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# Type 1 Diabetes

## What is Type 1 diabetes?

Insulin-dependent diabetes is a chronic condition where the pancreas makes little or no insulin.

## What are the Symptoms?

Look out for the 4 T's of diabetes:

- **Toilet** - going to the toilet a lot
- **Thirsty** - being really thirsty and not being able to quench the thirst
- **Tired** - feeling more tired than usual
- **Thinner** - losing weight or looking thinner than usual

## How is it managed?

Through medication called insulin. This may be given through an injection or an insulin pump.

## How does it affect people?

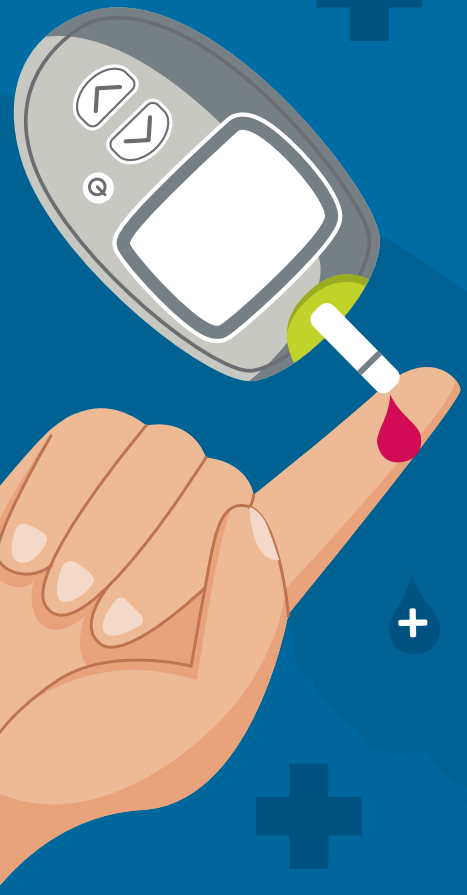
There are a lot of physical impacts from type 1 diabetes e.g. further complications to the heart, liver, and eyes but there are emotional aspects such as diabetes burnout, diabulimia, fear of hypos, depression, anxiety, unhealthy eating habits, having to wait after having insulin for 15 minutes before eating.

## What is unhelpful and you should avoid doing?

Telling someone with diabetes what they can or can't eat, saying you will get diabetes if you eat too much sugar, which is not true. Helpful is understanding and supporting.

## How can you be helpful and support people with diabetes?

Be supportive and understanding. Ask what you can do to help, get education on diabetes, listen to their complaints, and validate feelings.



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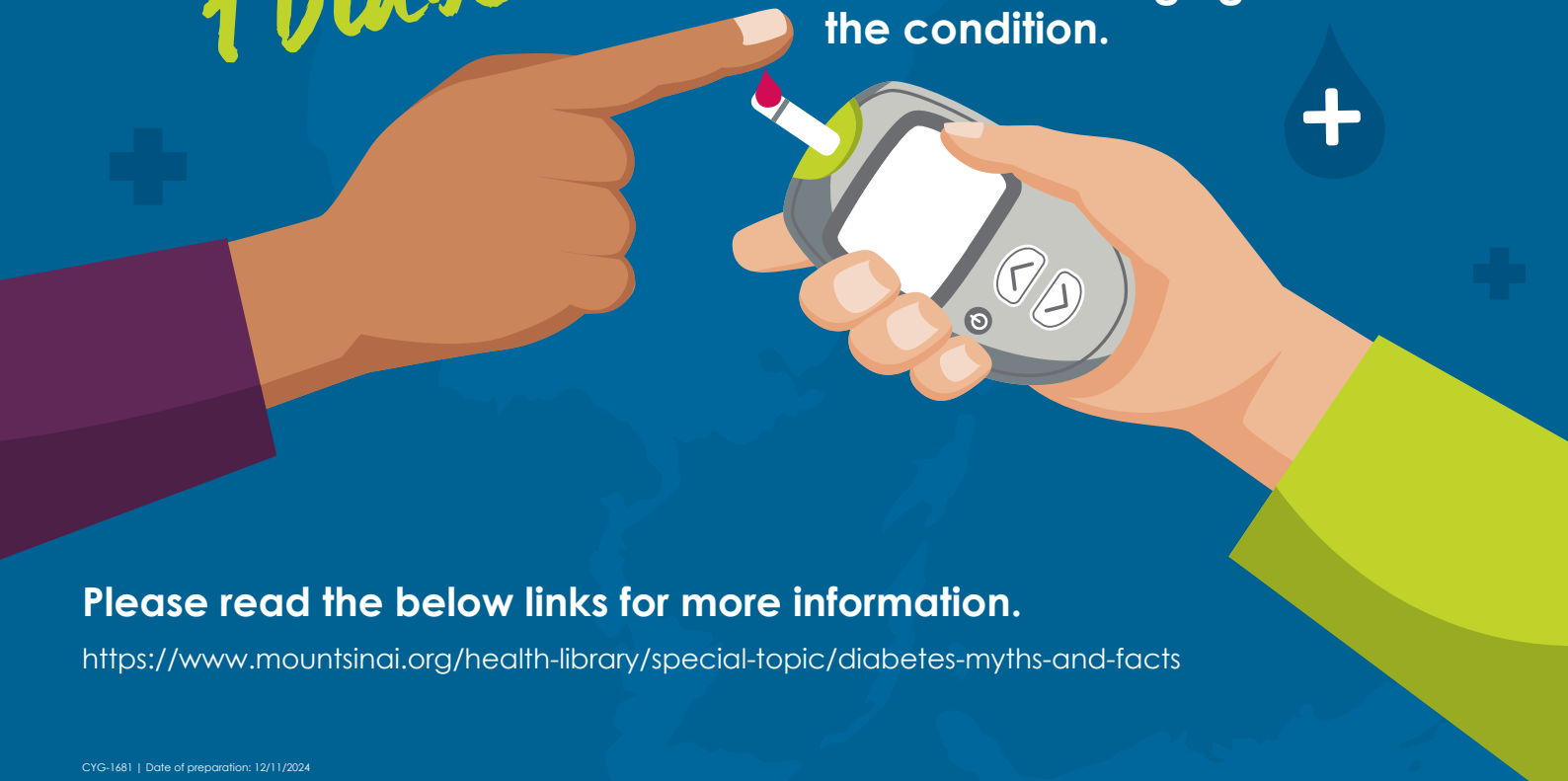
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# Myths AND Facts About

Type  
1 Diabetes

Knowing the facts about diabetes is important when it comes to managing the condition.



Please read the below links for more information.

<https://www.mountsinai.org/health-library/special-topic/diabetes-myths-and-facts>

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**Myth:** No one in my family has diabetes, so I won't get the disease.

**Fact:** It's true that having a parent or sibling with diabetes increases your risk for getting diabetes. Many people with diabetes have no close family members with diabetes.

**Myth:** My provider put me on insulin. This means I am not doing a good job managing my blood sugar.

**Fact:** People with type 1 diabetes must use insulin because their body no longer produces this important hormone. Type 2 diabetes is progressive, which means that the body makes less insulin over time.

**Myth:** Type 2 diabetes is a mild form of diabetes.

**Fact:** There is no such thing as mild diabetes. All diabetes is serious and, if not properly controlled, can lead to serious complications.

**Myth:** I eat a lot of sugar, so I am worried I'll get diabetes.

**Fact:** Eating sugar does not cause diabetes. But you should still cut back on sweets and sugary beverages.

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