

Warning signs of Type 1 diabetes

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

undiagnosed T1D can lead to DKA, often mistaken for

UPSET STOMACH 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

Jill Calogaras. Wellington, New Zealand

When my daughter was 14 she started to rapidly lose weight. At the same time she lost all energy and was always thirsty. In a matter of 3 weeks my 167cm teenage daughter dropped from a slim 54 kilos to 38. In these pre 'Or Google' days I was left to try and diagnose this myself? Was I witnessing anorexia? Was she bulimic? Was she just genetically slim? Then (shudder), was this cancer?

I stocked up on tempting meal additives to increase her weight (little realising my sugary choices were contributing to her condition and I was literally killing her with kindness) and hoped she'd soon be better. Instead she lost even more weight and I felt like she was slipping away in front of my eyes.

The diagnosis of diabetes came as a tremendous relief. On reflection my initial optimism was a little naive. But I'd still rather have a diabetic daughter, than lose her completely. I still would.

Caitlyn Oldehaver. Auckland, New Zealand

My daughter was 3 when she was diagnosed. Before diagnosis her appetite increased to the point where she would eat 3 bowls of cereal in the morning and I would have to keep snacks next to her bed as she would wake up in the night hungry and thirsty. We had broken sleep for weeks. I put the symptoms down to a growth spurt including the random bed wetting after being toilet trained at 2. It wasn't until Nana mentioned that it might be diabetes after looking up her symptoms on the Internet that we went to the GP. I didn't know anyone with diabetes before this and had no idea what signs to look for.



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