

# 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

### Kelsey Gilliam, British Columbia

When I was 12 my family noticed that some things looked off about me. I had actually lost 25 pounds in 2 weeks causing me to appear extremely thin, especially in my face, I was constantly drinking water and urinating. My breath smelled like acetone. My vision was blurry suddenly. I even had to borrow my Nana's glasses. These were warning signs of Type 1. One day I checked my glucose using my Nana's glucometer (this is something that can be purchased over the counter) and it read that my glucose level was too high to register on her glucometer. Knowing a high reading can be dangerous, we went straight to the hospital where I was diagnosed with Type 1 diabetes. Knowing the warning signs can help ensure an early diagnosis and at times be life saving.

### Patricia Schellenberg, British Columbia

At first when our son seemed to be losing weight at the age of 11, we thought he was just more active, losing baby fat, and getting taller. But then we noticed how his shirts hung from his shoulders, and his pants needed cinching in and we became really concerned. Soon, we noticed that he wouldn't go anywhere without his water bottle and we thought it might be T1D. Had we known how serious that was, we would have made an emergency appointment with his GP. However, we were very lucky someone had previously taught us the symptoms of T1D, so our son was tested and diagnosed in time. Now we spread the message that T1D can strike anyone at any age, weight, and fitness level. And we educate about the symptoms. Awareness of the warning signs can save lives.



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