

# TYPE 1 DIABETES

LEARN ABOUT TYPE 1 DIABETES TO TAKE ACTION FOR YOUR HEALTH



## TYPE 1 DIABETES BASICS

- Type 1 diabetes is a **chronic condition** in which the pancreas makes little or no insulin and sugar builds up in the bloodstream
- You can develop type 1 diabetes **at any age**

## KEY SYMPTOMS

- Feeling very thirsty
- Urinating often
- Feeling very hungry, even though you are eating
- Extreme fatigue
- Blurred vision
- Cuts and bruises that heal slowly
- Weight loss when eating more



## WHAT CAN YOU DO?

- **Schedule consistent visits** with your doctor to check your blood sugar and cholesterol levels
- Create a plan to **limit refined carbohydrates**, found in white bread and sweets
- Try for **150 minutes of moderate exercise** each week

