

**Office of Integrated Health**  
**Health Information in a Nutshell**

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## **Type I Diabetes**

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### **What is Type I Diabetes?**

Type 1 Diabetes, also called: Insulin-dependent diabetes or Juvenile diabetes is when your body does not make insulin. The body's immune system attacks and destroys the cells in the pancreas that make insulin. Type 1 diabetes is typically diagnosed in children and young adults, although can appear at any age. People with this Type of diabetes need to take insulin every day. Although the exact cause for Type 1 diabetes is unknown, there are some known risk factors to include family history, genetics, geography, and age.

### **Signs and Symptoms**

Signs and symptoms of Type 1 diabetes mirror signs and symptoms of Type 2 diabetes. These can appear quickly and include; increased thirst, frequent urination, bedwetting in children who previously did not wet the bed at night, extreme hunger, unintended weight loss, irritability and other mood changes, fatigue and weakness, and blurred vision.

### **Complications from Type I Diabetes**

Type 1 and Type 2 Diabetes have similar risk of complications. Diabetes can affect many major organs, including; heart and blood vessel disease, nerve damage (neuropathy), kidney damage (nephropathy), eye damage, foot damage, hearing impairment, and skin conditions.

### **Managing Type I Diabetes**

There are several elements to focus on when caring for your Type 1 Diabetes, and those include, blood glucose control and insulin management, exercise, nutrition, and support. Insulin is a HIGH RISK, HIGH ALERT medication. This means that this medication has a heightened risk of causing significant harm. If you are administering insulin, you must have completed medication aide certification. It is important to remember that when administering insulin products you have proper equipment along with the correct Type of insulin per Doctor's order.

### **Recommendations**

Awareness of risk is important. Be alert to symptoms of changes in a person's health status and seek guidance from a health professional for any changes. *With a change in any person's health status that results in acute care through an ED visit, Urgent Care visit, or hospitalization be sure to follow up on any recommended changes with the individuals usual Primary Care Provider.*

### **Resources**

[www.cornerstones4care.com](http://www.cornerstones4care.com)

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

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