



## T1D FAST FACTS

### LEARNING ABOUT TYPE 1 DIABETES (T1D)

- There are two types of diabetes: type 1 and type 2 diabetes. There are big differences between type 1 and type 2 diabetes.
- T1D happens when the body destroys its own cells that make insulin. Insulin is a hormone that everyone needs in order to get energy from the food they eat. Our bodies need insulin to survive.
- Type 2 diabetes happens when the body makes insulin but can't use it normally. Eating too much sugar, gaining too much weight, and not exercising enough can put you at risk for getting type 2 diabetes.
- T1D is NOT caused by eating too much sugar. No one knows what causes T1D to happen or how to prevent it from happening.
- People with T1D do not make any of their own insulin, so they have to get their insulin through insulin shots or an insulin pump, as many as eight shots or pump injections every single day.
- People with type 2 diabetes may be able to treat their diabetes with diet and exercise and sometimes with pills or with insulin shots. People with T1D must treat their diabetes with insulin—there's no other way. However, insulin is NOT a cure.

### OTHER T1D FACTS

- There is no cure for T1D. Kids who have T1D will not outgrow it.
- T1D usually starts in childhood; however, adults can get it too.
- Each year, more than 15,000 children and 15,000 adults in the United States find out that they have T1D. That's about 40 kids and 40 adults each and every day.

- Diabetes is not contagious. It's ok to play with friends who have T1D. You can't catch it from them.
- It's ok for people with T1D to eat all kinds of foods, including sweets sometimes, as part of a balanced diet.
- People with T1D must test their blood sugar by pricking their finger for blood six or more times every day. They're trying to keep their blood sugar at a normal level by balancing their food, exercise, and insulin 24 hours a day. Blood sugar tests tell someone how well their body is turning the food they eat into energy.
- Keeping blood sugar at a normal level is not always easy for people with T1D. Having a blood sugar that is too low or too high can sometimes make them feel sick and can be dangerous. When someone has a low blood sugar, they must eat or drink something with fast-acting sugar in it to help bring their blood sugar up to a safe level. When someone has a high blood sugar, they must inject extra insulin to help bring their blood sugar down to a safe level.
- Having T1D involves doing lots of math! People with T1D have to carefully measure every bit of food they eat so that they know how much insulin they need to inject to help each meal or snack turn into energy.
- Kids with T1D can do anything that other kids do, including all kinds of sports, dancing, and other activities. Exercise is great for everyone! However, kids with T1D need to constantly monitor their blood sugar so that it doesn't go too low or too high while they're exercising.