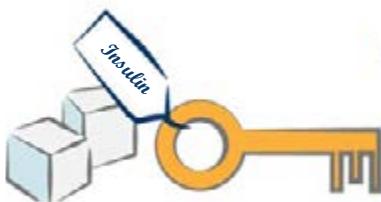
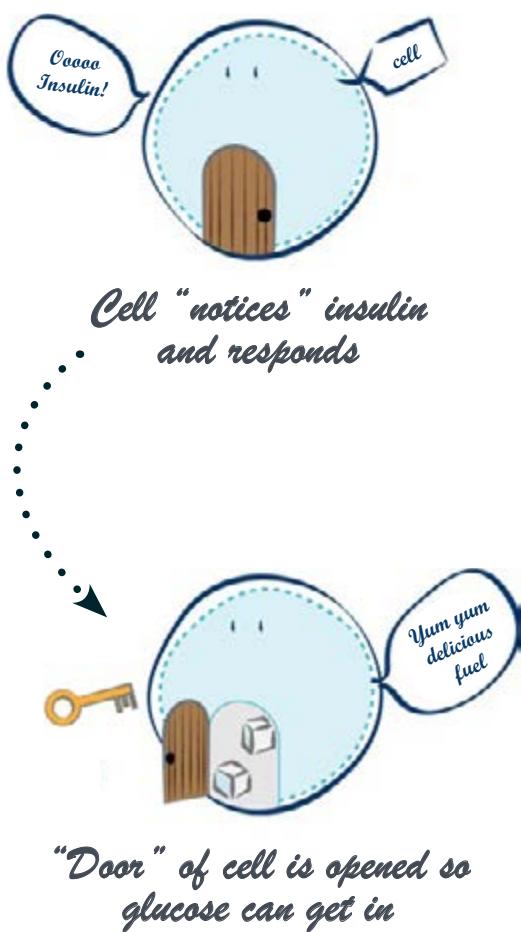




# 1. What is Diabetes?



*Glucose "alerts" the pancreas to make insulin*



## What is Diabetes?

(Diabetes Mellitus)

Type 1 diabetes is an auto-immune condition where the body stops making enough insulin.

## What is insulin?

- Insulin is a hormone that is made in our bodies in a gland called the pancreas.
- Insulin acts like a key, opening cell doors around the body so that glucose can get into the cells.
- Insulin is needed to allow glucose into cells where it can be used for energy.

## What is glucose?

- Glucose is a sugar which comes from breaking down foods we eat - mostly from foods called carbohydrates.
- Glucose travels from the stomach into the blood stream and then all around the body.

## What happens when you have diabetes?

When someone has diabetes, the pancreas stops making insulin, so there are no keys to open the cell doors. Glucose then builds up in the blood (high blood glucose).

## Are there other types of diabetes?

Yes, there are several other types of diabetes including type 2 diabetes, cystic-fibrosis-related diabetes, and MODY (Mature Onset Diabetes in the Young).

## Difference between Type1 & Type 2 Diabetes

Type 1 Diabetes Mellitus (T1DM)	Type 2 Diabetes Mellitus (T2DM)
<b>Common in:</b> Children, adolescents & adults.	Usually mostly adults.
<b>Happens when:</b> The pancreas stops making insulin.	The pancreas is making some insulin but not enough.
<b>Caused by:</b> An immune reaction - we do not fully understand why, but we do know that it is not caused by an unhealthy lifestyle.	T2DM is more likely in patients who are overweight and can have a genetic link ( <i>family link</i> ).
<b>Treated by:</b> Insulin.	Lifestyle changes. Tablets. Sometimes insulin and other medications.

**What are the signs (symptoms) of type 1 diabetes?**

**There are four main signs of type 1 diabetes.**



### 2. Being very thirsty

Passing lots of urine makes you very thirsty.



### 3. Losing weight

When the body cells cannot use the glucose from food, they break down fat and muscle for energy and you lose weight.



### 1. Going to the toilet to pass urine a lot

The body tries to get rid of the extra glucose in the blood by passing it out in the pee (*urine*). Sometimes children can start to bed wet.



### 4. Feeling tired

Tiredness is a common symptom as the body cannot work properly without enough energy. There can also be other signs like mood changes, feeling hungry, thrush, tummy pain and breathing quickly.