

# Warning signs of Type 1 diabetes

EXCESSIVE THIRST | FREQUENT URINATION | BEDWETTING OR HEAVY DIAPER  
VISION CHANGE + HEADACHES | RAPID WEIGHT LOSS | INCREASED APPETITE  
IRRITABILITY + MOOD CHANGES | FATIGUE + WEAKNESS | STOMACH PAIN,  
NAUSEA + VOMITING | FRUITY BREATH ODOR | RAPID, HEAVY BREATHING

*undiagnosed T1D can lead to DKA, often mistaken for*

STOMACH FLU OR VIRUS, STREP THROAT, GROWTH SPURT, URINARY TRACT INFECTION

*ask your physician if this could be type 1 diabetes*

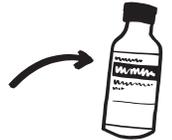
## what is Type 1 diabetes?

*A chronic, autoimmune condition that occurs when the body's own immune system attacks and destroys the insulin producing beta cells of the pancreas.*



*This attack leaves the pancreas with little or no ability to produce insulin, a hormone that regulates blood sugar. Without insulin, sugar stays in the blood and can cause serious damage to organ systems.*

*People with T1D must inject or pump insulin into their bodies every day to carefully regulate blood sugar and stay alive.*



**T1D**

MEANS INSULIN DEPENDENCY FOR LIFE, DIAGNOSED AT ANY AGE, THREATENS DEVASTATING COMPLICATIONS, DEMANDS METICULOUS PLANNING TO AVOID LIFE-THREATENING SITUATIONS

**T1D  
is not**

A LIFESTYLE DISEASE, SOMETHING YOU OUTGROW, CONTAGIOUS, CAUSED BY SUGAR, PREVENTABLE, CURABLE...YET

### Amy Thorn, Cypress, TX

Peyton was only 16 months old and had been acting differently. He was drinking a lot, whining and leaking through diapers. We were told it was a virus or an ear infection. He became so lethargic that he could only move his eyes. That's when we rushed him to hospital. The doctors struggled to find a vein to insert the IV because he was so dehydrated. His veins had collapsed. With a blood sugar of 853, he was in DKA. We lived in the ICU for a week, using math we never knew existed and medicines we couldn't pronounce. That was 13 years ago. It still feels like yesterday. We wish we'd known the signs of Type 1 diabetes. We nearly lost our son.

### Stephanie Land, Richmond, TX

My 10-year-old daughter started displaying symptoms of T1D months before her diagnosis. Initially, I noticed the weight loss. I put this down to the start of puberty. Then she started complaining of being tired all the time. She didn't want me to hug her because her skin felt sensitive. I encouraged her to drink water to combat her fatigue. Months later she didn't feel better. She started feeling nauseous and was so tired that her dad had to carry her to bed. A few hours later, I found her lying on the bathroom floor unconscious. We rushed her to the local ER where they fought to save her life. I wish I had known these symptoms pointed to T1D before it was almost too late.



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