

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

David L. Marks. Hillsborough, NJ

Days before I was diagnosed, I was a 4th grader weighing only 39 pounds due to unexpected weight loss from new-onset type 1 diabetes. I had all the classic symptoms of type 1 diabetes: I was nauseous, lacked energy, had itchy skin, drank copious amounts of water, and the worst part was wetting my bed like a toddler, sometimes multiple times during the night. It was embarrassing to me and also frightening for my mother, there wasn't a lot known about this auto-immune disease when I was diagnosed. I am glad to see more discussion about the warning signs.

Carrie Litty. Williamstown, NJ

In 2009, my 6-year-old son woke with a stomach bug. 24 hours later he seemed better. Then, hours later, he suddenly vomited again. He complained that his chest and feet hurt. He appeared feverish and glassy-eyed, but his temperature was normal. He asked to go to the ER and there he was diagnosed with type 1 diabetes. We didn't know how sick he was. A few month's prior, he had been drinking a lot, but it was hot so we didn't worry. He always used the bathroom frequently. There had also been a few uncharacteristic wet pants and unexplained belly aches. I wish we'd been more aware of the warning signs.



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