

## **Type 1 and type 2 diabetes confusion**

When you have type 1 diabetes, the assumption that you have type 2 diabetes can spark frustration.

Why? Because many people assume type 2 diabetes is a condition that those affected have 'caused' for themselves – and therefore if you're incorrectly labelled as a type 1 as having type 2, you think you're being blamed for creating your health condition when, in reality, type 1 can't be prevented.

We understand that can be hard to cope with!

But we'd like to shed light on the issue over and above the argument about if these diseases (which both involve issues with insulin and blood glucose levels) should have different names.

The reason people with type 2 diabetes are accused of causing their health condition is because it's commonly described as a lifestyle disorder linked to healthy eating, weight and exercise.

And it's true that being overweight makes you twice as likely to develop type 2 diabetes but there's another truth revealed in the statistics that we are eager to highlight and it's this: maintaining a healthy weight, being physically active and following a healthy eating plan will prevent or delay type 2 diabetes in up to 58% of cases, *but not 100% of cases.*

Genetics, environment and other factors not yet clearly understood could also be triggering type 2 so getting away from shaming and blaming people with it is a must because, with our current level of understanding, it appears even someone living with obesity who has type 2 diabetes may never have been able to avoid developing it.

So before you judge person sitting in front of you that shares with you that they have been diagnosed with type 1 or type 2 diabetes, consider the whole story.

If we can change people's attitudes to type 2 diabetes – by empowering them with knowledge – then those living with type 1 won't have to feel frustrated, even if they're mistaken as having type 2.

As a research funding group, we stay focused on the fact that both conditions can lead to the same health complications which can negatively impact a person's life.

It's this concern that drives our search for a cure and better ways to lessen the impact of diabetes, or prevent it – and we need the support of everyone to do this.

For more details on the two conditions, head to <https://www.diabetesresearchwa.com.au/about-diabetes/>

Thanks for reading. I'm always interested in hearing your thoughts. You can contact me via email [sherl@diabetesresearchwa.com.au](mailto:sherl@diabetesresearchwa.com.au)

Until next time....

*Sherl*