

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

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

Carolann Hunt. York, PA

My daughter was 8 when she just wouldn't get better after having a bad cold the last week of school—she was tired, hungry and very thirsty. Then she said her glasses weren't working and could she have another drink? That whole week before dx, I kept reading about diabetes on the internet. My husband said, she didn't have diabetes; that was for overweight adults. She had lost 10 pounds in the last two weeks and was so dehydrated. When she started throwing up I called the pediatrician, and a test revealed a blood sugar of 503. Off we went to the hospital. If I hadn't known that being thirsty, tired and losing weight were signs of diabetes she could have gone into a coma that weekend.

Brian and Judi Kunkle. Weatherly, PA

When our 11-year-old daughter looked thinner at the end of 5th grade, we thought it was from a recent growth spurt. Then when the warm weather and allergy flare-ups began, we thought she was drinking more water because her allergy medicine was drying her out and we thought she was urinating more because she was drinking more from the medication and warm weather. We were never told these were actually signs of Type 1 diabetes.



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