoms, speak to your GP.

Managing Type 1 Diabetes

There's no cure yet, but it can be managed with:

- 📄 Taking insulin as prescribed
- 🥗 Eating a balanced diet
- 🏃 Regular physical activity



Living Well with Diabetes

You can lead a full, active life with proper management.

- ✓ Monitor your blood sugar
- ✓ Take insulin as prescribed
- ✓ Limit excess carbs and fats
- ✓ Stay physically active

You're not Alone

Chat with your family, friends, or healthcare team.

Join support groups or online communities for encouragement and advice.



With the right support and management, you can lead a healthy, empowered life with Type 1 diabetes.

