



TYPE 1 DIABETES AWARENESS



Type 1 diabetes is a chronic life threatening autoimmune disease in which a person's pancreas produces little, to no insulin. It can occur at any age, but is usually diagnosed from **INFANCY** to the late thirties and lasts a **LIFETIME**.

KNOW THE FACTS: TYPE 1 DIABETES...

- ♦ Has **NOTHING** to do with diet or lifestyle
- ♦ Is **NOT** preventable
- ♦ Is **NOT** reversible
- ♦ Has **NO** cure
- ♦ Can occur at **ANY** age, **INCLUDING INFANTS**
- ♦ Requires insulin dependency **FOR LIFE**

Ask your
provider
for a simple
finger stick
or urine test to
rule out
T1D

KNOW THE SYMPTOMS, IT COULD SAVE A LIFE:

Type 1 Diabetes onset looks similar to a virus and can be mistaken as such. Ask your doctor to check for elevated blood glucose levels with a simple finger stick test or a urine dip stick if you or your child exhibit the below symptoms:

- | | |
|----------------------|------------------------------|
| ♦ Extreme thirst | ♦ Sudden vision changes |
| ♦ Frequent urination | ♦ Fruity scent on breath |
| ♦ Weakness/fatigue | ♦ Nausea/vomiting |
| ♦ Weight loss | ♦ Heavy, labored breathing |
| ♦ Increased appetite | ♦ Drowsiness/unconsciousness |

SEEK IMMEDIATE CARE if multiple symptoms occur, it could be **Diabetic Ketoacidosis** which can be fatal if not treated immediately.