



What is type 1 diabetes?

- Type 1 diabetes is an autoimmune disease that affects the way the body regulates blood sugar, also called glucose.
- The body's immune system does not recognize the cells (beta cells) in the pancreas that make insulin as belonging to the body. The immune system attacks and destroys these beta cells.
- Without enough beta cells, the body cannot make enough insulin. Insulin is a hormone that the body needs to get glucose into the cells of the body.

What causes type 1 diabetes?

- We do not know the exact cause of type 1 diabetes. Infections or environmental factors may trigger the immune system to destroy beta cells. Family history may be a risk factor.
- There is nothing that you did to cause type 1 diabetes, and there is nothing you can do to prevent type 1 diabetes.

How is type 1 diabetes treated?

- People with type 1 diabetes need insulin treatment for their entire lives.
- There is no cure for type 1 diabetes. People with type 1 diabetes manage it by balancing insulin, food and exercise. Your diabetes team will teach you how to do this.

What is type 2 diabetes?

- Insulin resistance causes type 2 diabetes. This means that the cells in the pancreas that make insulin (beta cells) work but the body does not respond normally to insulin.
- When people have insulin resistance, the pancreas makes more insulin to try to keep the blood sugar normal at first. However, after some time, the pancreas cannot keep up and the person gets abnormal blood sugar levels, which is type 2 diabetes.

What causes type 2 diabetes?

- There are often factors in someone's family history or personal medical history that put them at risk, particularly having a family history of type 2 diabetes.

How is type 2 diabetes treated?

- Type 2 diabetes can sometimes be managed with medication taken by mouth, diet and exercise. Some people may need to start out with insulin injections.
- For people who use insulin, it is important to balance insulin, food and exercise. Your diabetes team will teach you how to do this.