

## What is Type 1 Diabetes?

**Type 1 Diabetes** occurs because the body stops producing the hormone Insulin which allows the body to use glucose (sugar) as fuel. As a result in untreated diabetes the level of glucose gets too high.

Early diagnosis improves long term outcome in diabetes. Late diagnosis can result in life threatening Diabetic Ketoacidosis (DKA).

A simple TEST by your GP or pharmacist consisting of a finger prick, can alert you to your current glucose levels. If elevated urgent medical attention is needed as time is precious.

There are 4 main symptoms to watch out for. They can be easily remembered as the **TEST** symptoms:

- **Thirst Increased**
- **Energy Reduced**
- **Sudden Change in Weight**
- **Toilet Trips - Increased**

Minor symptoms may include:

- **Increased appetite**
- **Lack of concentration**
- **Bed wetting**
- **Constipation**
- **Mood swings**
- **Frequent Infections**

If you think you or your child could have Type 1 diabetes think **TEST** and see your doctor or a pharmacist.



[www.diabetes.ie](http://www.diabetes.ie)

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# THINK TYPE 1 DIABETES THINK





Being extremely thirsty but unable to quench the thirst



Lack of energy and feeling very tired or weak



Rapid, unexplained weight-loss over a short period of time



Frequent urination, particularly late at night

## Type 1 and Type 2 Diabetes are different conditions

**Type 1 Diabetes** is the most common type of diabetes affecting children & young people in Ireland. It is an autoimmune condition where the body stops recognising some of its own cells that produce insulin and destroys them. The cause is not yet fully understood. Daily insulin treatment is needed to replace what the body has stopped producing. Insulin helps us use the food we eat as fuel to power our bodies. Early diagnosis is important. As with everyone, in addition to insulin, regular exercise and a healthy diet are important for those with Type 1 diabetes.

**Type 2 Diabetes** however, occurs when the pancreas produces insulin - but not enough. It is more common in adults. Treatment includes prescribed medications, and as with Type 1, a healthy lifestyle.

For updates and tips on living with diabetes see [www.diabetes.ie](http://www.diabetes.ie)

### What does a Type 1 diagnosis mean for me?

A diagnosis of diabetes can initially be stressful but remember you are not alone. Over 200,000 people living in Ireland have diabetes, over a tenth of whom have Type 1 diabetes.



Many ordinary people achieve extraordinary things every day while living with Type 1 diabetes. Diabetes does not stop them – they are **ONESTOPPABLE**.

### Leah Cheung

Leah was diagnosed with Type 1 Diabetes at age 11. Initially worried, Leah knew a life with Type 1 did not have to limit her, and has since taken up powerlifting.

“There are still people who don’t understand Type 1 diabetes – I’m still learning what works for me . I remember thinking this is what my life will be , I’ll be the odd one out. But family, friends and my nurses have been a great support”



Since taking up powerlifting, Leah has broken three national records and has improved upon her personal bests every time she competes.

### #OneStoppable

Go to [www.diabetes.ie](http://www.diabetes.ie) to read some extraordinary achievements of young people with **Type 1 Diabetes** such as more of Leah’s story and other onestoppable stories. Use **#OneStoppable** to spread the message and increase awareness of **Type 1 Diabetes**,