



Type 1 Diabetes Fact Sheet

What is type 1 diabetes?

- * Type 1 diabetes is also known as diabetes mellitus or juvenile diabetes.
- * Mostly appears in children, though can occur at any age.
- * Is an auto-immune disease marked by the inability to produce insulin.
- * The insulin producing cells in the pancreas are destroyed by the body and insulin is no longer produced.
- * Insulin injections are required for the body to process sugar into energy.
- * Is a life-long condition to which there is no cure.

Symptoms of type 1 diabetes

- * Extreme thirst
- * Weight loss – sudden or unexplained
- * Constant hunger
- * Frequent urination
- * Tiredness
- * Blurred vision
- * Nausea/ vomiting

Treatment of type 1 diabetes

- * Control blood sugar levels to keep as close to a normal range as possible.
- * Daily insulin injections
- * Regular testing of blood sugar levels

It is important to closely monitor blood sugar levels so that hypoglycaemia (low blood sugar level) and hyperglycaemia (high blood sugar levels) do not occur.

Facts about the incidence of diabetes in Australia (Diabetes: Australian Facts 2008)

- * 1.5 million people have diabetes in Australia with 280 developing diabetes everyday
- * Approx 15% of these have type 1 diabetes
- * It is estimated that for every diagnosed case of diabetes there is one undiagnosed case
- * 371 million people live with diabetes worldwide

Untreated diabetes can lead to complications involving many parts of the body, particularly the heart, kidneys, eyes and feet. In Australia diabetes is the most common reason for renal dialysis and the most common cause for blindness.

It is urgent we find a cure for diabetes and we need your help to find this cure !!

**For more information on how you can help please contact us on:
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Or visit us at www.diabetesresearchfoundation.asn.au**