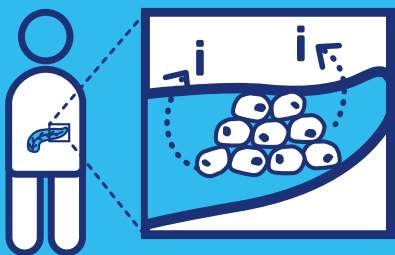


WHAT IS TYPE 1 DIABETES?

THE FACTS

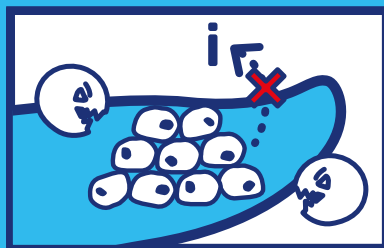
- Around **345,000** people are living with **Type 1** diabetes in the UK.
- The **peak age** for diagnosis is 9–14 but you can be diagnosed as a **young child or adult**.
- It's an autoimmune condition that's **not** caused by lifestyle.

1 Normally, cells in our pancreas produce insulin.



When the carbohydrates we eat are broken down to glucose (sugar) in our body, insulin moves the glucose into our cells. The cells need glucose to survive.

2 But in Type 1 diabetes, an autoimmune response means the body destroys its own insulin-producing cells.



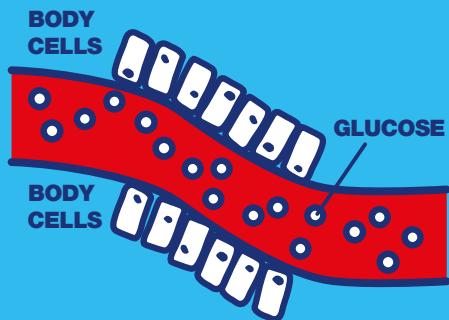
This means that someone with Type 1 doesn't produce any insulin.

3 Nobody knows exactly what causes the immune system to attack the insulin-producing cells...



but science tells us it's got nothing to do with diet or lifestyle. This is different to Type 2, which can be caused by lifestyle.

4 Because there is no insulin, glucose can't get into the body cells and it builds up in the blood.



This leads to symptoms like: thirst, needing to pass urine often, tiredness and weight loss.

5 Currently there is no cure. For people with Type 1, injecting insulin or receiving insulin via a pump, is vital to survive.



But, having Type 1 diabetes shouldn't stop anyone from enjoying a full and active life.

FOR MORE INFORMATION

Go to: www.diabetes.org.uk/Type-1-diabetes

DIABETES UK
CARE. CONNECT. CAMPAIGN.